

Leading in an Uncertain World

Growth Mindset, Curiosity
& The Illusion of Control

October 2023

Jeff Lucier
CATYLYST 

Health Canada reveals causes of kids' Tylenol and drug shortages, says more is on the way — but not how much



Bank of Canada unexpectedly hikes rate to 4.75% — and economists see room for more



Rideau Canal Skateway won't open this winter



Live updates: Intense bombardments strike in southern Gaza as the war rages on



Tonight's Topics

1. Discovering our innate
CURIOSITY
2. Applying a
GROWTH MINDSET
3. Acknowledging what's
WITHIN OUR CONTROL





CURIOSITY

A special human spark;
the desire to seek out new
knowledge and learn how
things work.

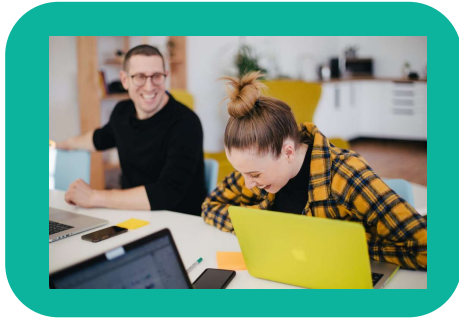
CURIOSITY





**If CURIOSITY
is an innate
human quality,
what STIFLES it?**

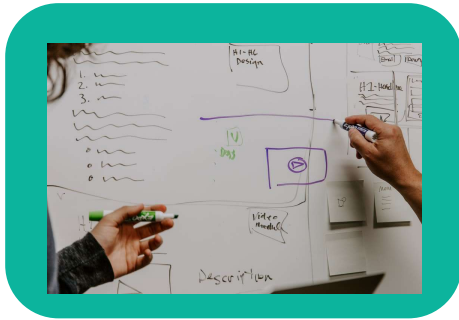




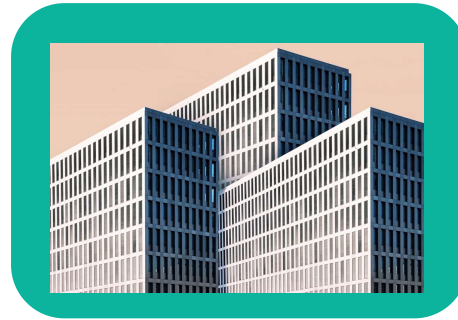
People



Task



Process



Business

CURIOSITY **Across Contexts**

**“If knowledge is power,
knowing what we don't
know is wisdom.”**

- Adam Grant, Author of *Think Again*



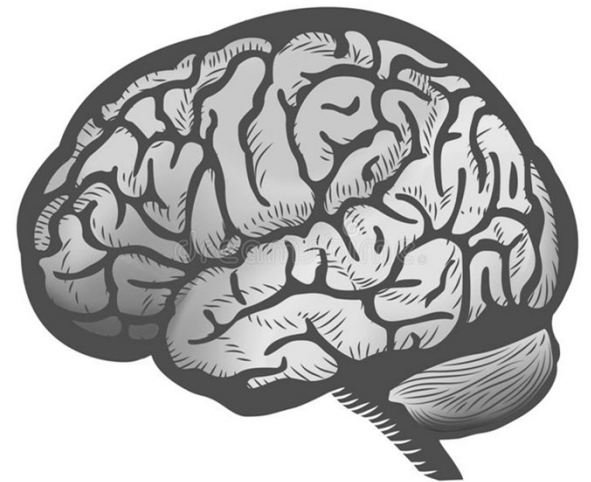
Developing Your CURIOSITY

- Embrace Your 'Ah-Hah' Moments
 - Take Pause and Reflect
 - Role Model Curiosity
 - Practice “*I wonder if...*”
 - *Become “Curious over Furious”*
 - Be the *Scientist*
- *How Can You Unlock Your Innate Curiosity?*



2

GROWTH vs FIXED MINDSET







1971 VW Beetle

**If cars improved
like microchips...**

300,000 mph

2 Million mpg

Cost \$0.04

“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.”

- Charles Darwin, 1809



GROWTH MINDSET

Useful;
Leads to Growth

Embrace &
Persevere;
Opportunity

Chance to
Learn

Appreciated
& Useful



Effort

Challenges

Mistakes

Feedback

Not Necessary,
Not Useful

Back Down
& Avoid;
A Threat

Get Discouraged,
Avoid Them

Not Helpful;
Defensive &
Personal

FIXED MINDSET

Developing Your **GROWTH MINDSET**

1. Acknowledge Change & Progress
2. Adopt 'No Failure. Just Feedback.'
3. Develop Your Perseverance & Resilience.
4. Reflect on Your Learning.
5. Be Kind & Patient with Yourself:
Mastery Takes Time.





