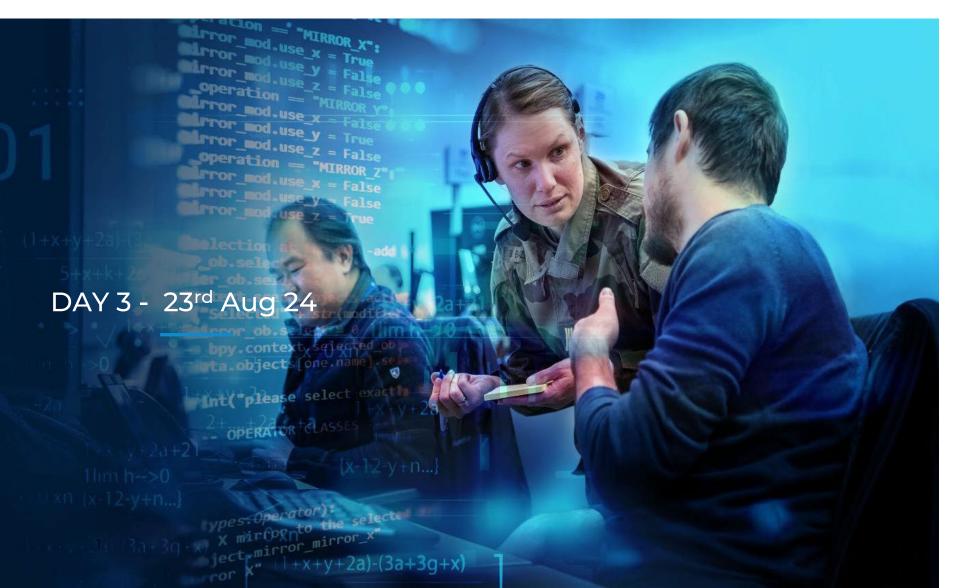
UNCAP Master Facilitator Team













Emotions in Action

High energy

SURVIVING ZONE

Defiant Irritable
Annoyed Worried
Incensed Anxious
Angry Fearful
Frustrated Envious
Impatient Defensive

THRIVING ZONE

Challenged Optimistic
Confident Engaged
Receptive Eager
Excited Enthusiastic
Proud Happy
Stimulated Astonished

