

3 POWERFUL MINDSET SHIFTS TO TURN UNCERTAINTY INTO POSSIBILITY

MINI-GUIDE



HI, I'M AMINA

You're here, I imagine, because you're committed to showing up powerfully in your life - even in the turbulent times we're living in and realise you can't do that without a shift in mindset.

I'm on a mission to liberate human potential. I'm a Master Coach, Cambridge MD and PhD in population health; and author of the The Success Trap book (Kogan Page).

In my previous career I delivered babies in warzones working with Médecins Sans Frontières and led multiagency, international teams for the UK government and United Nations.

I love combining science, the psychology of freedom and coaching tools to create powerful transformations for my clients who are mission-driven professionals, coaches and leaders.

My favourite motto is: be the change you want to see in the world.



INTRODUCTION

You live in a VUCA world. It's Volatile, Uncertain, Complex and Ambiguous. This isn't news but the pandemic has firmly made us realise how real this is.

What impact have recent events had on you or you recently? Perhaps:

- Your life or career progress milestones have shifted.
- Goals for your team, career or life have been disrupted.
- Your wellbeing has been affected by isolation and virtual working.

There may be so many different disruptions and changes that it's hard to feel the ground underneath your feet, let alone make any plans.

So what can you do?

Do you wait it out hoping things will settle down and that you'll feel more in control again? Do you fight it by future-proofing yourself?

One thing I've noticed is that people who do best see possibility in uncertainty, and take effective action as a result. For example, during the pandemic:

- Jasmine used the opportunity to look after her health AND build her consulting business globally,
- Farhad relocated to a place close to nature with his family AND set up a mastermind to help implement new business strategies in his company,
- Petra got closer to her children AND set up her location-independent clinic for her patients.
- Alicia published a research paper on the future of careers AND set up her coaching practice.

These are successful coaching clients of mine who've decided to not let uncertainty paralyse them, but find the silver lining and embrace it fully for themselves, their families and their mission in life.

SO HOW DO YOU BUILD THAT KIND OF POWERFUL MINDSET?

Below are three specific shifts that are the foundation of the psychology of transformation.

How to expand your presence, power and possibilities even in highly uncertain times

I) UNLEASH YOUR CREATOR MINDSET (the principle of impermanence):

A global survey of CEOs by IBM showed that the most valued quality in dealing with today's challenges is creativity. Your ability to generate solutions and respond wisely rather than just react sets you apart.

But if you're caught firefighting in your daily life, you're misallocating your energy. You're likely to be expending your energy on small things that have little impact. This chronic abdication of your focus to address reactive demands rather than deliberately chosen projects and tasks has a cost over the long term.



By realising that there are no guarantees in life no matter how hard you try but deliberately choosing what to focus on each day, you will feel more presence and power because you made the choice yourself. You'll feel more at ease and increase the probability of succeeding in what matters to you the most.

Exercise: Rather than rushing into the day, spend 10 minutes meditating then ask yourself: what do I want to create, today? Write down one thing that comes to mind and take action on it that day.

II) STEP BACK, BREATHE AND ACKNOWLEDGE YOURSELF (the principle of imperfection):

In 1978, two psychologists noticed that people who were successful and well respected were often those who were harshest with themselves (even though it made them anxious and depressed). They called it Imposter Syndrome.



Nobody is perfect and imposter syndrome draws our attention onto our flaws and weaknesses. The brain is actually wired to focus on the negative and create negative self-talk. While it's good to be aware of our weaknesses, if we don't acknowledge our strengths and listen only to the negative self-talk, we can fall into mental health issues including depression, anxiety and addictions. But there are scientifically proven ways to overcome this. One example is self-compassion and self-soothing.

In today's culture, it's unusual that you'll be encouraged to be kind to yourself or celebrate your efforts. You'll be scrutinised for your failures! So you have to take these matters into your own hands.

Exercise: Pause and acknowledge one thing you're truly grateful for about yourself, your work and your life. Do this as often as possible throughout the day.

III) BE NOBODY, OWN THE ROOM (the principle of impersonality):



You may have noticed that whenever you enter a room of people, you enter a network of power dynamics. But most people lack awareness of the dynamics and of their role. Often they just act out their personality and childhood programming and try to get attention or escape from it. Turn the attention grabbing paradigm on its head

Neuroscience imaging studies of the brain show that we can bring more curiosity and focus to situations when we switch off our Default Mode Network (the part of our brain that fuels self-narratives and a sense of "me"). The less we're concerned about this thing called "me" the more we tap into our zone of genius, wisdom and power.

This isn't just about sitting back. It's about being very present, not falling into old behaviours and allowing your imagination to continuously find and contribute the right response to conversations and situations. It's so much easier to navigate complexity and uncertainty this way, although it does require a little practice to start with.

Exercise: At the next meeting, enter with no expectations and no agenda. Stay present and be a group dynamics detective. Breathe, listen deeply to what's behind people's words and allow room for your creative ideas to emerge. Trust that the right question or contribution will emerge from your stillness at the perfect time. Again, don't use this as a cop out to sit back and not to say anything! Stay present and take your cue to make your contribution!

The best way to predict the future is to create it: Abraham Lincoln.

Uncertainty can mean stress.
Or it can mean possibility.

The choice is yours.