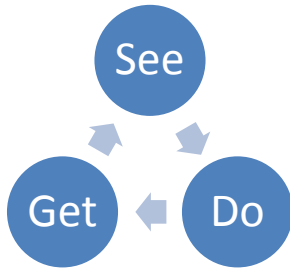


Leveraging Change for Excellence

Marissa Krupat
Los Angeles Unified School District

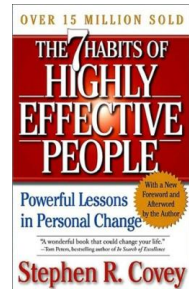
Adaptability - The metaskill required to respond effectively to a change situation and, specifically, to an unpredicted change.

- Burns, W. & Freeman, D. 2008, "Developing an Adaptability Training Strategy and Policy for the DOD."

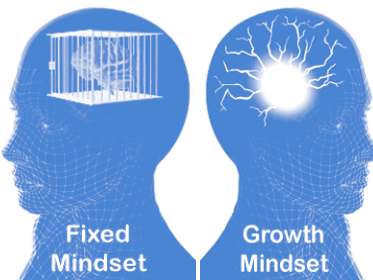
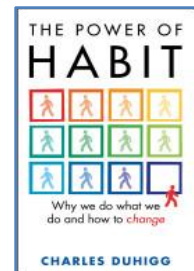


The results we **get** depend on what we **do** (behaviors). What we do depends on how we **see** the world around us (our paradigms).

- Stephen R. Covey, **The 7 Habits of Highly Effective People**

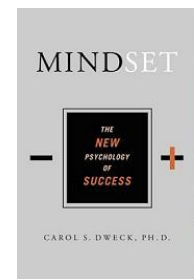


By understanding how our habits work, we can achieve greater success by learning how to change them.



People who have a **fixed mindset** believe their success is based on innate ability or intelligence.

People who have a **growth mindset** believe their success is based on hard work, learning, and training.



Power posing optimizes the brain to function well in high-stakes challenges. Results include significant increases in testosterone -- a hormone linked to assertiveness -- and significant decreases in cortisol -- a hormone linked to stress.

"Our bodies change our minds, and our minds can change our behavior, and our behavior can change our outcomes."

- Amy Cuddy, Social Psychologist, Harvard Business School