- ve emotion

+ve emotion

BURNOUT ZONE

Exhausted Empty Sad Hopeless Depressed Tired

RECHARGE ZONE

Passive Calm Serene Peaceful At Ease Mellow Carefree Reflective

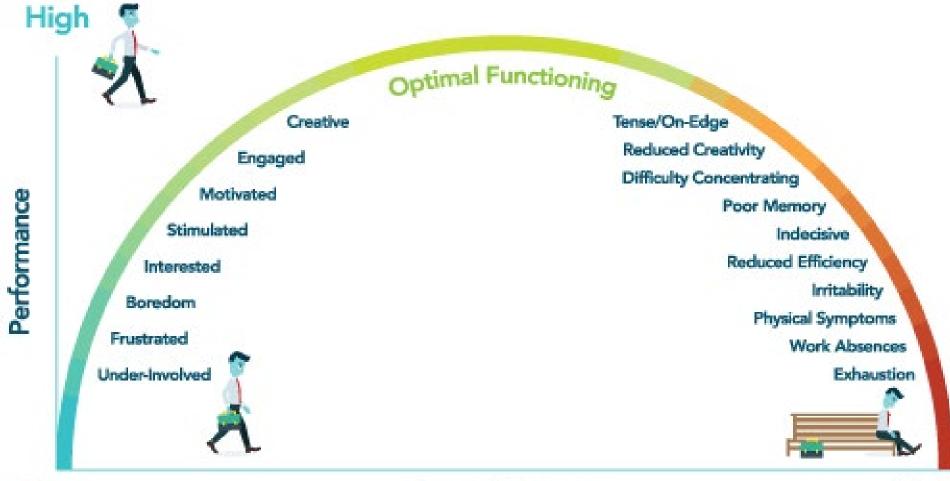




The Link to Performance

Low

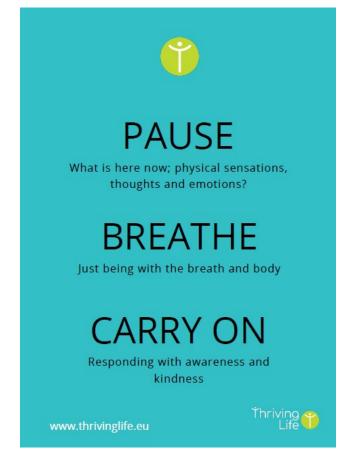
The Yerkes-Dodson Law

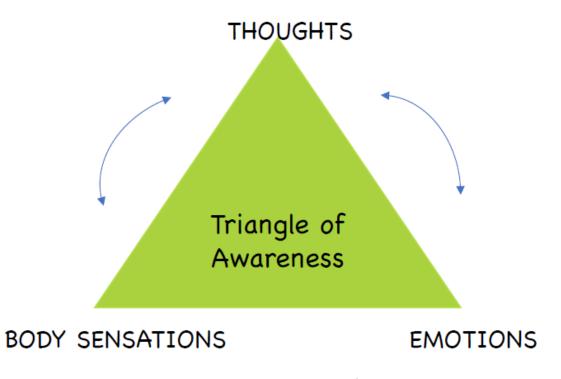






Check in – Mindful reflections













The Changing Context for work today

- Changing Demographics with 4 generations in workplace
- Changing orgs / leadership / workplaces / employment
- Education MOOC's self-directed learning
- Diversity: cultural, sexuality, neurodiversity
 - Stagnation
 - Recession
 - Growth
 - Inequality of wealth
 - Globalisation

Conflict hot spots, changing democracies, nationalism, terrorism, immigration, peacekeeping & peace enforcement



- iPhones, roll out of 6G network Social Media, (Influencers, Fake News)
- Internet of things
- Cyber Security
- Nanotechnology & Al
- Development of the Metaverse
 - Climate change
 - Natural resource depletion
 - Pollution
 - Social responsibility
 - Renewable Energy

Trade deals, Brexit, International Treaties, Border Controls, Human Rights





UNCAP stakeholder map

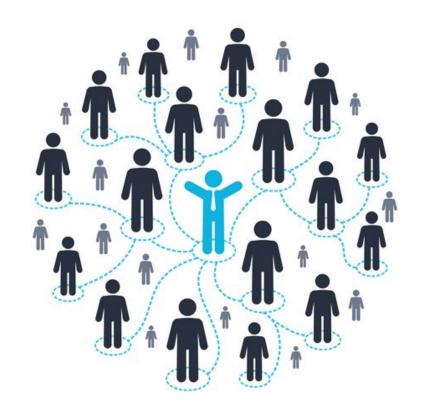
Who are your 360-degree stakeholders across the business that you rely on (as a team) or rely on you?

Draw it out: On a large piece of paper create a stakeholder map (individuals and groups) that you need to consider:

ie what bodies or key individuals to you need to:

- Reports to
- influence
- listen to
- get support from
- respond to
- Observed by









In the shoes of....





Break









Think Tank: Collective Brilliance

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Collective Brilliance: Taking the learning forward for UNCAP

Brainstorm – what can we now step up to?

Things that are WITHIN our control!

From our collective learning, what ideas do you now have for change / improving efficacy / ways of working?

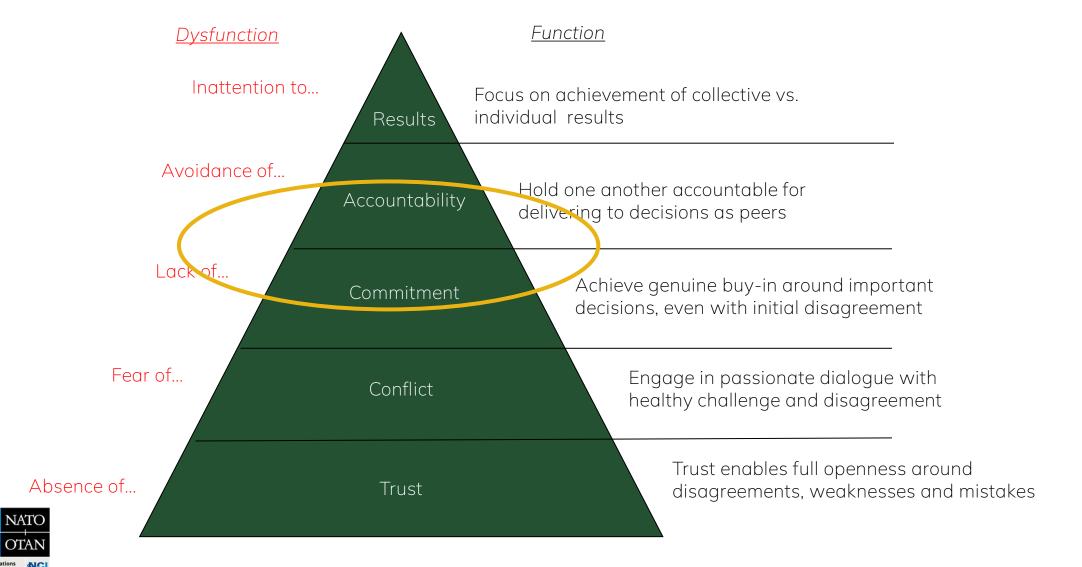
Collective Brilliance 6 Questions

- 1. What's the idea or problem to be solved?
- 2. What's important about that right now?
- 3. What difference will it make?
- 4. Who needs to be involved?
- 5. What might get in the way and how will we get round that?
- 6. What's our first step?





