

Before Confidence Build Courage



Evolutionary adaptation, or simply **Adaptation**, is the adjustment of people to their environment in order to improve their chances of success in new scenarios or to changes to their current situations.

Obviously some people and animals are very adaptable. But unlike the natural world where creatures have to rely on their DNA for adaptation levels, people can learn to be more adaptable because that's our **evolutionary competitive advantage**.

People can change their minds, regulate their feelings and alter their perspective to gain the optimum performance state with which to navigate change and challenges they may face now, and in the future.

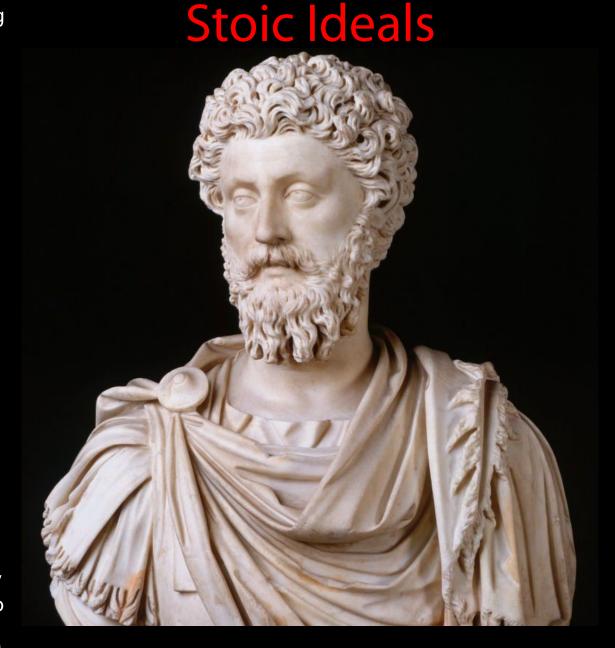
Self Awareness - The Greeks believed Self Awareness was the beginning of all wisdom. Sun-Tzu said something similar, 'Know yourself and know your enemy and you will not fear the result of a hundred battles' At the end of the day it is useful to understand what triggers you and what you enjoy doing. But more importantly, understand how you react under pressure and change.

Tempered - It is better to prepare yourself with 'Voluntary challenge' as opposed to learning adaptability, resilience and courage in hindsight through 'forced resilience', i.e. experience!

Outside Observer – Always create distance and review how you behaved in situations. *This 'helicopter view'* enables greater insight and wisdom.

Idealistic Realist – In challenging situations you're more likely to succeed with radical hope i.e. you are determined to survive the challenge, but do not set unrealistic expectations, think 'Stockdale's paradox'. Pessimists fail first, but so do optimists with unrealistic expectations.

Courageous Compassion – Helping those in need develops courage and compassion. We collaborated our way to the top of the evolutionary tree. Helping others stops you ruminating on your own troubles and also gives you insights to solving your own challenges.









I AM...

Your pathway will be clear when your Inspiration, Aspirations and Motivations are aligned.

Design and develop your Map & Compass.





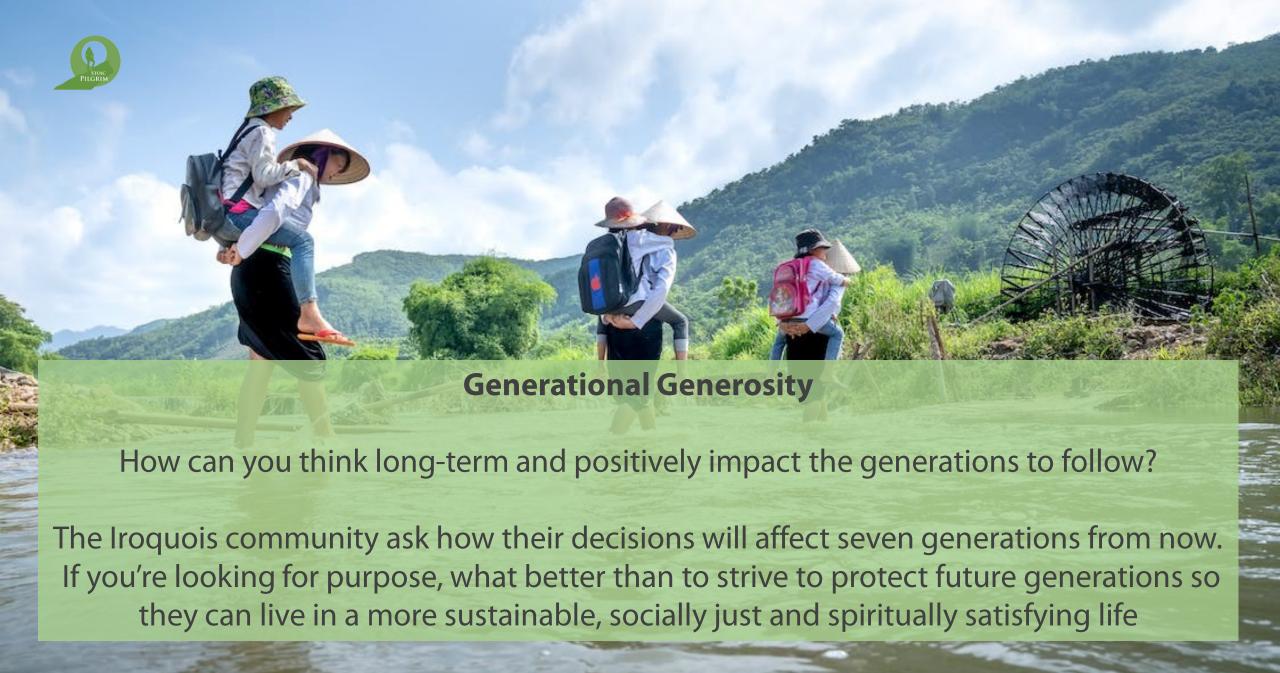
Be A Lever of Potential

Archimedes said:

