

Leadership lessons Ask more – not less

Brady Wilson





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Today's Speaker



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#QBConnect

Agenda

Ask more – the science

The right kind of more

How to discover what matters most

Ask more case study



Paula:

engaged but exhausted



Dedicated but depleted

% of your body weight





When you are exhausted, the first thing you lose access to is your executive function.





Engagement. **Energy.**What's the difference?

Engagement

- Loyalty
- Dedication
- Commitment
- Focus
- Disc. Effort

Energy

- Passion
- Vitality
- Enthusiasm
- Resilience
- Absorption





Engagement drives effort.

Energy fuels performance.



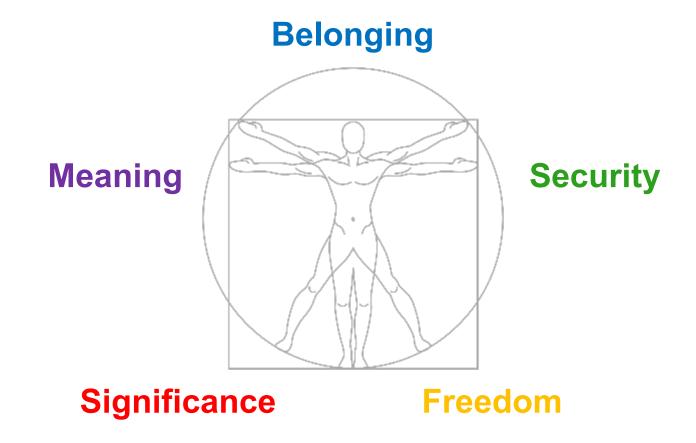
If your team is not energized, your strategies are at risk



Energy is released when driving needs are met



Five driving needs





Oxygen Poker: Round 1



Instructions

- 1. Deal 5 cards
- 2. Rank your cards
- 3. Very important on right
- 4. Least important on left
- 5. Trade with others

Your goal is to have five of the most important cards in your hand.



Oxygen Poker: Round 2

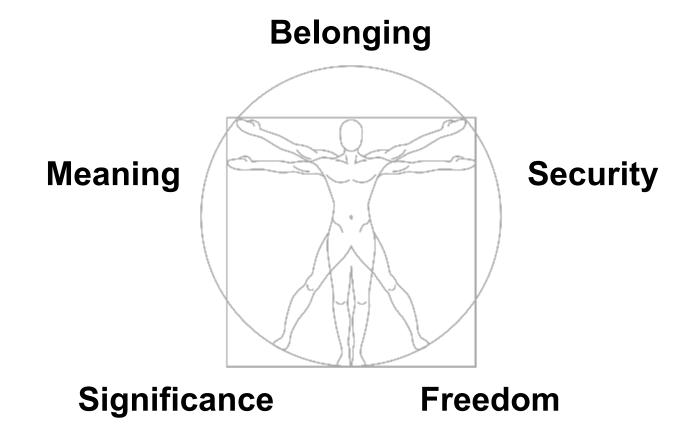
Instructions

- 1. Lay all the excess cards out on the tables face up
- 2. Go shopping!

Your goal is to have five of the most important cards in your hand.

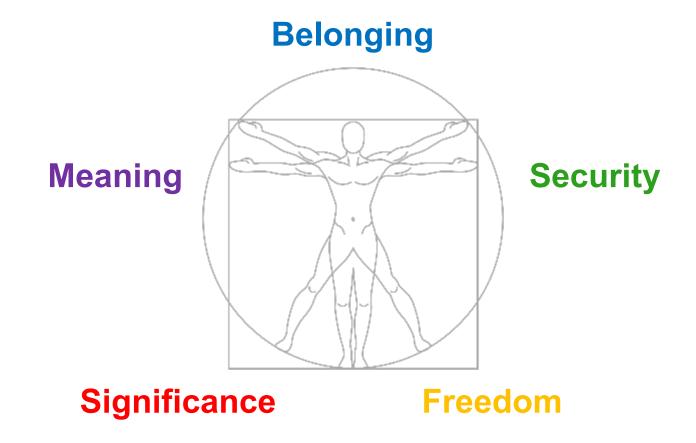


Let's figure out the colours





Five driving needs





Turn to a partner and ask

How do your cards work together?

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What happens to your energy if these go unmet?



18





Cliquey

Exclusive

Gossiper

Complainer

People-pleaser

A valid need for **Belonging**

Micro-manager

Controlling

CYA

Finger-pointer

Overly analytical

A valid need for **Security**

Maverick

Rule-breaker

No follow-through Unreliable

Takes unwise risks

A valid need for **Freedom**

Takes the credit

One-upper

Always right

Political

Brown-noser

A valid need for Significance

Connect on what matters most

#QBConnect



1. Find a partner

2. One of you will tell a 1 minute story about:

A time you felt Appreciated, or

A time you were Successful, or

A time you made a **Difference**.

3. The other will:

- Acknowledge what you believe mattered most.
 - Storyteller can verify or clarify
- Ask, "Why was that important?"
- Sum up what you've learned about your partner





The currency that is prized by one person can be

meaningless to another



Ziad creates a superstar

Significance



The currency that is prized by one person can be

meaningless to another



Operating system

Connect on what matters most

Understand what's possible

Partner for progress



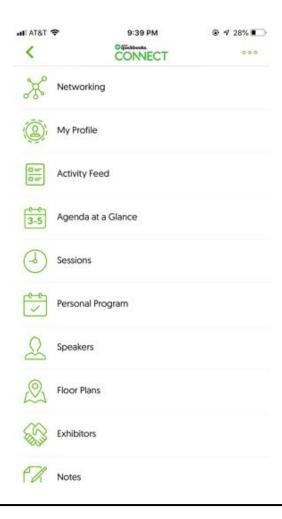


Questions?

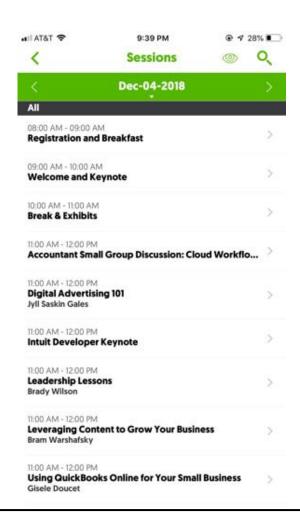


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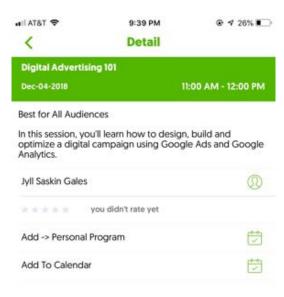
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