

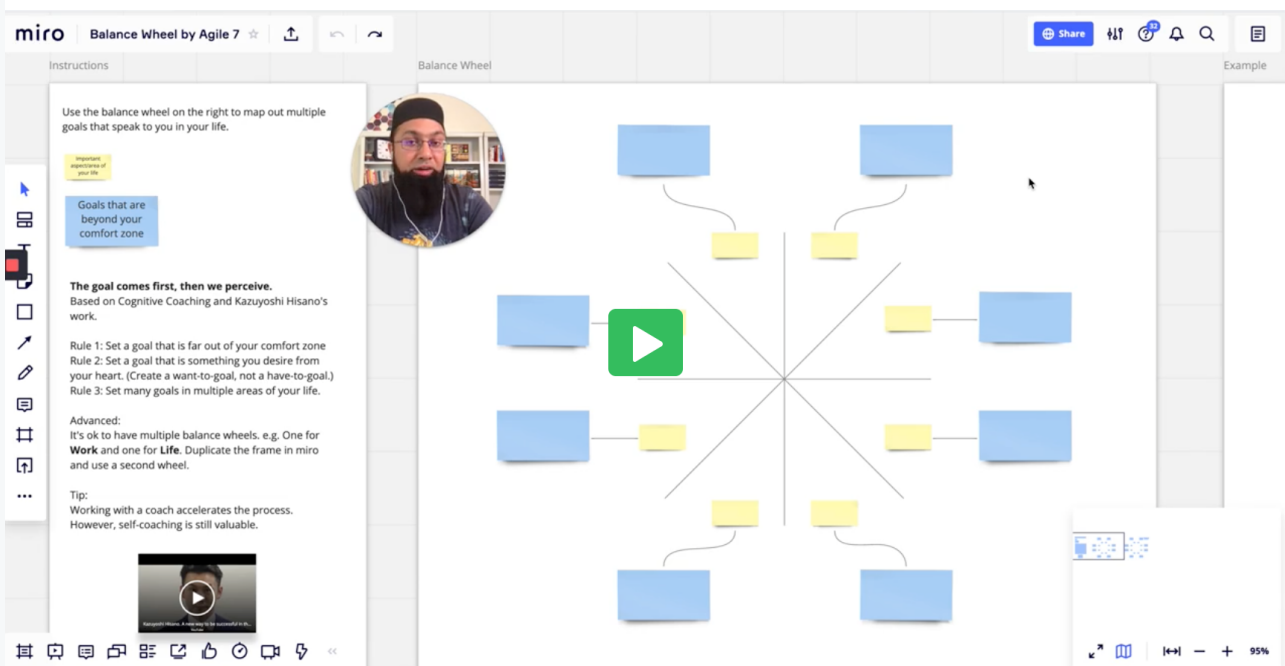
# Dynamical Change Newsletter

Focused on building resilience and thriving in complexity

Hi,

I'm glad you're here. It's been a whirlwind of events for me the past two months. I've been exhausted and energized every single day. And would not have it any other way. The work I've been doing in applying cognitive coaching has been bearing tremendous fruit. In this newsletter, I'm sharing one of the most foundational and powerful tools from that category. And there's more exciting stuff in the works!

## A powerful tool and template for Goal Setting



**miro** Balance Wheel by Agile 7 ☆

Instructions

Use the balance wheel on the right to map out multiple goals that speak to you in your life.

Important experiences of your life

Goals that are beyond your comfort zone

**The goal comes first, then we perceive.**  
Based on Cognitive Coaching and Kazuyoshi Hisano's work.

Rule 1: Set a goal that is far out of your comfort zone  
Rule 2: Set a goal that is something you desire from your heart. (Create a want-to-goal, not a have-to-goal.)  
Rule 3: Set many goals in multiple areas of your life.

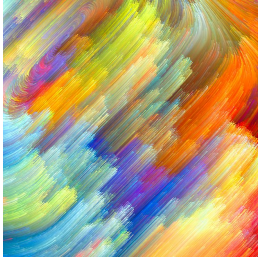
Advanced:  
It's ok to have multiple balance wheels. e.g. One for **Work** and one for **Life**. Duplicate the frame in miro and use a second wheel.

Tip:  
Working with a coach accelerates the process.  
However, self-coaching is still valuable.

Example

95%

## Blog and Events



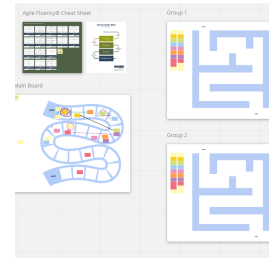
## Beginning and Ending with Gratitude, Part 2

In my latest blog, I share my experience running a tried-and-tested gratitude exercise that is designed for an in-person setting. And how it ran beautifully in a remote/virtual setting. Read the blog post by clicking [here](#).

### Mini-Workshop

#### Up for Adoption: A mini-workshop based on the Agile Fluency® Game

Excited and honored to be hosted by AgileIndy to run an agile game play event. You'll get a chance to play an impactful exercise that uses focus on agile practices to make teams go into high performance mode. The event is free and registration is required. Click [here](#) to sign up for the event.



# MANAGING HIGH PERFORMANCE TEAMS

## MANJU, TRENT, AHMED, LIZ & DEEPA

Had a another great panel discussion hosted by Deepa Kartha on the topic of high performance teams. This was quite a diverse team of leaders with unique backgrounds and opportunites to cross-pollinate ideas.

### Agile 7

1558 Tinos Overlook Way, Apex  
NC 27502 United States

You received this email because you  
signed up on our website or attended a  
session.



[Unsubscribe](#)