



# Change is inevitable: Resilience takes some work!

Live Virtual Workshop  
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**Nothing is intractable.**



# HSD Vision

People everywhere thrive because we see patterns clearly, seek to understand, and act with courage to transform turbulence and uncertainty into possibility for all.

## HSD Simple Rules

Stand in inquiry

- ▶ Turn judgment into curiosity
- ▶ Turn conflict into shared exploration
- ▶ Turn defensiveness into self-reflection
- ▶ Turn assumptions into questions

Find the energy in difference

Zoom in and zoom out

Connect through stories and impacts

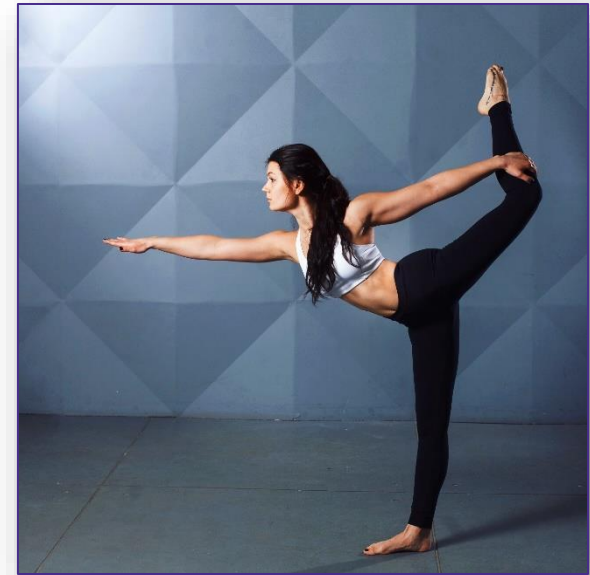
Search for the true and useful

Celebrate life



# Today's Adaptive Action

- ▶ **WHAT?**  
What creates resilience in complex systems?
- ▶ **SO WHAT?**  
So what does that mean for you?
- ▶ **NOW WHAT?**  
Now what are your next wise actions?

