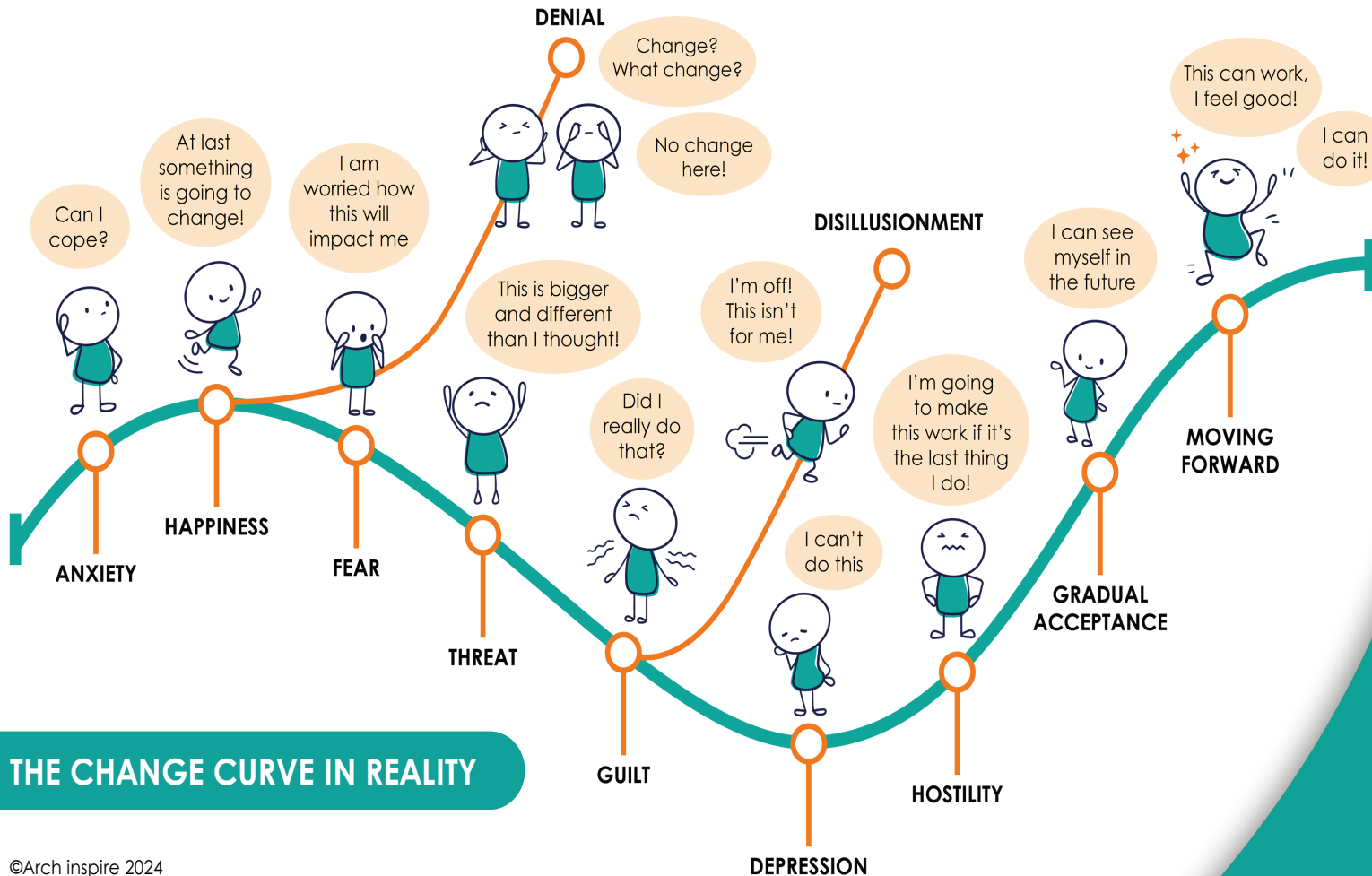
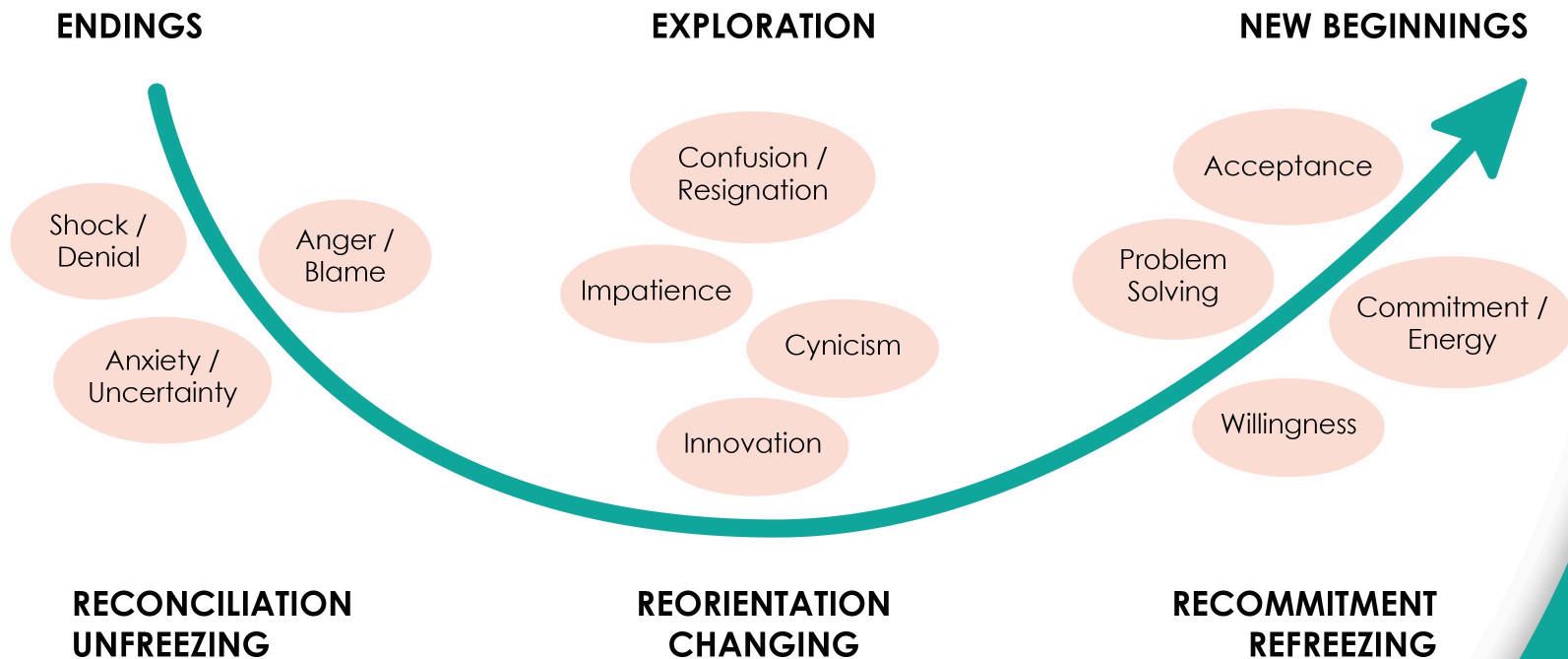