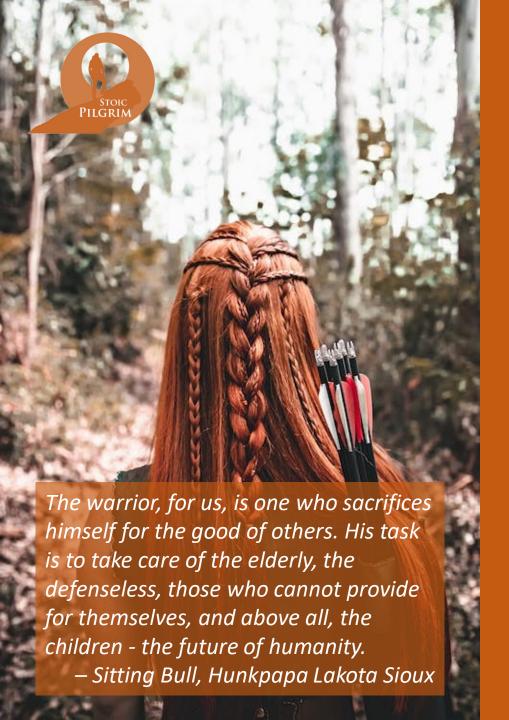
'Give me a lever long enough and a place to stand and I can move the world.'

Leadership and collaboration are the levers, the place to stand is humility.

Change agents must know when and how to lead and collaborate when required. Neither behaviours are an identity, so remain flexible and open.





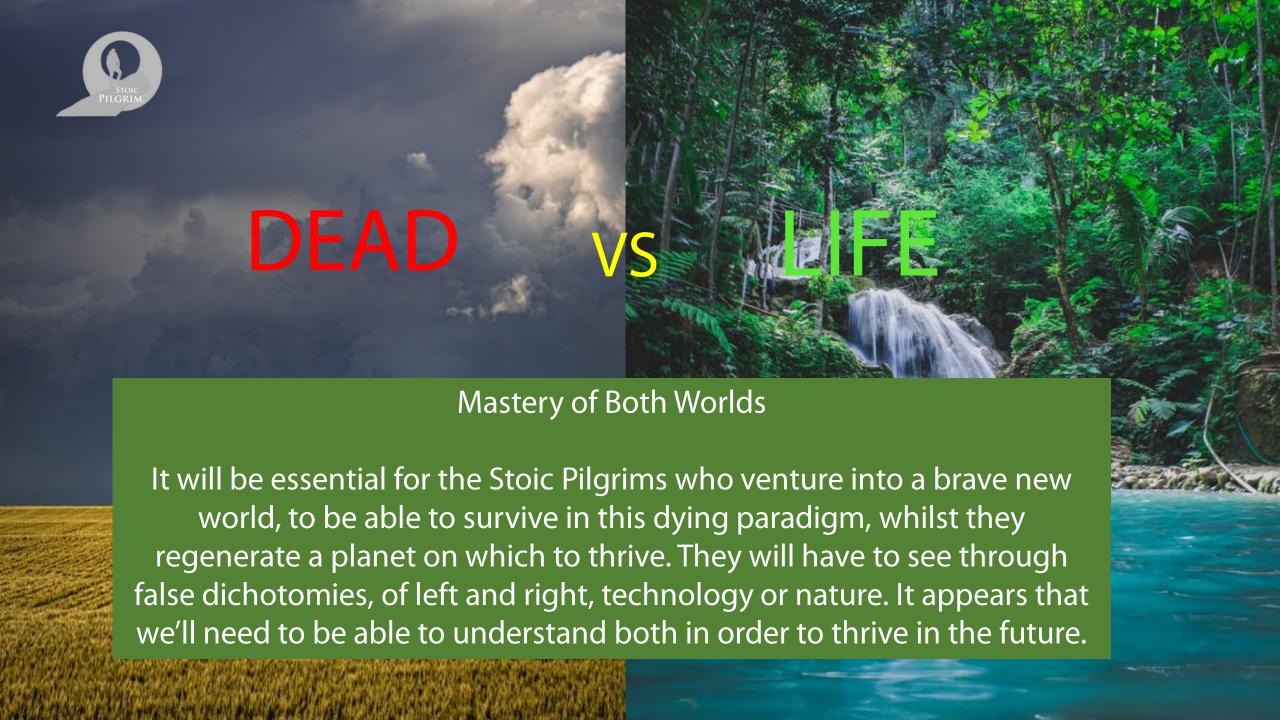


Indomitable Spirit

Without doubt, the future will be filled with challenge, change and opportunity.

As the winners of the *compete and control* paradigm, pull up the drawbridges of their technological castles, much as hierarchical people have done throughout history, the people will look to the peaceful warriors to protect and care for them.

Courage, compassion and curiosity balanced with clarity of purpose will help lead us into a *creative* and collaborative, brave new world.







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For more information regarding Stoic Pilgrim programmes which explore Adaptability, Resilience and Courage in the face of change, challenge and opportunity, get in touch with the details below.

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