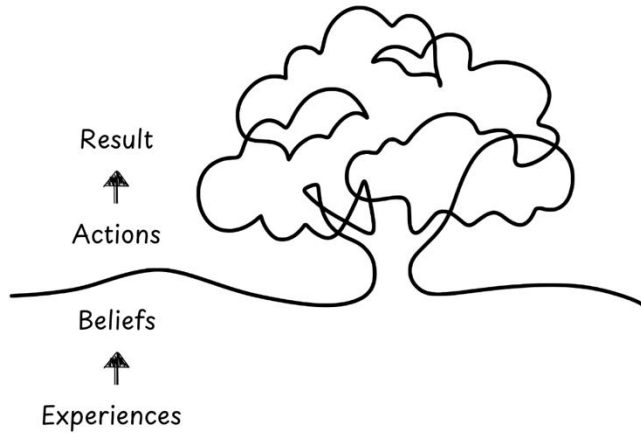




NextGen Session Four

The Inner Game

July 16, 2026



WIN – What I Noticed

What's ONE

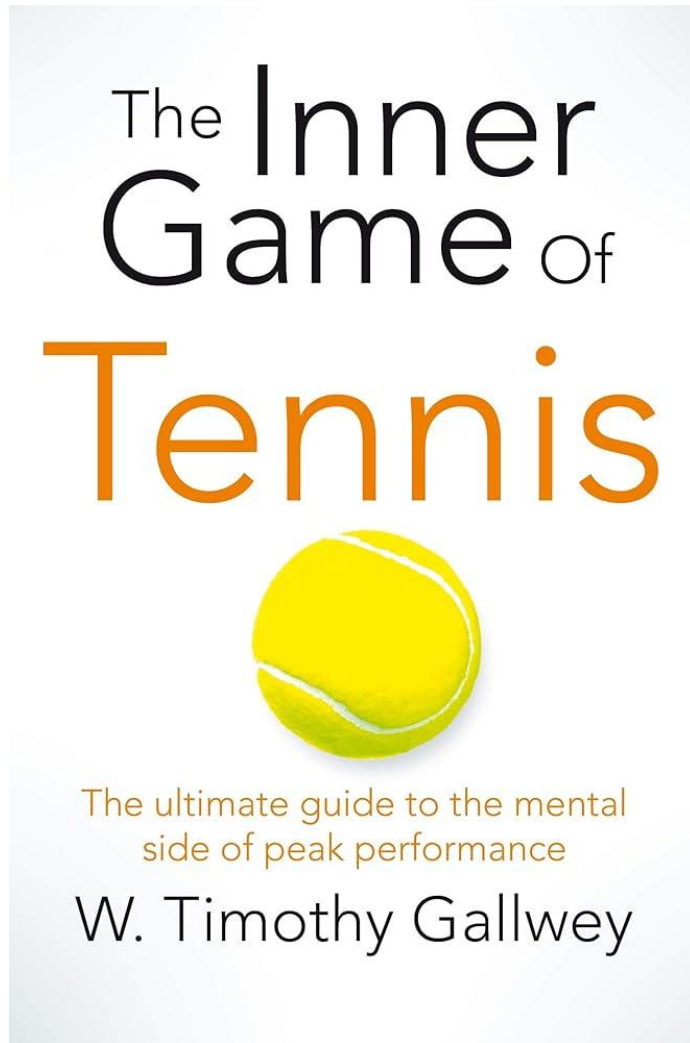
thing that you did,
insight you had,
feedback you received,
something that showed up

as a result of the work we have done so far in this
workshop?

Blueprint

Session 1:	Session 2:	Session 3:	Session 4:	Session 5:	Session 6:	Session 7:	Session 8:
Set the Direction	Adapt to Connect	Define Your Signature	The Inner Game	Build Relationships & Influence	Build Your Professional Playbook	Build Your Peak Performance Playbook	Next Level
Gain clarity on the cohort, expectations, where we are going, and how you want to grow.	Increase your influence by understanding yourself and the language of others.	Craft a personal brand that reflects your strengths and aspirations.	Master self-awareness, self-management, and emotional agility.	Build trust, influence, and collaboration.	Develop communication habits that drive credibility and success.	Create strategies for resilience, energy, and sustainable growth.	Reflect, refocus, and prepare for what's next.
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$$P = p - i$$

Performance =
Potential
-
interference

NextGen | Session Four
Reducing the Interference of Threat

Step 1: Identify the Challenge

What is a challenge you are experiencing right now that is interfering with your performance?

Step 2: Move from Chaos to Calm

Chaos	Calm
Confusion: What feels unclear, uncertain, or confusing?	Create Clarity: What information, conversation, decision, or action could reduce uncertainty and increase clarity?
Control: Where do you feel you have little choice, voice, influence, or control?	Focus on Control: What is within your control? What is outside of your control?
Consequence: What negative outcomes are you worried about, anticipating, or trying to avoid?	Reframe the Consequences: What opportunity, lesson, growth, or positive outcome might emerge from this challenge?

Step 3: Take Action

What action can you take right now to reduce interference?



Chaos

χάος (cháos)

A vast opening

Possibilities



Step 1: Identify a Challenge

What is a challenge you are experiencing right now that is causing some degree of chaos?



