



INTELLIGENCE OF THE MOMENT

Leadership Team Activity



PreWork

Listen: [Stay On Course Podcast: Intelligence of the Moment](#) before you come to the team meeting.

Meeting

Review & Discuss: Page 2 as a team and talk about 1 idea you connected with.

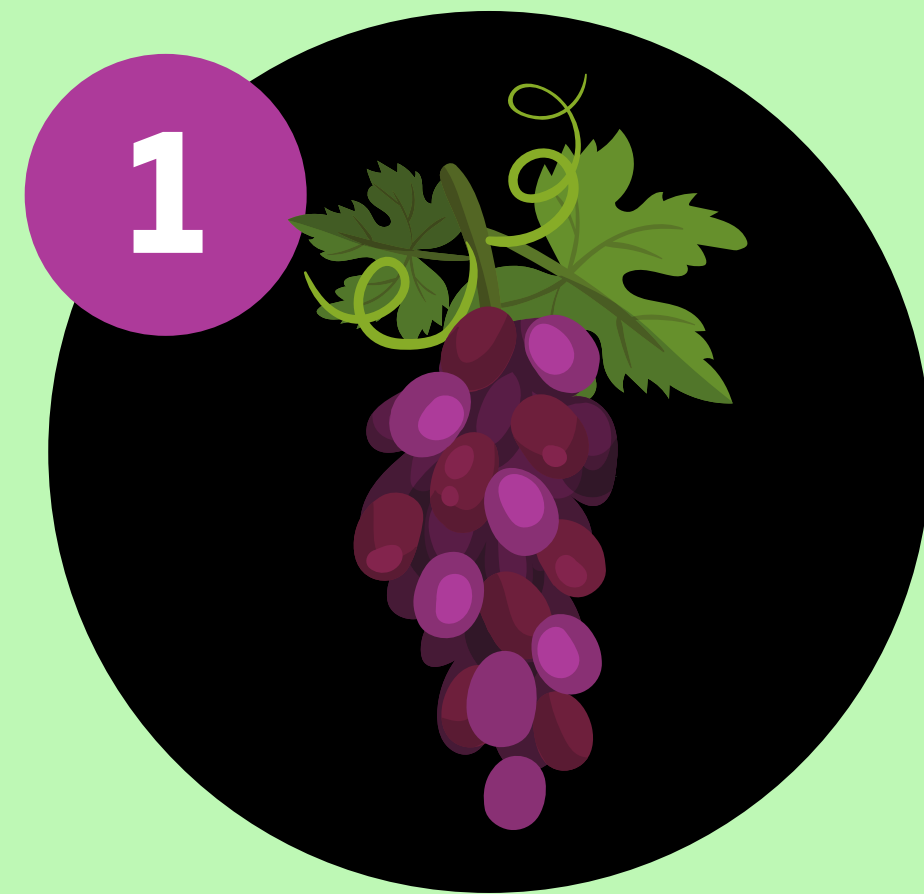
Reflect: Take 10 minutes individually to reflect and fill in page 3.

Discuss: Use page 4 to lead a team discussion where everyone contributes

INTELLIGENCE OF THE MOMENT

Awareness

- Use all of your senses to notice the moment.
- **Ask yourself:** Who am I ? Who is speaking?



Tranquility

- Create a quiet space in your current environment.
- Become aware of who you are from the inside
- Step into the role you are playing next



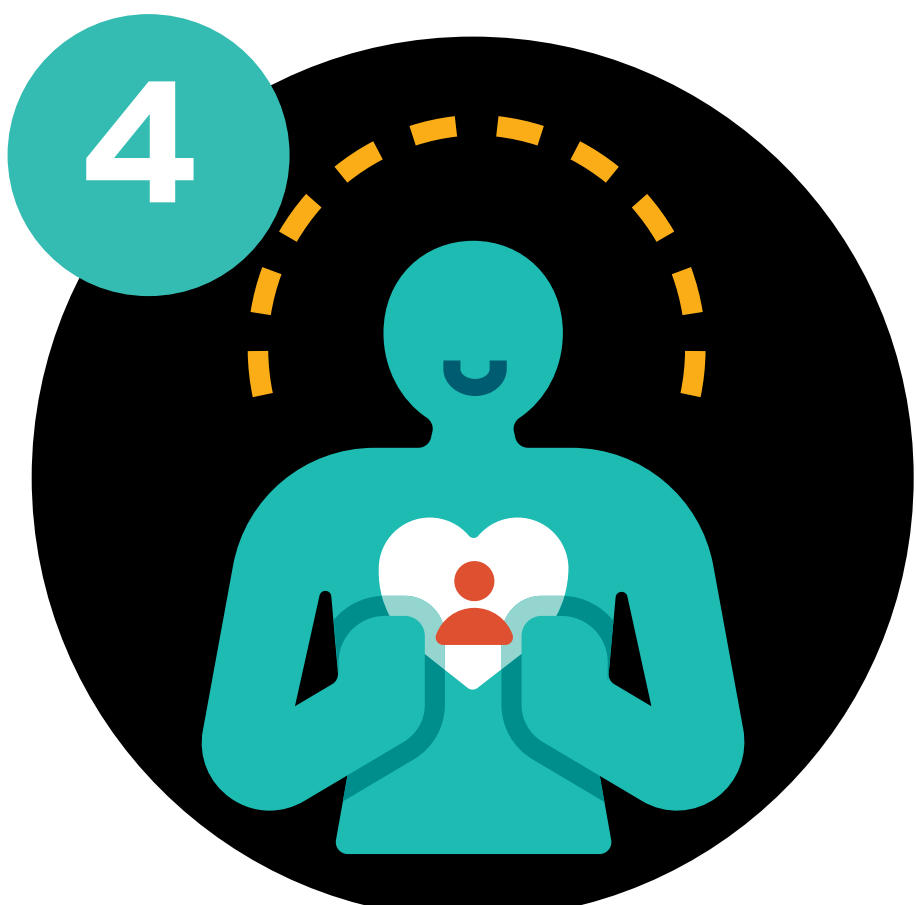
Humility

- Remove your expectations in every moment.
- Release the desire to control or compare
- Be present to the present....



Perseverance

- Practice your presence in the moment
- Normalize this behavior
- Allow you brain to create new neural pathways





INTELLIGENCE OF THE MOMENT

*Preparing for the
Moment*

Individual Reflection

- **Who am I?**
- **Who is speaking?**
- **What am I trying to control?**
- **What mindset do I need in the next moment to be present?**
- **What role am I playing in this next interaction?**
- **How do I step into that role to tap into the intelligence of the moment?**



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Team Discussion

- **How can the intelligence of the moment help us as a team?**
- **How can we hold each other accountable to living into the intelligence of the moment?**
- **How will we know when we are living into the intelligence of the moment?**
- **How can we bring this concept forward with our teams?**