

## Thinking Big.... Assuming an Adaptive Mindset

Crisis can help focus. So many things that seemed important three months ago, don't matter as much today.

Anxiety though can make us narrow, blind to options, reactive. When that happens, go back to the big questions.

Ask yourself at this time, in the context of the current crisis: What is the impact I want to make with my work? And related, what is the intention behind the impact that I want to create? It is normal to feel pulled in multiple directions right now and to focus your attention on the pressing issue that is yelling the loudest. Try to take a moment and ask yourself these questions. Find your inner voice that might just lead you towards what will really make a difference.

Impact is different than outcomes and we often stop our dreaming when we get to outcomes or results, limiting how far we can go. For example, the impact we are trying to achieve with this mini course is to help MCH professionals and leaders promote positive solutions through integrity, compassion and humanity in the midst of the current crisis.

The outcomes or results we are trying to achieve is that MCH professionals and leaders feel prepared to creatively shift their "business as usual" focus (at least for the time being) to be responsive to the current state of the current crisis to stay relevant and sustainable. Our intention is to help use our area of expertise to help others navigate and mitigate the effects of this crisis in ways that promote positive change and resiliency.

For a moment, consider the social ecological model which can help us organize problems and solutions into levels: personal, interpersonal, organizational, community and policy. How is the current crisis affecting you, your colleagues, partners and stakeholders? How it is affecting the populations you serve? If you do this for each problem related to the current crisis it could bring some clarity and could help you communicate more clearly with your colleagues as you explore solutions.

Coming back to your own individual areas of expertise- ask yourself the question: If I did nothing different what would the potential outcomes be? If those potential outcomes are something scary then you know you must do something differently. Revisit your impact and intention- in an ideal situation- what (not how) would this look like? Does this idea feel exciting or scary? GOOD! Now you are onto something.

**Download the worksheet to ascertain what the strategic question your area should address right now is.**

Next, I will explain how change is both a preference and a process.