3

Big Deals



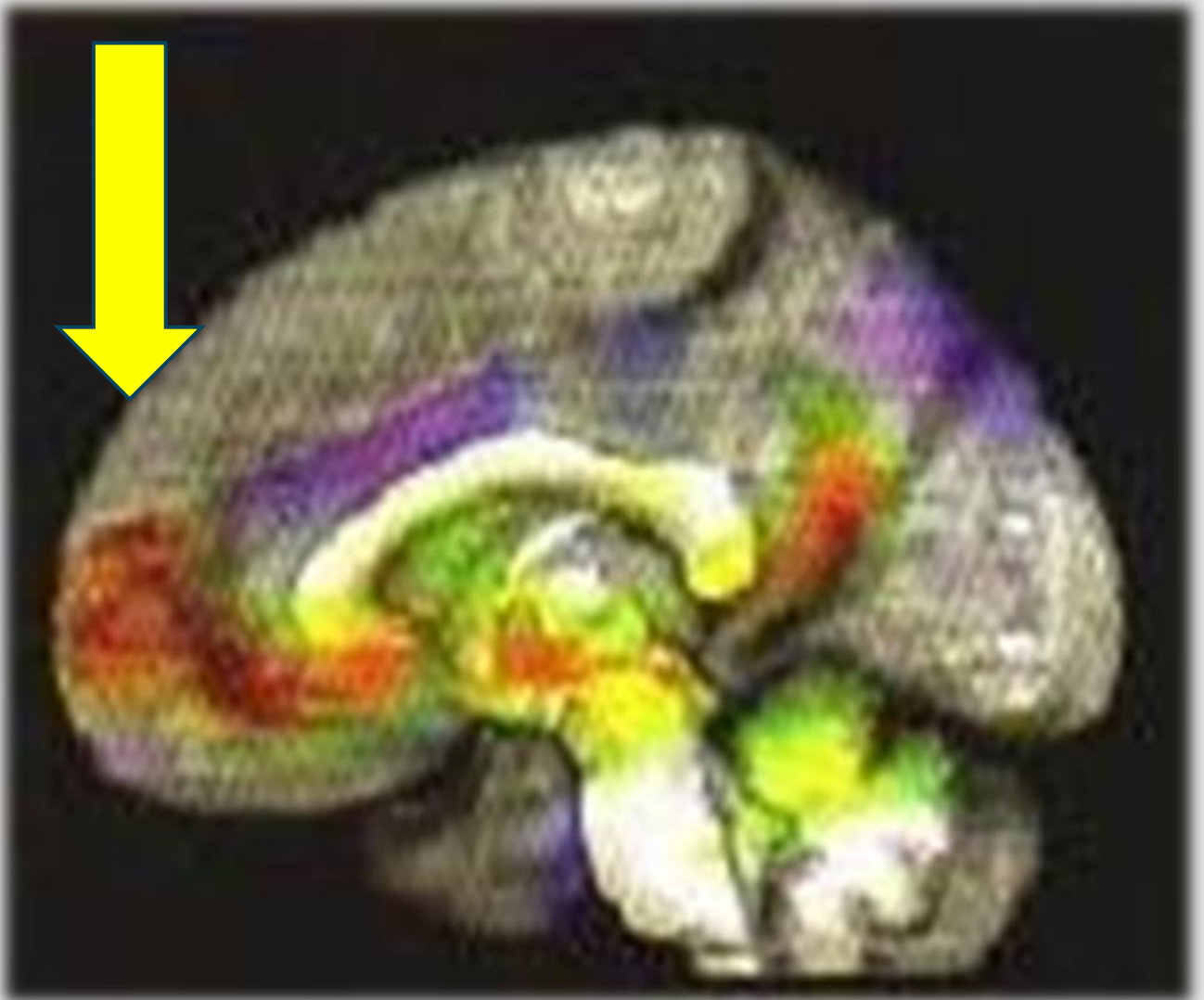
Big Deal #1

1 YOUR PREFRONTAL CORTEX IS PRICELESS

- ✓ Analysis
- ✓ Speech
- ✓ Creativity
- ✓ Willpower
- ✓ Innovation
- ✓ Planning
- ✓ Forming goals
- ✓ Evaluating consequences
- ✓ The brain's "CEO"



- **Best self**
- **Willpower**
- **Perspective taking**
- **Flexible and fluid**
- **Curious and open**
- **Creative and innovative**
- **Focus and energy**



