

Dr. Gary Bradt Programs

THE SCIENCE & HEART OF FINDING OPPORTUNITY IN UNCERTAINTY

The global pandemic has created a period of change that is by all accounts disruptive, unrelenting, and at times completely debilitating. Leaders, teams and individual contributors alike are in uncharted waters and the one integral, unifying thread is our humanity. We are in a place where we need to look at how this change is affecting us as individuals first, and then translate that change into our respective roles. While we cannot always choose what change will come in our path, with the right mindset and strategies, we can choose how to move forward. This is Dr. Gary Bradt's goal, as he shares the Five Fundamental Choices that change presents us with, and that how you choose to go forward will make a bigger impact on your life than the change itself.

Dr. Bradt's insights are informed by neuroscience and psychology, as well as his three decades of experience as a C-suite executive coach that provide relatable, real-world narratives, and relevant actionable strategies to give you a new path forward.

Key Takeaways

- ◆ ADOPT an opportunity mindset and start moving fast toward positive goals and outcomes.
- ◆ LET GO of what is holding you back, and recognize what is possible.
- ◆ NURTURE relationships and build a foundation of strength, trust, and mutual support.
- ◆ PRACTICE courageous optimism and share ideas openly to find new solutions.
- ◆ GROW where you're planted and move forward with positive determination and confidence.