Navigating The Stormy Seas of Change

Presented by Jeff Joiner
“Nothing endures but change.”

Heraclitus
535 BC - 475 BC
The U.S. Department of Labor estimates that today’s learner will have 10-14 jobs by the age of 38.
According to former Secretary of Education Richard Riley, the top 10 in-demand jobs in 2013 did not exist in 2010.
We are currently preparing students for jobs that don’t yet exist . . .

using technologies that haven’t been invented. . .

in order to solve problems we don’t even know are problems yet.
It is estimated that 40 exabytes of unique new information will be generated worldwide this year.

(That’s 40,000,000,000,000,000,000,000,000)

That’s more than in the previous 5,000 years.

Combined.
The number of text messages sent and received every day . . .
. . . exceeds the total population of the planet.
“The U.S. economy (really, the global economy) is transforming at an absolutely astounding rate. We're living in Internet Time, where policies and their consequences travel the world at the speed of light. The normal human reaction to such a rapid pace of change is to be overwhelmed, stressed out, anxious and fearful.”

- Brian Wesbury,
  
  THE WALL STREET JOURNAL.
STRESS
“Work place stress is recognized today as a key contributor in 75% to 90% of all primary-care doctor visits.”

Sept 21, 2010  THE WALL STREET JOURNAL.
5 Tips to Navigate Change
Identify Your Purpose
“Do you have an over-riding purpose in your life? A purpose that is vivid and precise, a purpose you are committed to, a purpose that underscores everything you do? Or are you avoiding commitments in your life by filling your life with daily activities?”

- Vince Lombardi
“Writing or reviewing a purpose statement changes you because it forces you to think through your priorities deeply, carefully, and to align your behavior with your beliefs.”

– Stephen Covey
Your Life Purpose Statement

Questions to ask yourself

Why am I on this earth?
What is most important to me?
What makes me come alive?
What do I want people to say about me at my funeral?
To glorify God by living victoriously and abundantly, while equipping and helping others to do the same.
Focus on Things You Can Control
Circle of Concern

Circle of Influence
Circle of Concern

Circle of Influence
Circle of Concern

Circle of Influence
Keep the Main Thing
the Main Thing
What Do Kids Want?

• Choices and Options
• Consistency and Reliability
• Value
• Speed
• To Feel Important
Opposite Game

Hot       -       Cold
High      -       Low
Love      -       Indifference
<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Customer Dies</td>
<td>1%</td>
</tr>
<tr>
<td>Moved Away</td>
<td>3%</td>
</tr>
<tr>
<td>Influenced by Friends</td>
<td>5%</td>
</tr>
<tr>
<td>Lured Away by the Competition</td>
<td>9%</td>
</tr>
<tr>
<td>Dissatisfied with Product</td>
<td>14%</td>
</tr>
<tr>
<td>Turned Away by the Attitude of Indifference</td>
<td>68%</td>
</tr>
<tr>
<td>On the Part of a Company Employee</td>
<td></td>
</tr>
</tbody>
</table>
Lighten Up
“Life is 10% what happens to you and 90% how you respond to it.”

Lou Holtz
“The key to coping with difficult people, the secret of maintaining our own tranquility in a stormy or unpleasant relationship, frequently is understanding ourselves and why we respond the way we do.”

- Charles Keating

*Dealing with Difficult People*
“No one can make you feel inferior without your consent.”

- Eleanor Roosevelt
Benefits of Laughter . . .

• Lowers blood pressure

• Increases vascular blood flow and oxygenation of the blood

• Gives a workout to the diaphragm and abdominal, respiratory, facial, leg, and back muscles

• Reduces certain stress hormones such as cortisol and adrenaline

• Increases the response of tumor- and disease-killing cells such as Gamma-interferon and T-cells

• Defends against respiratory infections–even reducing the frequency of colds
Choose to Be Positive
Identify Your Purpose
Focus on Things You Can Control
Keep the Main Thing the Main Thing
Lighten Up
Choose to Be Positive
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