

Helping Leaders Grow: Embracing the Uncomfortable

Sponsored by



POWER UP!



Matt Heller

Founder

Performance Optimist Consulting

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What is something you have
done that was difficult to
do?

“The hardest thing you’ve done
is the hardest thing you’ve
done.”


- Alex Francisco

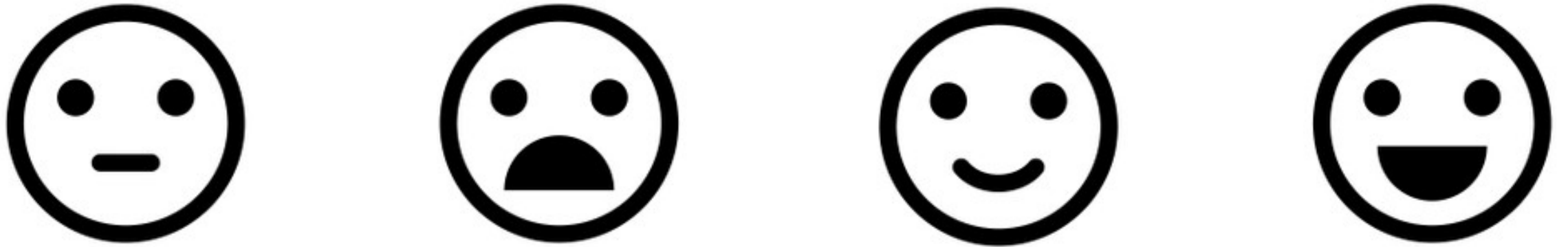


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Fear

Learn

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- What does it feel like in this zone?
- What happens in this zone?



Comfort

Fear

Learn

Growth



Comfort

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What's the
worst that
could
happen?

In what situations do you naturally or willingly step outside of your comfort zone?



Comfort

Fear

Learn

Growth

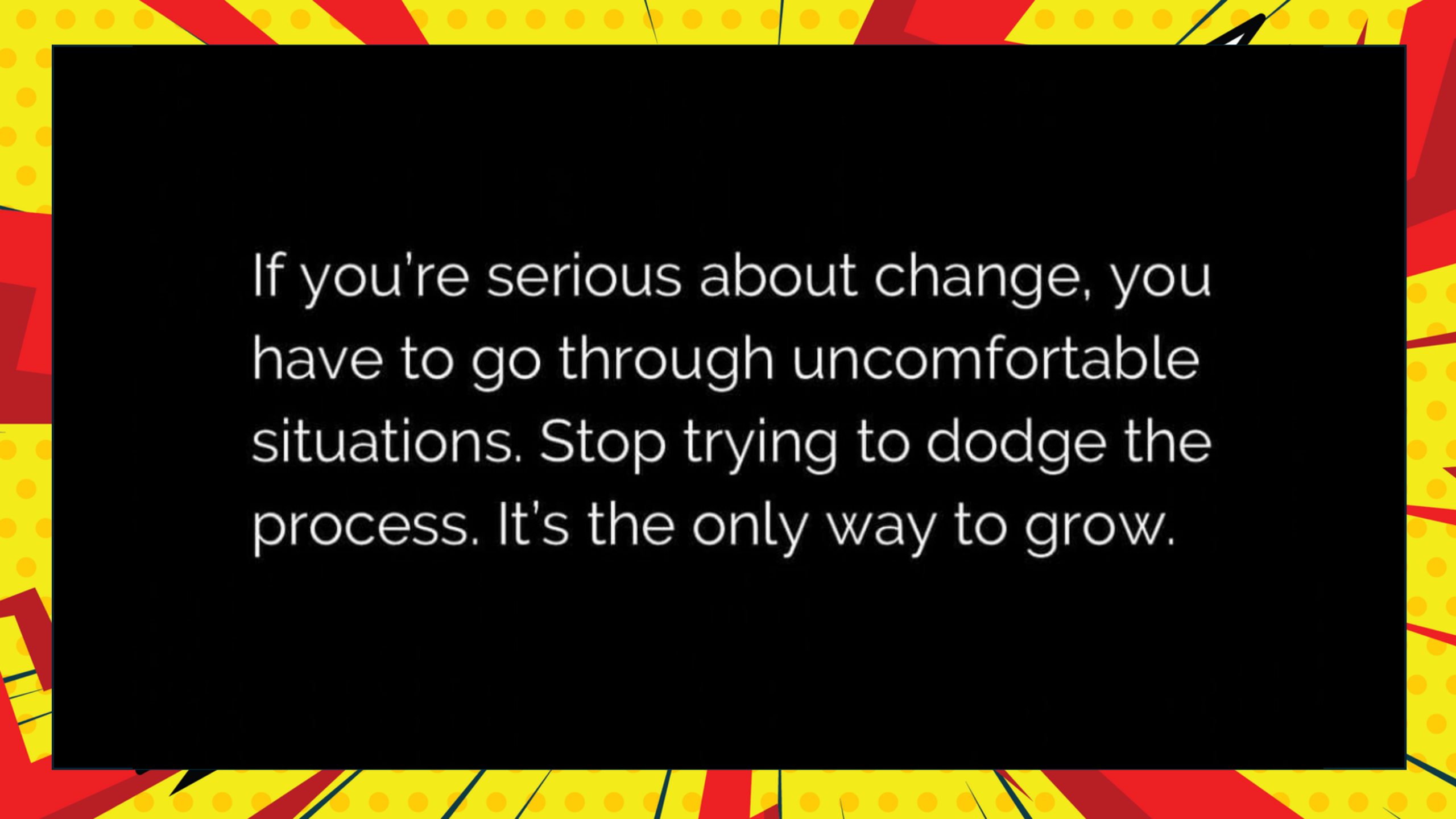


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Fear

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Growth



If you're serious about change, you have to go through uncomfortable situations. Stop trying to dodge the process. It's the only way to grow.

What will you do
differently?



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COMING UP NEXT!

General Session #6 2:45pm

***Conference Keynote Address
“Power Up Your Leadership”***

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