



LEAD WITH **AND**

The Secret to Resilience and Results in
a Polarized World



THE TEST OF A FIRST-RATE INTELLIGENCE

**IS THE ABILITY TO HOLD TWO OPPOSED IDEAS
IN THE MIND AT THE SAME TIME,**

AND STILL RETAIN THE ABILITY TO FUNCTION.

F. Scott Fitzgerald

BETWEEN

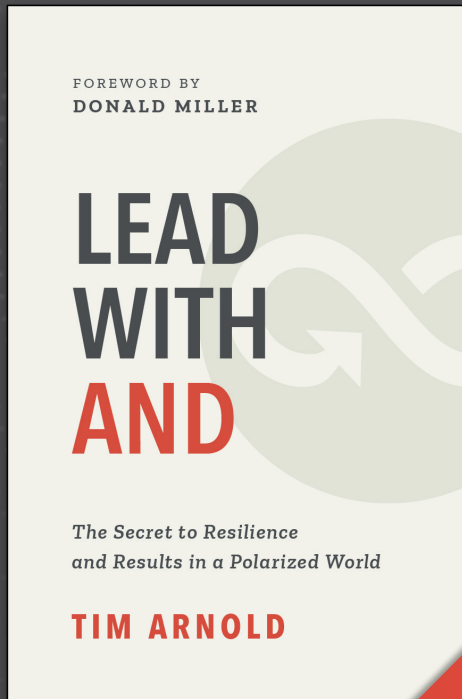
St. Theresa of Avila, 1515



Traditional
Rational
Taking Action
Solitude
Fasting
Discipline

Progressive Views
Emotional Responses
Just Being There
Leisure
Feasting
Wildness

6 UNAVOIDABLE LEADERSHIP TENSIONS



- 
- 01 Being Optimistic Realistic
 - 02 Embracing Change Preserving Stability
 - 03 Being Profit Focused Purpose Driven
 - 04 Having Expectations Extending Grace
 - 05 Caring for Others Caring for Yourself
 - 06 Building Confidence Remaining Humble



TAKE A DEEP BREATH AND SAY,

'HEY, BOTH OF THESE THINGS CAN BE TRUE.'

AND THAT ENERGY THAT WE CREATE HOLDING OPPOSITE THINGS
(IN TENSION) IS THE BIRTHPLACE OF TRANSFORMATION.

NOT ONLY ARE TENSIONS OK AND NORMAL...

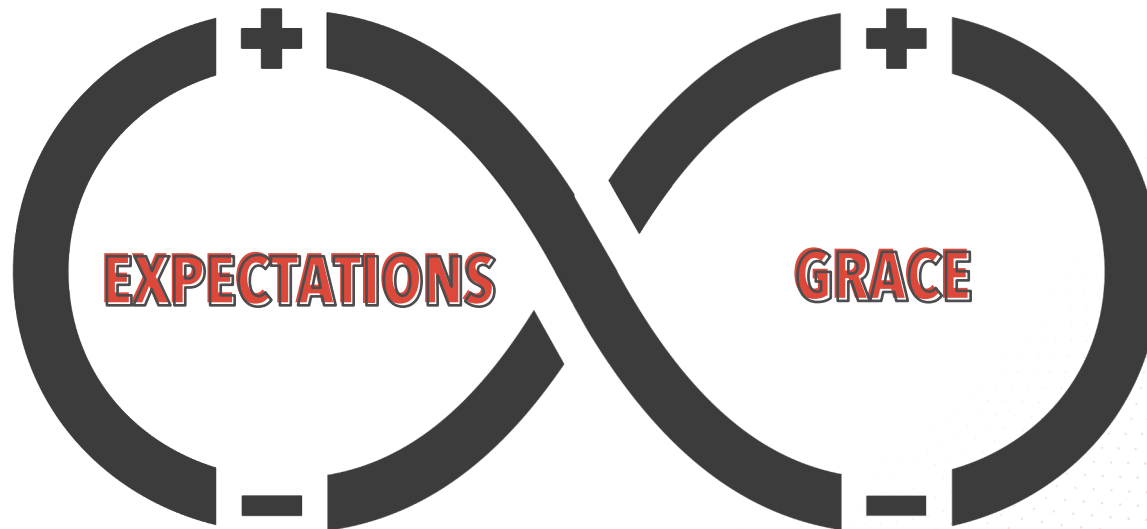
THEY ARE THE MAGIC SAUCE.

Brene' Brown

Author, Dare to Lead

POSITIVE RESULTS

?



POSITIVE RESULTS

?

NEGATIVE RESULTS

?

WHEN OVERDONE

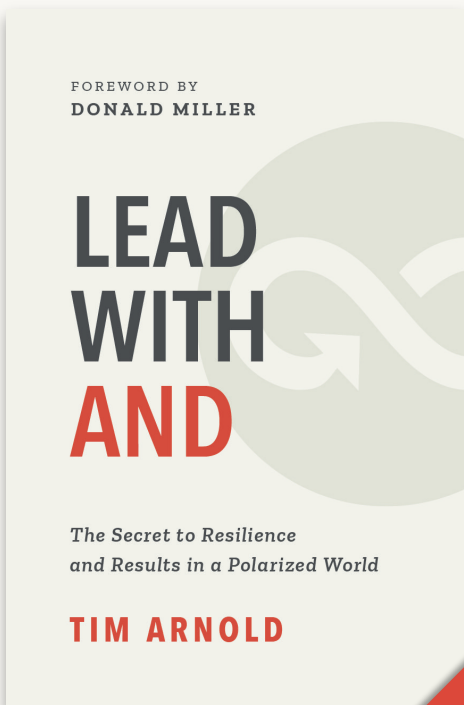
NEGATIVE RESULTS

WHEN OVERDONE

?



THE 3 C'S



01 STAYING CURIOUS

- Agree with vs. Learn from
- "Help me understand..."

02 SEEK CONNECTION

- Exchange and Expand
- "Here's where we agree..."

03 CHOOSE COURAGE

- Courage vs. Comfort
- "Yes, AND..."



DISCOMFORT

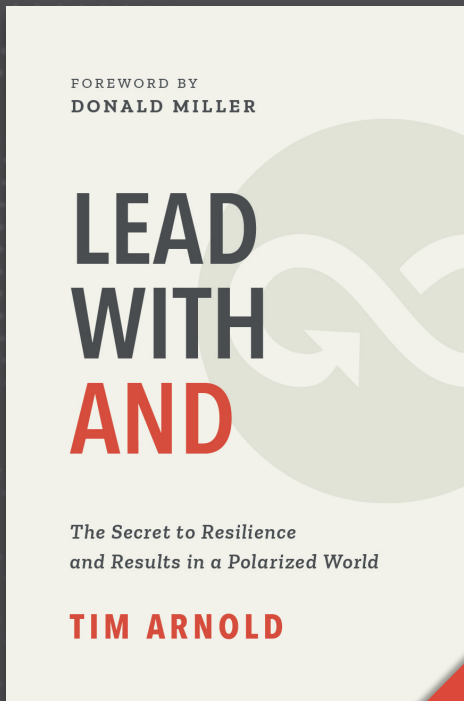
IS THE PRICE OF ADMISSION TO A

MEANINGFUL LIFE

Susan David, Ph.D.

NEXT STEPS

www.timarnold.ca/resources



01

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02

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03

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