Big Deal #1

1 YOUR PREFRONTAL CORTEX IS PRICELESS

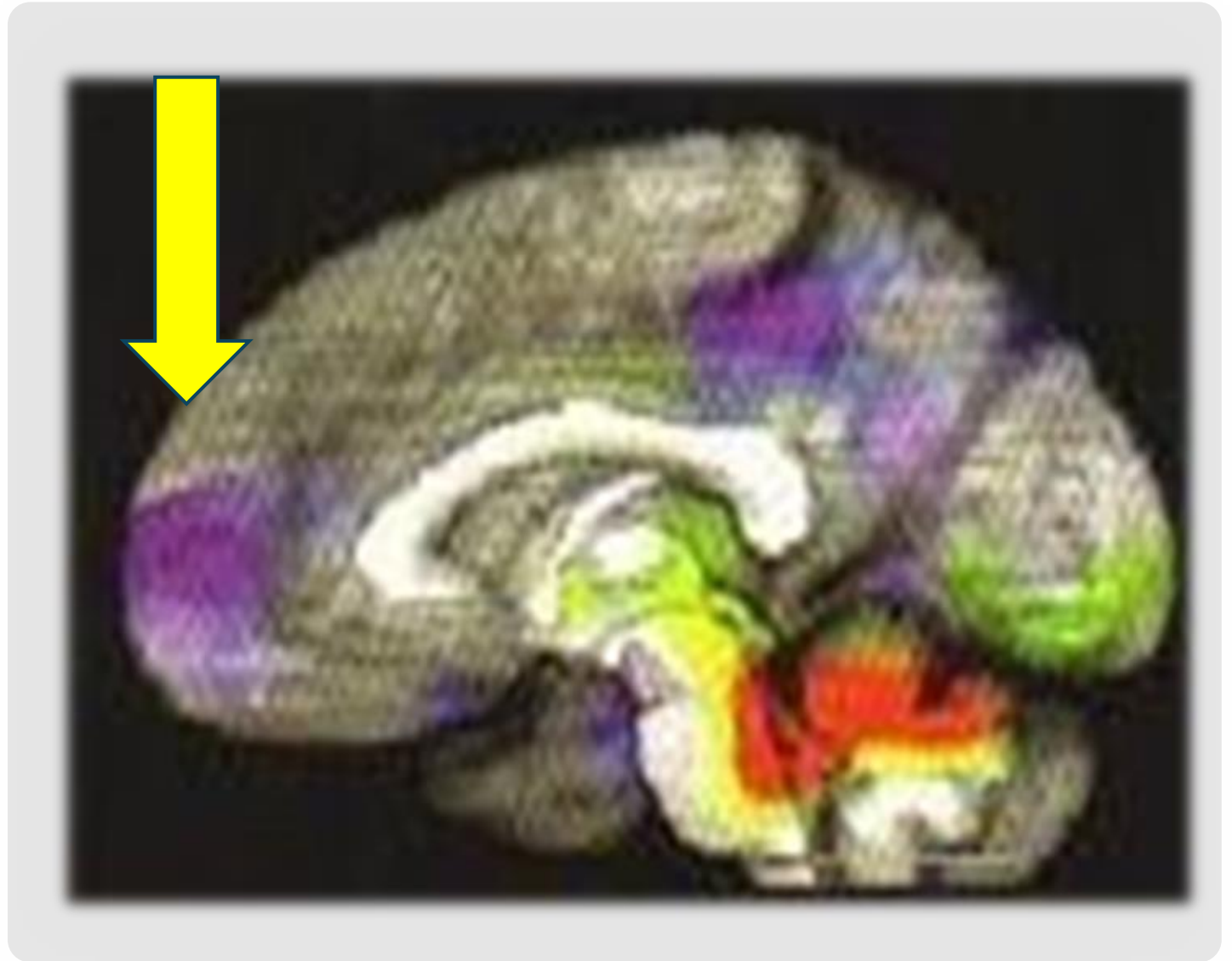
- ✓ Analysis
- ✓ Speech
- ✓ Creativity
- ✓ Willpower
- ✓ Innovation
- ✓ Planning
- ✓ Forming goals
- ✓ Evaluating consequences
- ✓ The brain's "CEO"

Big Deal # 2

2 THREAT TO THE BRAIN IS THREAT TO THE BRAIN

- ✓ Fight
- ✓ Flight
- ✓ Freeze
- ✓ Basic body function
- ✓ Especially triggered by threat and fear
- ✓ The brain's "bouncer"

- **Defensive**
- **Has to be right**
- **Reactive**
- **Compromised health**
- **Stuck (either/or)**
- **Protective of self**
- **Tunnel vision**
- **Missed opportunities**



Chaos
Confusion: What feels unclear, uncertain, or confusing?
Control: Where do you feel you have little choice, voice, influence, or control?
Consequence: What negative outcomes are you worried about, anticipating, or trying to avoid?

What feels unclear, uncertain, or confusing?

Where do you feel you have little choice, voice, influence, or control?

