



5-MINUTE OPPORTUNITY PLAN

In the middle of fast-paced changes and a fluctuating environment, it is easy to freeze into inactivity. During times of turmoil and disruption is when people need their leaders the most. This is also the time to find opportunities.

Humans do not like change. We prefer security and stability, which is why change, for most people, is difficult. The habenula, that part of our brain which helps us deal with change, doesn't like it. Once we accept the change, we tend to adapt fairly quickly.

For some people, it is tough to see opportunities when situations are changing, especially if they are changing due to events outside of our control. Great leaders are not only resilient during adversity, they also synthesize information quickly, and then take the right action fast. They are able to see opportunities even in tough situations.

Every challenge brings with it the opportunity to help others, solve problems, and move forward. As leaders, that is why we are here.

It is helpful to ask questions such as:

Where are there unmet needs where we can help?

Where can I best serve other people?

Where can I best serve my team?

Where can we best serve our clients, customers, patients, and members?

What are my people's immediate needs right now?

If I had plenty of money, resources, and time, what would I do first?

What needs to be invented to solve this problem?

What is the craziest possible idea for this situation?

What is the craziest impossible idea for this situation?

What needs to be invented or developed for the impossible solution to work?

What are the benefits of having this challenge right now?

In a year, what will we say was a great outcome of this situation?