Patrick Lencioni's 5 dysfunctions of a team





Commitment & Accountability

Commitment

Achieve genuine buy-in around important decisions, even with initial disagreement

Buy In

'Disagree & commit'

- NOT consensus
- Free from fear to challenge
- Agree with the best idea
- Have ideas heard

Clarity

- Clarity & alignment on a decision to avoid assumptions (different maps)
- Commitment clarification
- Communication cascade

Accountability

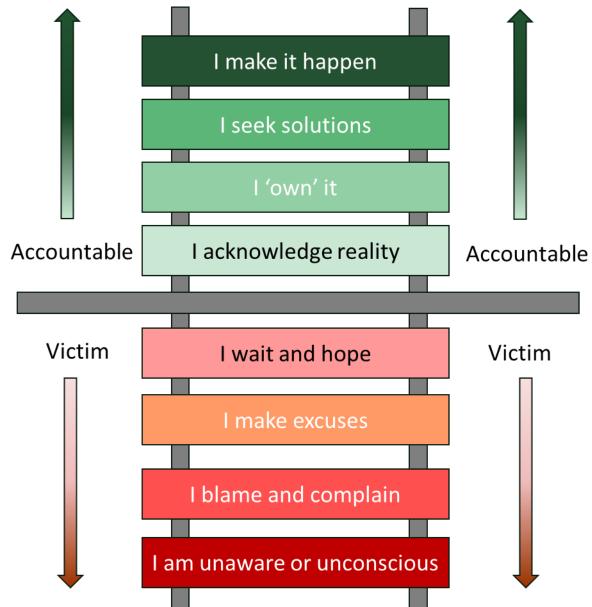
Hold one another accountable for delivering to decisions as peers







Accountability Ladder









BEHAVIOUR (FROM)	BEHAVIOUR (TO)	WHY?	WHO?	HOW?and when
Not understanding or trusting each other as much as we could				
Being misaligned or unfocussed on Vision, Mission & strategy				
Lack of consistent understanding roles & responsibilities, procedures & standards				
Not being agile nor adaptive enough				
What else?				



Lunch





The Coaching Space

3 What's the real challenge here for you? What's stopping you? Future state / **Current state** outcome **Exploring barriers** What's the **Creating options** current Strengthening will to take action situation? What do you How do you Which of your strengths could you want? feel about it? apply to help yourself? Coaching helps individuals learn, grow, move forward and improve their performance and results



A coaching conversation is about helping someone move forward and is essentially made up of these questions and exploration of their answers



2

10 great coaching questions

- 1. What is the issue? / What do you want to achieve? What will be the long-term result of achieving this?
- 2. What's important about that outcome / goal? Why is it important now?
- 3. When you achieve this, what will be the benefit for you?
- 4. What's the real challenge here for you?
- 5. What are your options / What have you already tried?
- 6. What resources are you going to need and where would you get these resources from?
- 7. What could get in the way and how will you overcome that?
- 8. What support do you need and where will you get that from?
- 9. If someone else you know was facing this issue, what would you tell them to do?
- 10. What first step will you take and when will you take it?





Task

In buddy pairs: coaching conversations / coaching walks

Coach each other for 30 mins:

Select an outcome related to the actions or changes you want to make to support the team in the future







Review of learning

Gallery walk





ENVELOPES BACK





Where do I spend my time?

Importance



Quadrant 2

Important but not urgent

Quadrant 1

Important and urgent

Quadrant 4

Not important and not urgent

Quadrant 3

Not important but urgent







How are you personally feeling today?

1. Insightful or higher	1.	Insightful	or higher
-------------------------	----	------------	-----------

- 2. Creative
- 3. Optimistic
- 4. Appreciative
- 5. Understanding
- 6. Curious
- 7. Frustrated
- 8. Irritated
- 9. Defensive
- 10. Judgmental or lower





10%

10%

10%

10%

10%

10%

10%

10%





How does the master training team "feel"?

Range of organisational health

LOW

HIG	Н		
	1.	Visionary, Inspirational, Creative Getting outstanding results and it looks easy, innovative and creative	0%
	2.	Connected, Flexible, Aligned True focus on priorities. Fluid and agile teams, continuously improve	0%
	3.	Ok, Stress and Effort feels like normal Get good results but with stress and effort. "Heroes" carry most the weight. Others disempowered	0%
	4.	Ok, crisis is the normal Some teamwork within functions, generally only come together during a crisis	0%
1	5.	Unhappy, Negative, Worried Turf-oriented, information & resources not shared, blaming, avoids risk, resists change	0%





Commitment scale

What is your level of commitment to the future you have described & developed collectively?







Learning takeaways







Check out: 2 postits:

Public Statements: Appreciations & Commitments









Appreciations