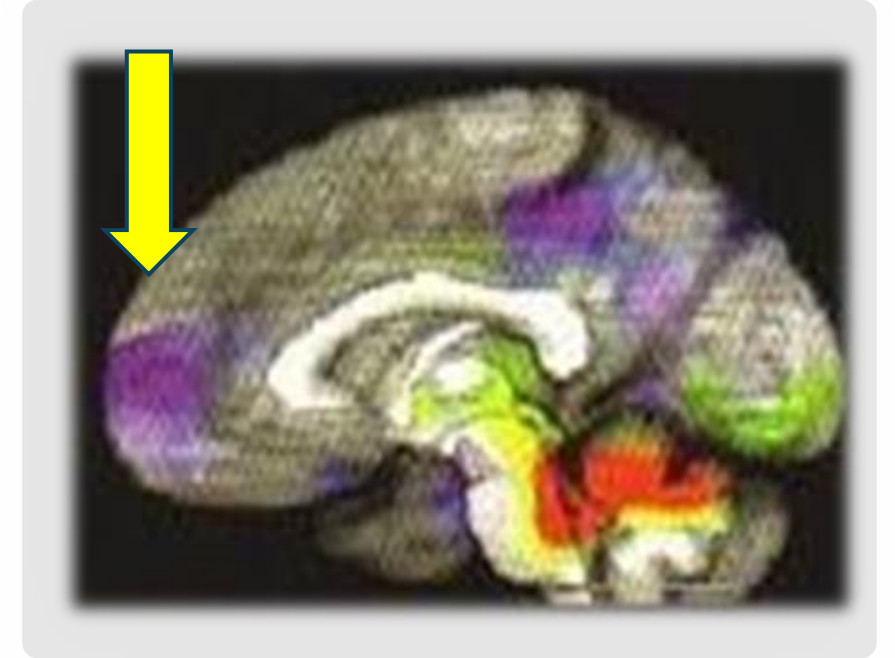
What negative outcomes are you worried about, anticipating, or trying to avoid?

Threat Characteristics

Confusion: We face uncertainty and the unknown

Control: We don't feel we have a lot of choice or voice

Consequences: We anticipate an adverse outcome



Move From Chaos to Calm

Confusion

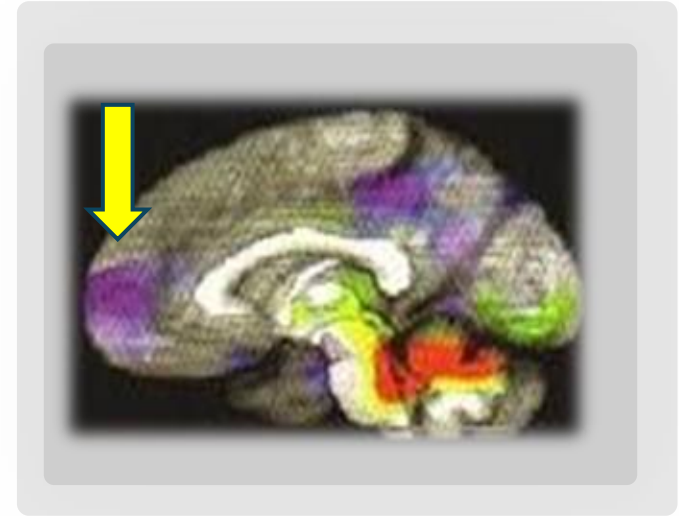
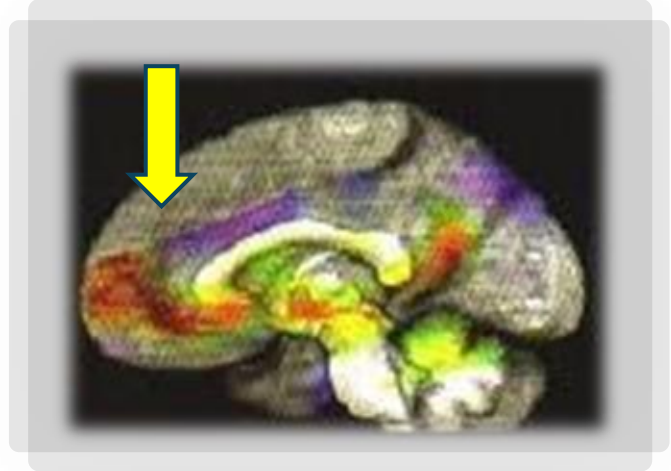
Clarity

Control

Shift Focus

Consequences

Reframe



Calm
Create Clarity: What information, conversation, decision, or action could reduce uncertainty and increase clarity?
Focus on Control: What is within your control? What is outside of your control?
Reframe the Consequences What opportunity, lesson, growth, or positive outcome might emerge from this challenge?

What information, conversation, decision, or action could reduce uncertainty and increase clarity?

What is within your control? What is outside of your control?

What opportunity, lesson, growth, or positive outcome might emerge from this situation?

NextGen | Session Four
Reducing the Interference of Threat

Step 1: Identify the Challenge

What is a challenge you are experiencing right now that is interfering with your performance?

Step 2: Move from Chaos to Calm

Chaos	Calm
Confusion: What feels unclear, uncertain, or confusing?	Create Clarity: What information, conversation, decision, or action could reduce uncertainty and increase clarity?
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Step 3: Take Action

What action can you take right now to reduce interference?



Chaos

χάος (cháos)

A vast opening

Possibilities

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Step 3: Take Action

What is one action you can take today to reduce interference?



YOUR TURN

NextGen | Session Four Reducing the Interference of Threat

Step 1: Identify the Challenge

What is a challenge you are experiencing right now that is interfering with your performance?

Step 2: Move from Chaos to Calm

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1

What is your challenge?

How is it interfering?

2

From chaos to calm?

Share what you wrote on the left side?

Share what you wrote on the right side?

3

Action

What is an action you can take?

What might prevent you from taking the action?

How does the action reduce interference?







