

The image features a teal background. A horizontal line, slightly wavy, divides the image. Above the line, there is a pattern of small, light-colored specks, resembling stars or dust, scattered across the teal field. Below the line, the teal is a solid, uniform color.

YOU HAVE
TO NAME IT TO TAME IT

Why? 🤔

Naming the factors that influence our work, whether we are in control of them or not, gives us the ability to narrow in on problems, account for them and ideally solve them:

Ideal outcomes of this exercise are:

- 1. Intentionality-** being able to see things without the lens of chaos
- 2. Deliberative action** - think before we react or act, at all
- 3. Strategic accounting** - looking at things from a strategic lens and predicting what might happen next

When we can name and tame the elements that influence our work, both good and challenging, we can predict them and account for them

How it works 🤖:

We are going to take 6 minutes (respectively) to answer 2 questions about the factors that influence our work:

1. What are the factors that influence my work (or my team's work) that we can control?
2. What are the factors that influence my work (or my team's work) that I cannot control?

For the sake of clarity- let's define control as: *the power to influence or direct people's behavior or the course of events*

How it works: 

Brainstorm 1 :: 6mins

What are the factors that influence my work (or my team's work) **that I/we can control?**

Link to figjam

Example: we never know what level of review is required by leadership

How it works: 

Brainstorm 2:: 6mins

What are the factors that influence my work (or my team's work) **that I cannot control?**

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Example: our CEO keep changing our strategy & churning our team

Heat mapping

10 mins

Let's find the duplicates and map them together to de-dupe

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Theme mapping & discussion

10 mins

Looking at our list let's discuss:

1. What can we get ahead of and actually tame - **solutioning the controlled factors**
1. What can we put into place as predictive ameliorative (*fancy legal word!*) measures in order to **mitigate the factors we cannot control**

Link to figjam

Finding our anchors

5- 10 mins

Let's take a look at any anchor points (unchangeable /immoveable elements) to leverage or opportunities that we can take away

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