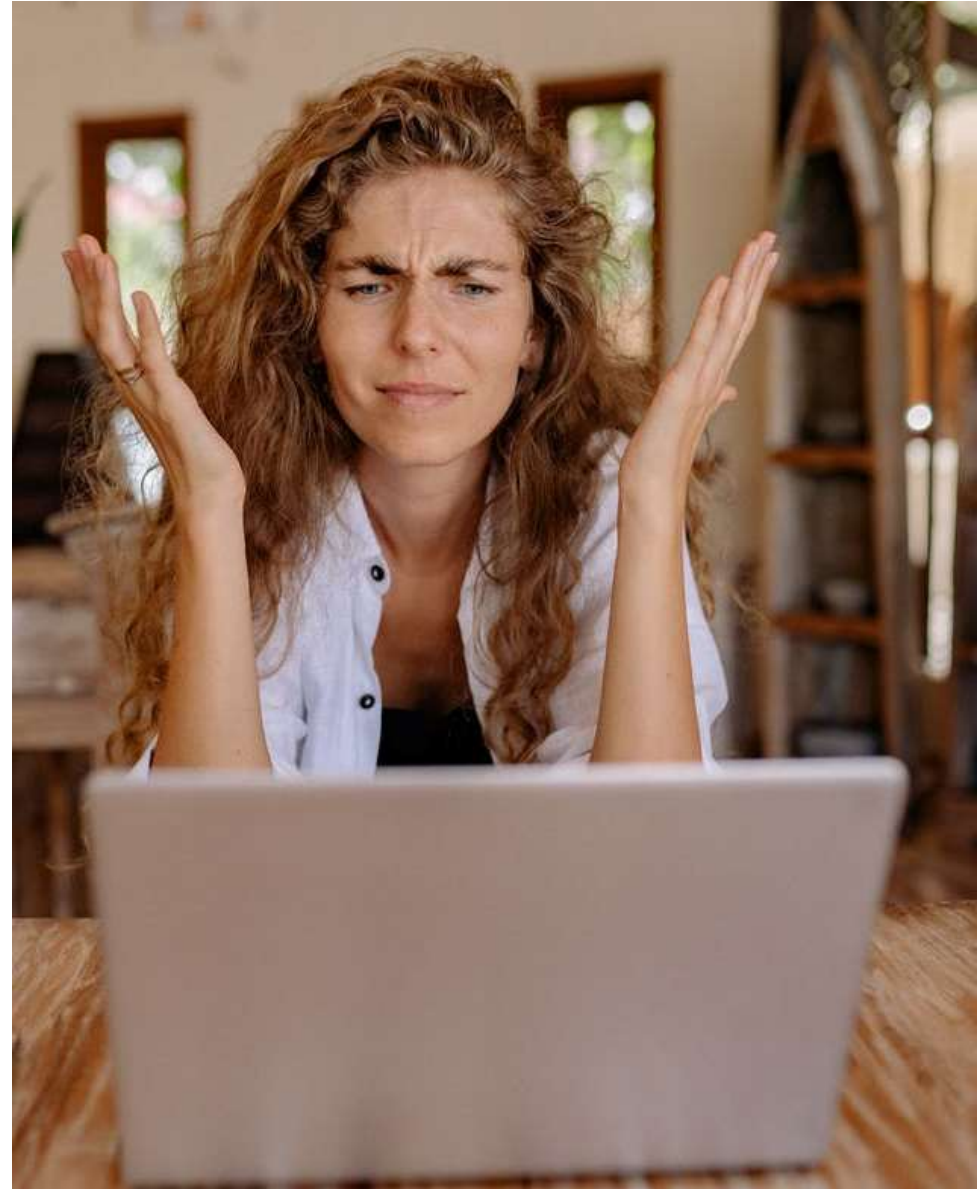
3 CONTROL

I'M NOT A
★ ★ ★ ★ ★
CONTROL
★ ★ ★ ★ ★
FREAK
BUT YOU'RE

DOING IT WRONG

★ ★ ★ ★ ★

Why the need for **CONTROL?**



NOT Within Our Control

- How Others Feel, Think & Behave
- Change
- The Past
- Exact Outcomes of Our Actions
- If Others Choose to Forgive
- The Self-Care of Others
- What Other Businesses Do
- The Market & Macro Economics
- The Weather

Within Our Control

- Our Beliefs, Attitude & Mindset
- Our Actions & Decisions
- How We Respond to Others
- Boundaries
- Self-Care
- Worry, Resilience
- Gratitude
- Time & Energy: How, When & Where We Spend It

**“The more we value
things outside our control,
the less control we have.”**

— Epictetus





“Let it go.”

— Elsa



Summary

1. Discovering our innate
CURIOSITY
2. Applying a
GROWTH MINDSET
3. Acknowledging what's
WITHIN OUR CONTROL





About Catylyst

CATYLYST DELIVERS PRACTICAL LEADERSHIP SOLUTIONS
FOR COMPLEX AND CHALLENGING TIMES.

To learn more about our services in Executive Coaching, Leadership Development and Team Performance, contact **Jeff Lucier** at jlucier@catylystld.com or visit www.CatylystLD.com