Big Deal #1

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Big Deal #3

3 EMOTIONS RUN THE SHOW

- ✓ Memory
- ✓ Health
- ✓ Emotions
- ✓ Critical role in learning
- ✓ Essential to memory
- ✓ Accelerating ingredient

Big Deal # 2

2 THREAT TO THE BRAIN IS THREAT TO THE BRAIN

- ✓ Fight
- ✓ Flight
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“

“Abilities such as being able to motivate oneself

in the face of frustration;

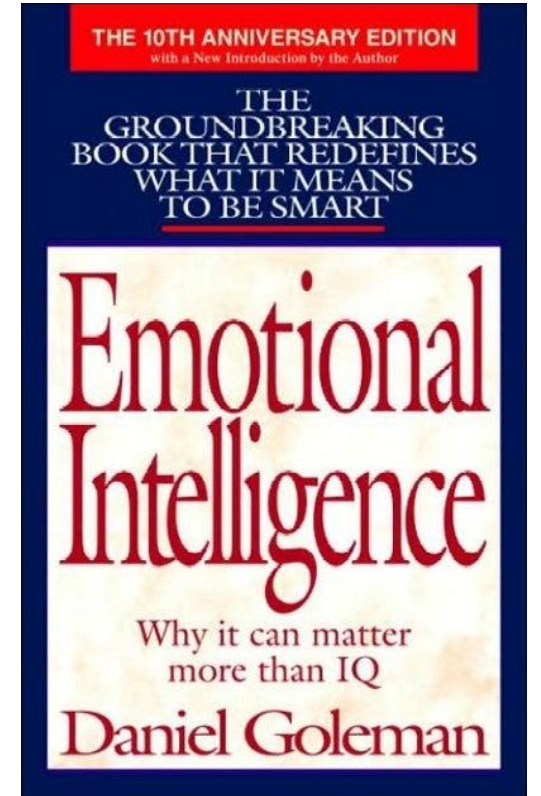
to control impulse;

to delay gratification;

to regulate one's moods

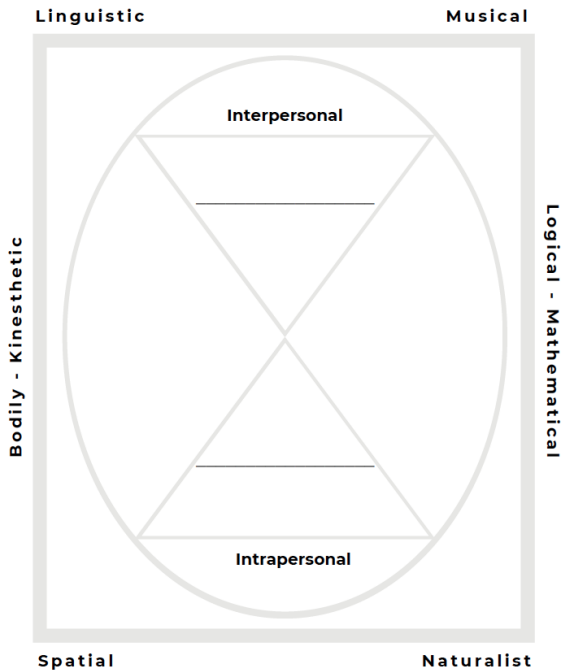
to keep distress from swamping the ability to think.”

