

危機

A crisis:
an opportunity to transform:
to transform oneself and to involve a
wider group

During these two past years, our lives have been challenged on a daily basis. It has been a time that pushed us into our innermost depths and invited us to draw on our most important resources. We are facing a time of crisis and human beings have survived through the centuries by being resilient and some of them have been even able not just to survive but to thrive by taking the opportunities of a crisis to transform themselves and to help others to transform.

危機

In Mandarin Chinese, the word crisis is called weiji meaning both Danger and Opportunity

Danger Opportunity

If we see the crisis only as a danger, we will try to run away from it, to go through it very quickly, hoping that it will stop as soon as possible. If we see it as an opportunity, we will live through the crisis imagining that we can build something new, not because of it but thanks to it. Crisis therefore invite us to a real transformation of ourselves and also take advantage of the circumstances of our context and reach another level.

You too have already been able to cross a challenging period before. We will invite you to reflect on those experiences and find the key resources and strengths that helped you overcome scary, unexpected moments before having decided to focus on the opportunities of a crisis.

1/- Tell me about the experience of a crisis that you went through and that became an opportunity to transform something. This may have been a professional or more personal transformation at xxx or elsewhere. You were either the initiator or one of those who had to implement it. This experience may have come from a recent or more distant past with a small or large group. It may have been challenging and you really managed to get through this crisis successfully

A- What is this story? A- What was the story: what was the context, what was at stake? who was involved? when was it? what was your role? what were the challenges?

B- What were the most important moments of this story?

C- What in this story really constitutes one or more key elements of a successful transformation of a successful management of a crisis?

D- What did you personally do in this story to make it the success you describe? What are you proud of? What does this story teach you about yourself, about your ability to lead a transformation, or to live it and accompany it in a positive way?

3 key ingredients for a successful transformation through a crisis :

Based on your past experience, if you had three essential ingredients of a successful transformation management in the context that is yours today, what are they? :

- Key Ingredient 1:

- Key Ingredient 2:

- Key Ingredient 3:

Your first potential step moving forward

Taking a step back from your current professional challenges, what does this success story and the ingredients you found in it give you as new ideas to move forward?