

Lead with Intentional Optimism

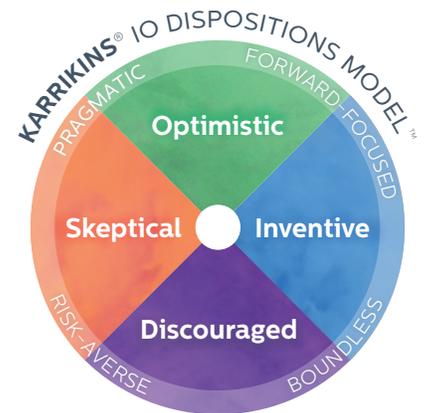
Create and act on opportunities that will set you apart.

Leader energy makes all the difference

Intentional Optimism is a new way of leading that relies on the power of combining pragmatism and forward-focus to pursue opportunities. Many organizations have over-oscillated to depending on the *Inventor disposition* to deliver innovation and the *Skeptical disposition* to protect the core. While these dispositions are crucial in their own ways, it is the *Optimist disposition* that figures out how to implement the ideas and to challenge the status quo.

Through this **KARRIKINS Catalytic Event™**, natural Optimists will learn how to build momentum toward the future, while Inventors and Skeptics will gain an appreciation for their own strengths and how they can balance their energy to make sure a company doesn't lose relevance. And, everyone will gain a better understanding of how to identify the *Discourager disposition* when it shows up, and ways of moving themselves and others through it effectively.

Participants will explore their natural leadership disposition as well as how they respond when they shift into a different one, and how they work with people who show up in other dispositions. They will have a model they can apply immediately to shift their mindsets and bring others with them as they work to lead intentionally from the pragmatic and forward-focused space that is Optimism.



Key outcomes

In addition to feeling energized and inspired, participants will be able to:

- Understand which disposition they are defaulting to, and where others might be as well
- Feel the value of being intentional about optimism as a choice
- Create momentum that builds across their team by infusing them with the energy required to innovate and transform
- Use the **KARRIKINS OPT-IN Model™** to shift their own mindsets and those of others
- Explore opportunities professionally and personally from an intentionally optimistic view

Optimism is not believing things will be easy; it is believing in your ability to do hard things.

OPT-IN: Building optimism into your leadership

To amplify Intentional Optimism, the **KARRIKINS OPT-IN Model™** has five actions you can take to strengthen how you show up as a pragmatic and forward-focused leader. It combines future possibilities with a pragmatic view of what's required to get there.

O

Own your energy

P

Pose curious questions

T

Take on the hard work

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I

Include others

N

Notice and name your choices

KARRIKINS® OPT-IN MODEL™

Intentional optimism starts with....intention! **Owning your energy** means figuring out where you are and how to move into an optimistic space.

Posing curious questions keeps you centered on today while also exploring what's possible in the future. Learning to think in terms of curious questions is a vital skill for an intentionally optimistic leader.

Being optimistic doesn't mean ignoring reality. Amazing outcomes are the result of hard work, and **taking on that hard work** is rocket fuel for optimistic energy.

Including others helps spread the energy and moves others into the same space. Optimism is harder to spread than more negative emotions, so including others helps you to reinforce and spread the energy.

Noticing and naming your choices builds agency and responsibility into your leadership. It complements owning your energy by getting more specific about the choices you make every day in how you show up as a leader.



Optimist leaders identify and act on opportunities, stepping confidently toward disruption. They create more value and have more impact, while energizing the people around them to do the same.



Configure your session with us today!

Our workshops are designed to give participants a hands-on experience with new tools and approaches that energize their leadership and inspire them to bring Intentional Optimism to their work.

We offer in-person, virtual, and hybrid participation support, and all of our approaches include meaningful content and materials to support participant engagement.

	 Audience	 Time commitment	 Approach
1	TEAM SESSION 8-20 participants Same team	3 hours	<ul style="list-style-type: none">Pre-work interviews with key leaders to understand the current contextContent configured to encompass a specific situation or environment
2	KEYNOTE Any size and mix of participants	60-75 minutes	<ul style="list-style-type: none">Pre-work conversation with the event organizer and client executive sponsorContent configured to be relevant to the audience with high energy and excitement built inAudience interaction via polls, breakouts, and Q&A
3	CONFERENCE WORKSHOP Groups of 30-250 people	1-2 hours	<ul style="list-style-type: none">Pre-work conversation with key leadersHigh energy, interactive, working with other participants both virtually and in the room

KG | Alignment Institute
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Do you want to bring
the power of Intentional Optimism
to your organization?

Say hello at alignmentinstitute@karrikinsgroup.com and let's chat about how our **Intentional Optimism™** workshops, keynotes, and team sessions can have a positive impact for your people. These energetic, interactive, and meaningful experiences will help participants to understand and own the power of optimism for themselves and their teams.



KARRIKINS GROUP

We are **Karrikins**.

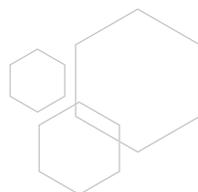
We're world-class facilitators, cultural changemakers, behavioral scientists, and experience creators, but above all, we're people looking to make a lasting and positive impact. With decades of diverse experience in helping companies set ambitious strategies and act on them, our leaders guide our collective impact and enable transformative growth for leaders and teams.

Visit us at karrikinsgroup.com to learn more about our game changing alignment solutions for executive teams, delivery teams, and individuals who are ready to lean into the power of alignment to deliver on their most ambitious goals. Through our Alignment Institute we offer catalytic workshops, individual programs, and smaller group experiences.

KG **Dynamic Strategy**

KG **Alignment Journey**

KG **Alignment Institute**



KARRIKIN (n): *a group of compounds found in the smoke of burning plants that stimulates seed germination and catalyzes growth.*