Daniel Goleman

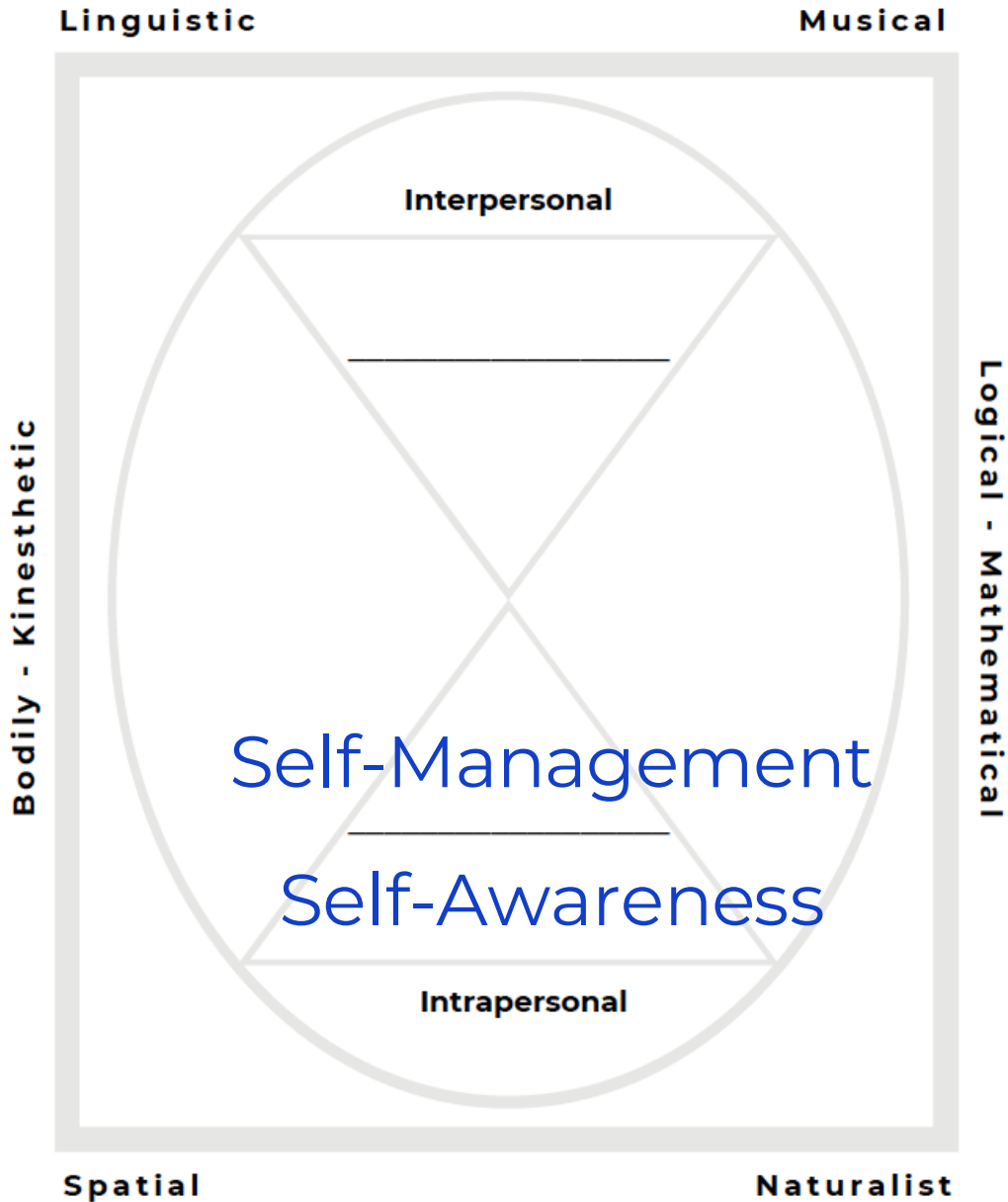


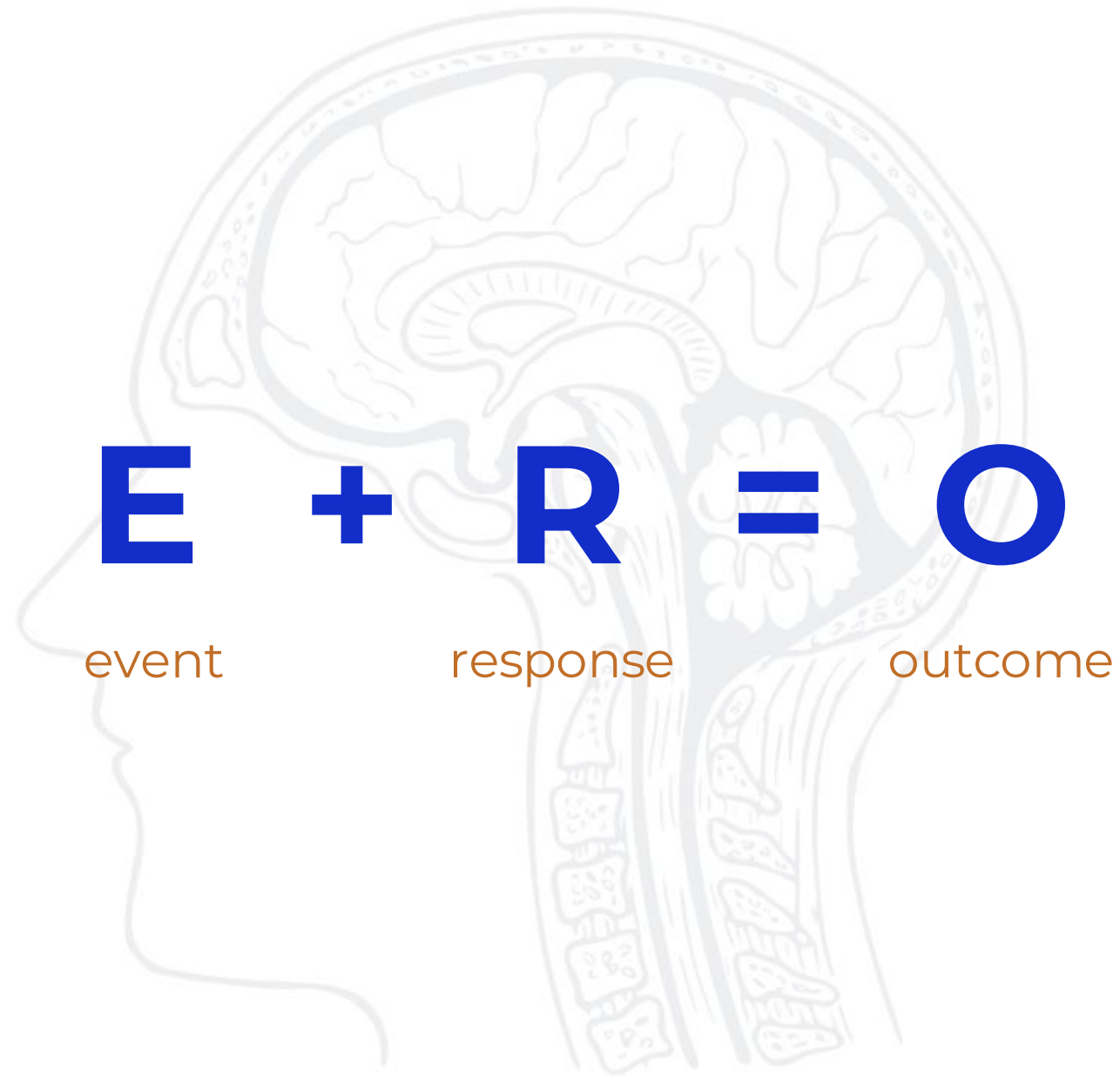
“

Abilities such as being able to motivate oneself and persist in the face of frustrations; to control impulse and delay gratification; to regulate one's moods and keep distress from swamping the ability to think; to empathize and to hope.
(Goleman, Emotional Intelligence, 1998)



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$$\mathbf{E} \text{ STORY} + \mathbf{R} = \mathbf{O}$$



