

UNLOCKING MOMENTUM: ACT! Your Way Out of Inertia

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LET'S FLOW



Inertia

A resting object will stay at rest until an object with greater force sets it in motion

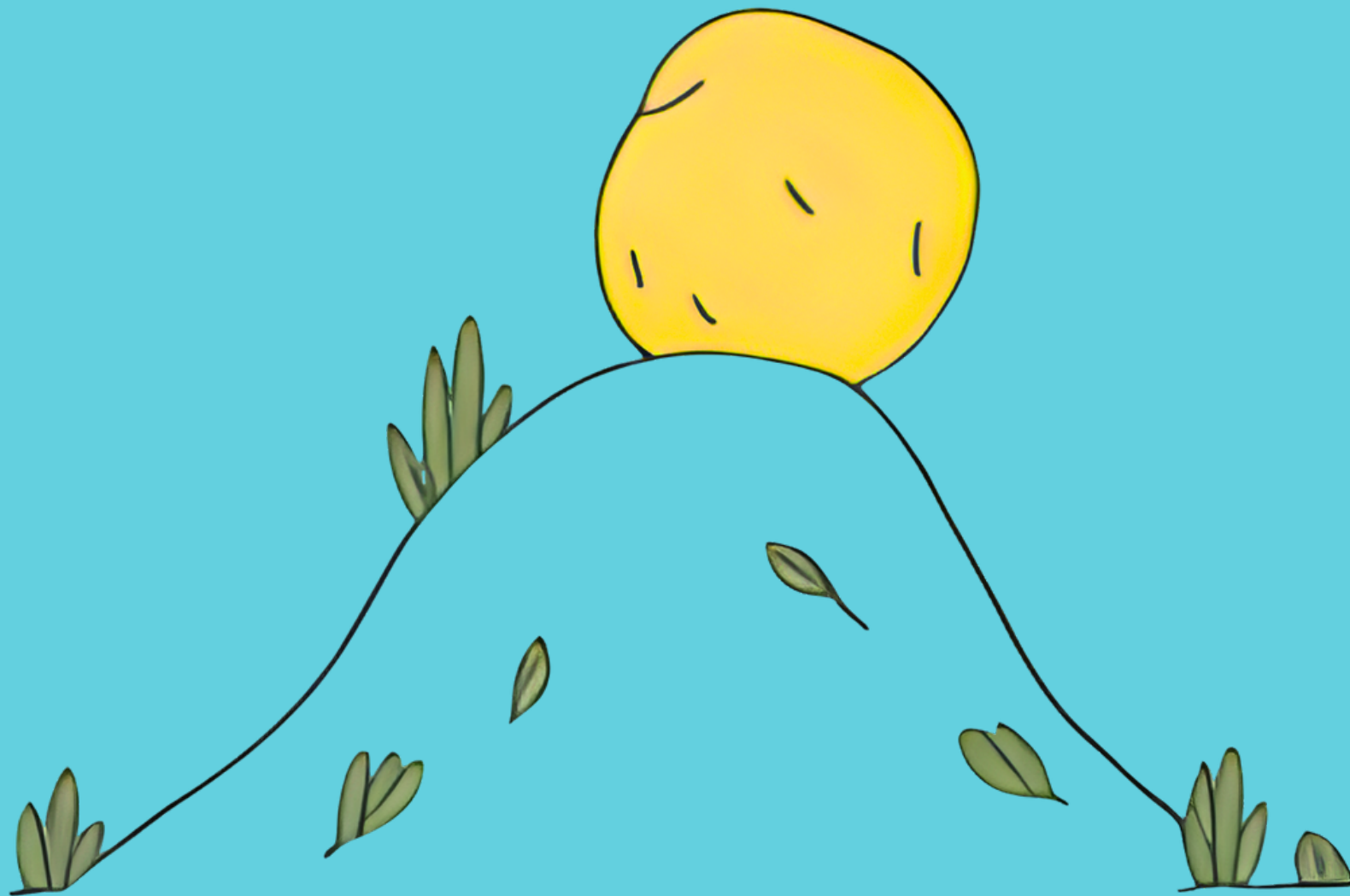
A moving object will keep moving until an object with greater force changes its direction or stops it



Organisational Inertia

A resting object will stay at rest until an object with greater force sets it in motion

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Routine

Resource

Threat



Opportunity



Routine



Resource

Organisational Inertia

A resting object will stay at rest until an object with greater force sets it in motion

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Cost of Inertia



1 trillion loss to global economy through work induced anxiety

41 % loss in productivity due to work induced anxiety



79% global employees suffer work-stress daily

ACT!