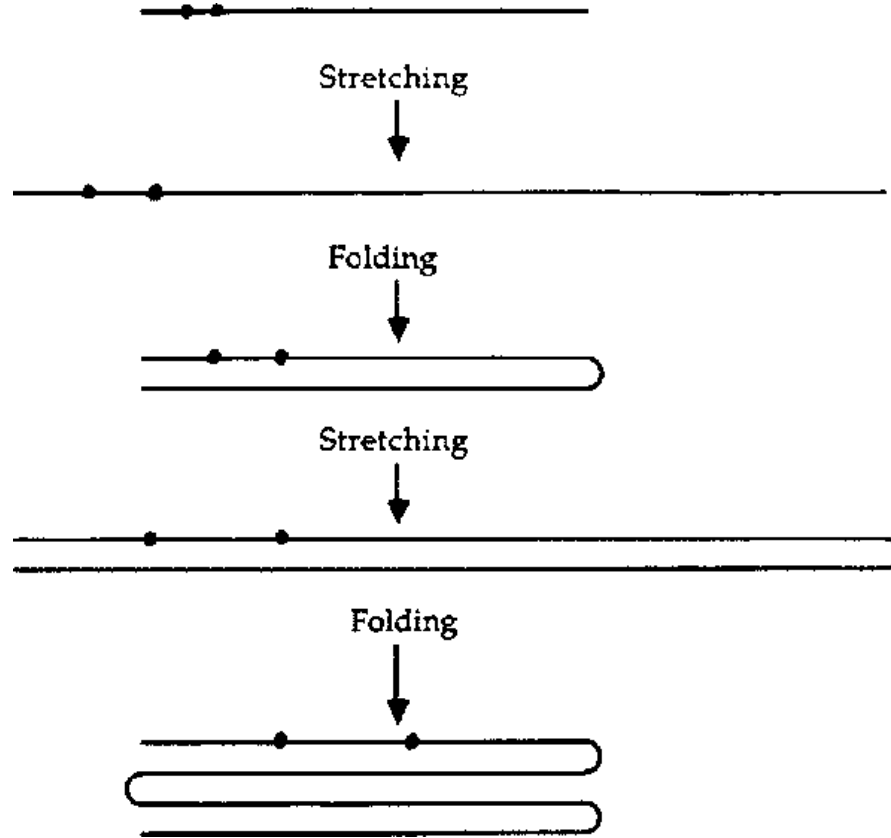




**What**  
creates resilience in  
complex systems?



# Baker Transformation





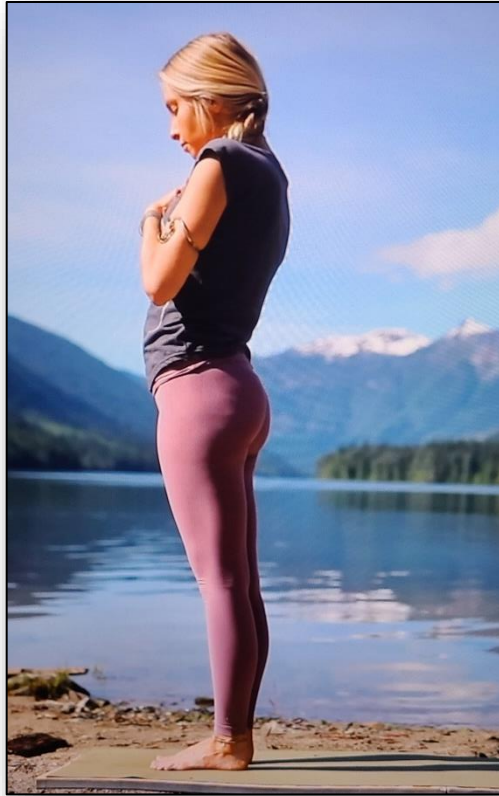
# Kneading Dough



<https://www.youtube.com/watch?v=6LveQINERWI&t=1027s>



# Stretching Bodies



<https://www.youtube.com/watch?v=GjMSgK5H4ho>



# Growing Plants

<https://www.youtube.com/watch?v=uS0003KBKDY&t=392s>







**So what**  
does that mean for  
you?



# Stretch and Fold Resilience for you?

Joy &  
Sadness

Hope &  
Disappointment

Engagement &  
Reflection

Work &  
Rest

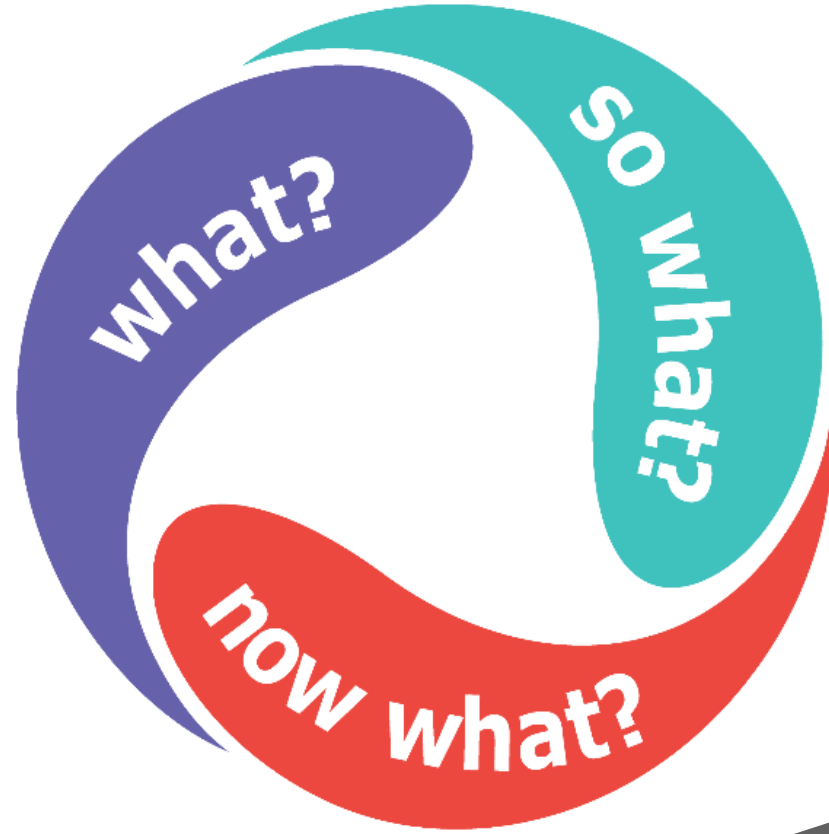
Give &  
Receive



**Now what**  
are your next wise  
actions?



Your  
Next Wise Action

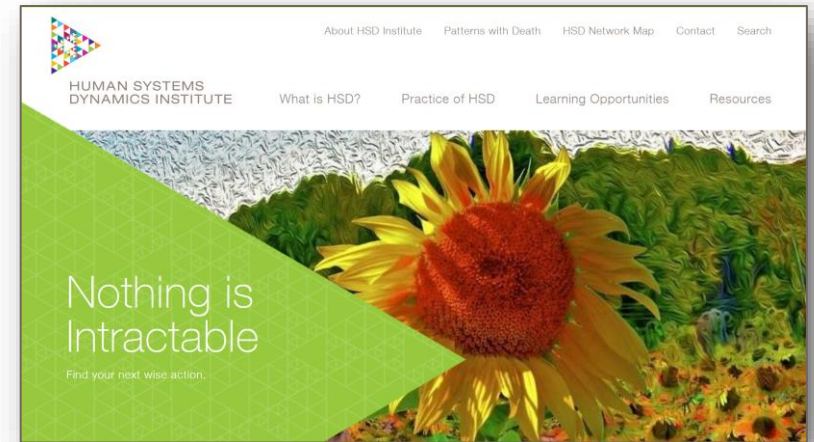




## Want to learn more?

- ▶ Daily Power of Questions
- ▶ Free, monthly webinars
- ▶ Blog posts and event announcements
- ▶ Adaptive Action Labs  
(Two, 3-hour sessions on relevant topics)
- ▶ Dragons of Complexity
- ▶ HSDP Certification  
(online and face-to-face)
- ▶ Website with many resources
- ▶ Books and more!

**[www.hsdinstitute.org](http://www.hsdinstitute.org)**





# Our Adaptive Action

