

# ADAPTING WITH AGILITY

## Changing the game and making it your new normal

INSPIRATIONAL SPEECH FOR LARGE AUDIENCES BY SZYMON KUDŁA

The past few years have brought a great deal of confusion and uncertainty. In addition to dramatic changes in the economic, social and technological environment, companies are changing their business models, often at lightning speed. Szymon helps to calm the frayed nerves and provides teams with balm for their souls, while at the same time giving them a strong impulse to embrace ambiguity constructively – and to become even more future-ready. Using memorable examples, surprising research, and energizing experiments, Szymon will help audiences stay open-minded, adapt to changes beyond our control, reinforce optimism, and increase their ability to act with a cool head in today's turbulent world.

**Perfect for:** Teams struggling with ambitious transitions, reorganizations, optimizations, mergers or strategic shifts.

- **LET YOUR GUARD DOWN: How to respond to changes without resistance?**  
Increase your tolerance for trends and decisions that are out of your control, or you'll burn yourself out. Instead of rushing to judgment, ask questions and stay gossip-proof. Don't cling to one linear vision: apply thinking in multiple scenarios.
- **LOOK FORWARD, NOT BACK: How to create a new reality?**  
Don't demonize the future, don't glorify the past. Human body is designed to have eyes in the front. At the back we have a different part of the body...
- **CREATE A POSITIVE COMMANDO: How to ensure mutual support?** When our energy resources become depleted, we need to be positive chargers in each other's lives. Each challenge hurts less, when we face it together. Follow the golden rule of "zero tolerance for whiners", who sap energy from others.



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**MORE DETAILS (INCL. OTHER TOPICS, BIO AND CREDENTIALS) AT SZYMONKUDLA.PL**