Hone it. Own it.

Part Two



LEWIN'S CHANGE MODEL



**As more and more artificial
intelligence enters the world,
more more emotional
intelligence must also enter**

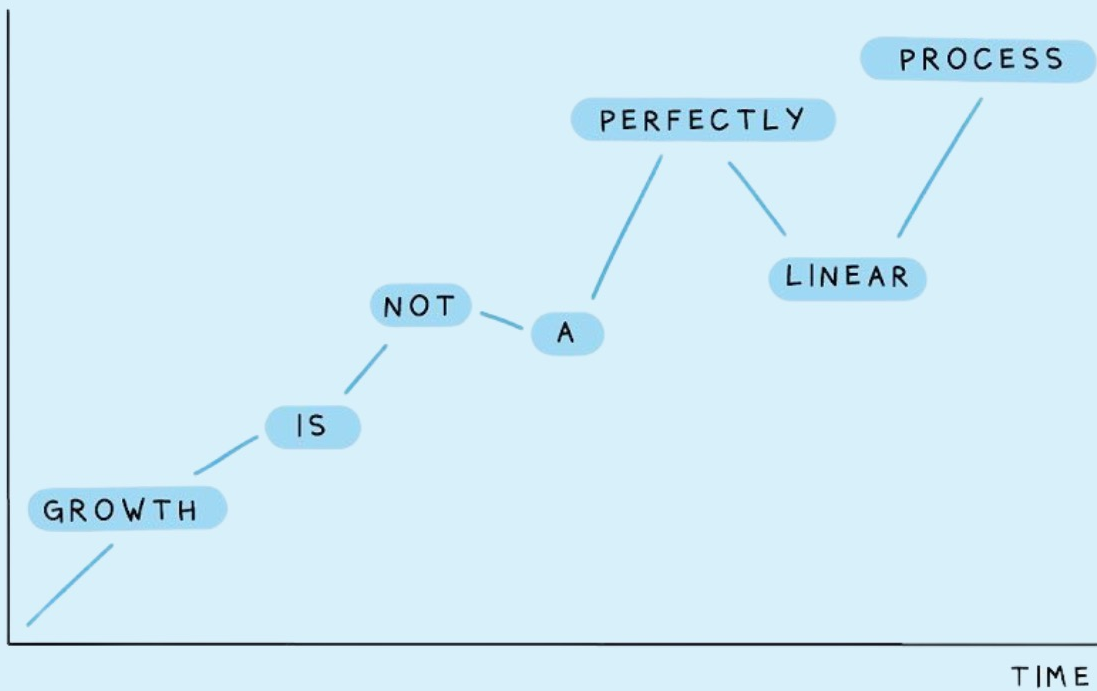


**Being flexible,
adaptable and resilient
with your plan is key to
your success**

RESILIENCE PYRAMID



PROGRESS



LIZ FOSSLIE

Your outcomes and results

Describe the **why** of your plan

Why are your desired outcomes and results important to you?



Your resources and support

Who can help you and how?

What will help you and how?



Your obstacles and challenges

What may get in the way of your progress towards your plan?

How will you plan for this?



**How will I make
my plan fly?**





My commitment pledge

**Commit to just
one thing a day**



Thank you!

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The Culture Code: Daniel Coyle

No Hard Feelings – Emotions at Work: Liz Fosslien and Mollie West Duffy

Just One Thing: Dr Michael Mosley