Your Antidote to Inertia



As a leader, I will challenge
myself and commit to:

Aspire

Provide clear vision
and priorities

Collaborate

Enable people to
work together with
ease and flow

Thrive!

Value outcomes
AND people

Let's **ACT!** and make work better
so that organisations AND
people can thrive



LET'S FLOW

ACT! NOW:

Think of one area in your life where you are experiencing inertia now

#1: ASPIRE

Get clear on why this matters



#2: COLLABORATE

Who could you connect with to gain a new perspective or share the load?



#3: THRIVE!

What small step will you take now? How would you know it made a difference?

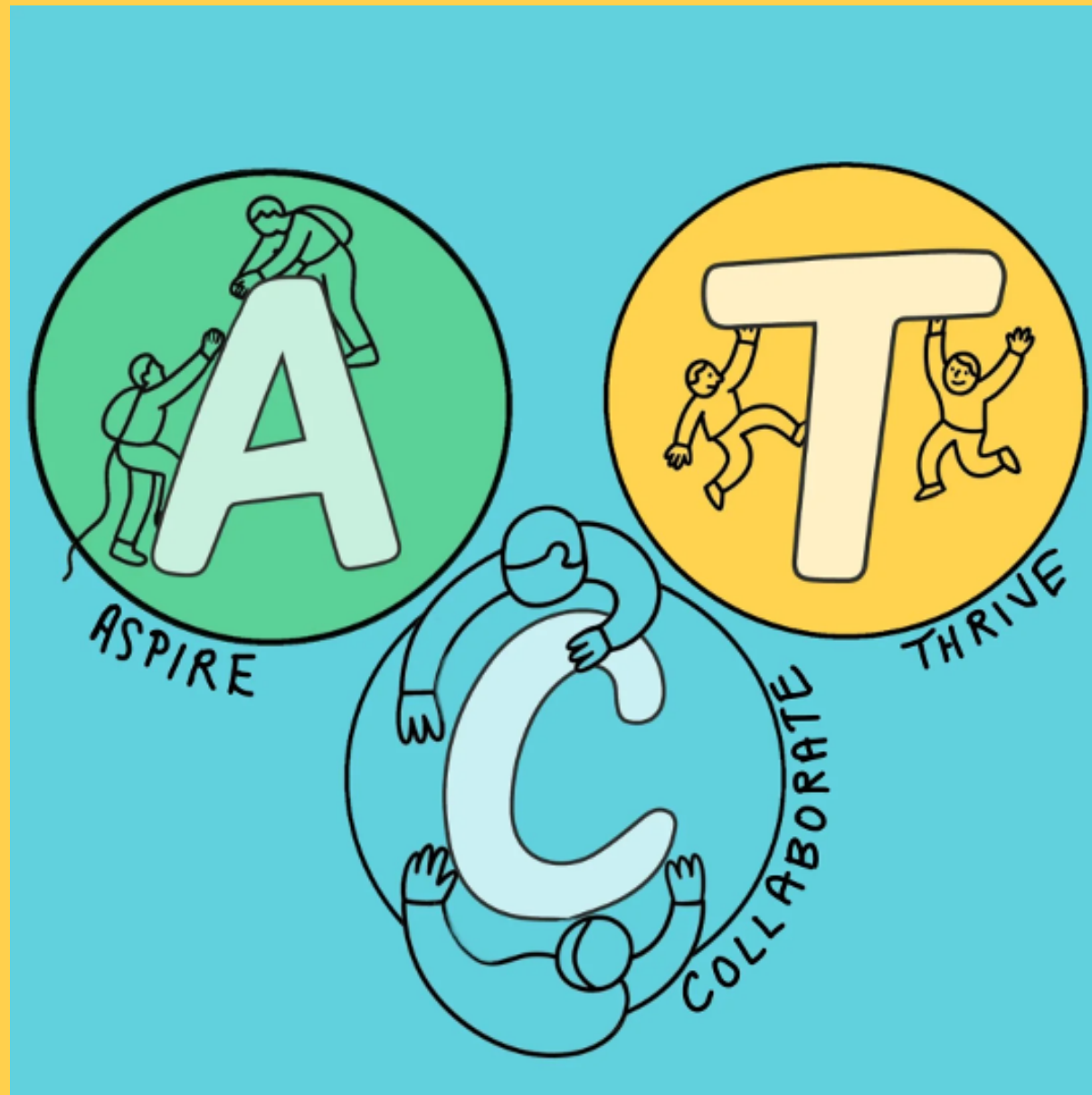


THANK YOU

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MOMENTUM: Small Steps Lead to Big Impact
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