



ХЕННА ИНАМ

Wired for Disruption

The Five Shifts in Agility to Lead in the Future of Work

STEP 1

Have your team read the getAbstract summary.

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Everyone can learn to thrive in disruptive situations, argues executive coach Henna Inam. You can train your brain to cope with a faster pace of change and disruption through strengthening your neuroemotional agility – the ability to recognize and work through your nervous system’s different reactions to change.

Discussion Questions

1. What have been some of the most disruptive changes you have faced in the workplace?
2. What personal qualities would you like to develop that would help you adapt to change more easily?
3. As a leader, how can you best support people adapting to change? As a team member, what kind of company support would help you the most in navigating disruption?
4. The author mentions four “accelerators” for moving through the emotional cycle of change faster. Which one would you like to implement right away?
5. How can you promote agile learning within your organization?

In the world of unpredictability, behaviors that will serve are not expertise, but openness to learning.

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Additional resources



Being Open and Agile
Is the One Vital Skill
for the 21st Century



Agility Channel