Generalizations

Distortions

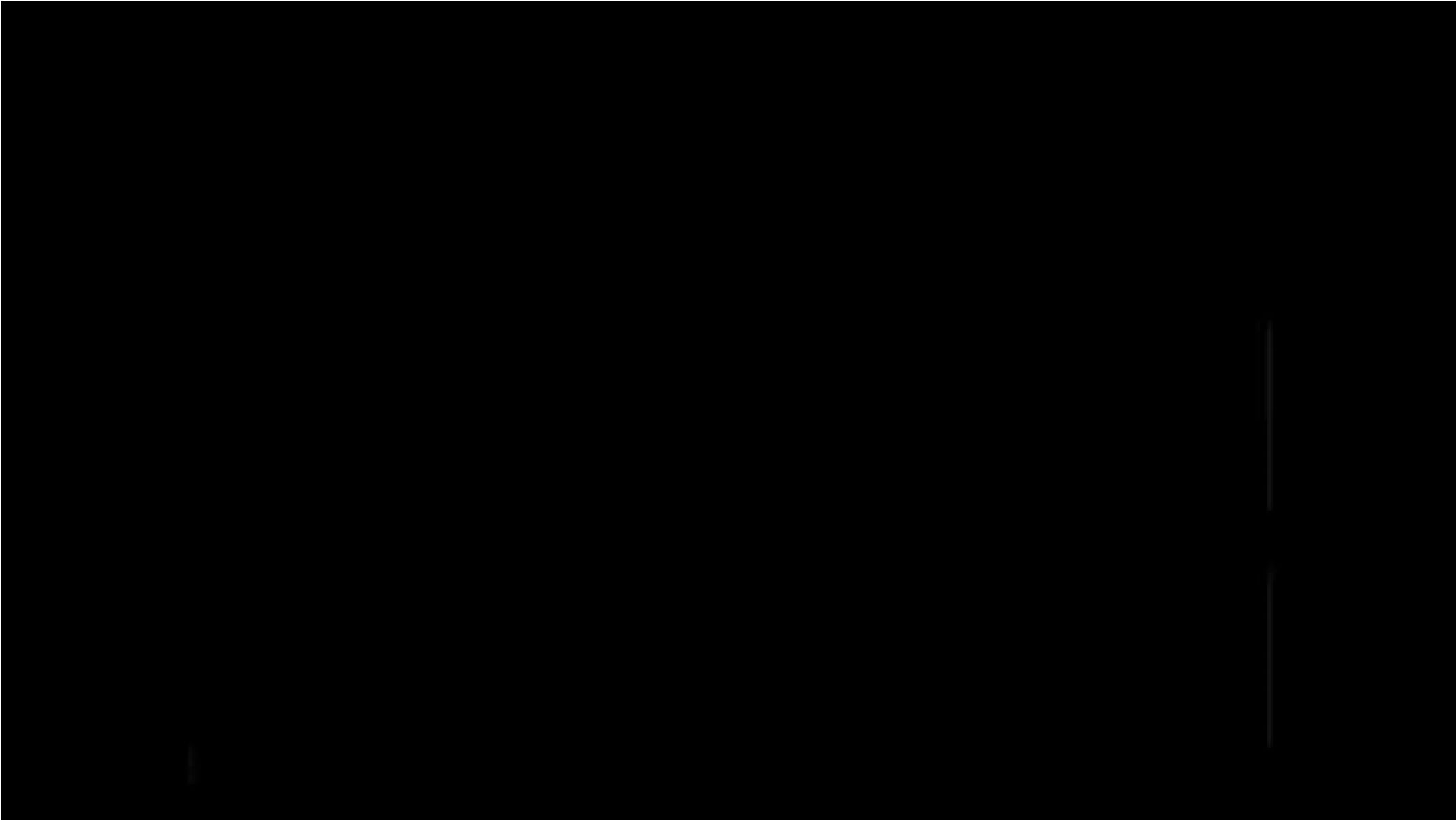
Deletions

Experiences

Beliefs

Biases

Needs



E

event

+

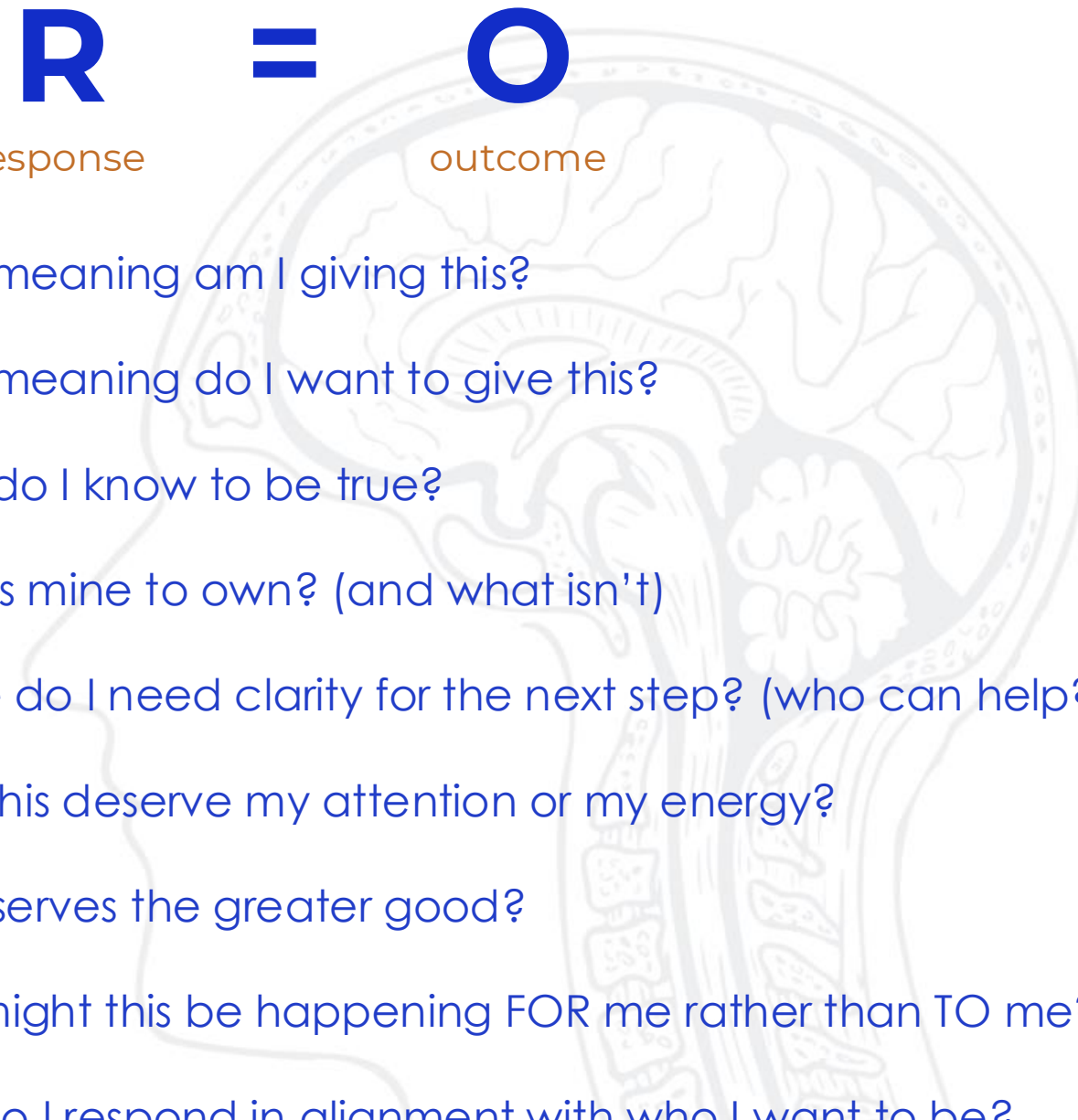
R

response

=

O

outcome

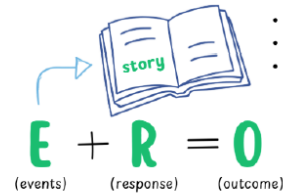
- 
1. What meaning am I giving this?
 2. What meaning do I want to give this?
 3. What do I know to be true?
 4. What is mine to own? (and what isn't)
 5. Where do I need clarity for the next step? (who can help?)
 6. Does this deserve my attention or my energy?
 7. What serves the greater good?
 8. How might this be happening FOR me rather than TO me?
 9. How do I respond in alignment with who I want to be?



YOUR TURN

Challenge your story

Your thoughts lie, and you don't have to believe every one of them.



- Generalizations
- Distortions
- Deletions
- Beliefs
- Experiences

1. What meaning am I giving this?
2. What meaning do I want to give this?
3. What do I know to be true?
4. What is mine to own? (and what isn't)
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6. Does this deserve my attention or my energy?
7. What serves the greater good?
8. How might this be happening FOR me rather than TO me?
9. How do I respond in alignment with who I want to be?

1

Event

What is an event that is triggering you?

2

Meaning

*What's the story are you assigning?
How do you want the story to read?*

3

Response and Outcome

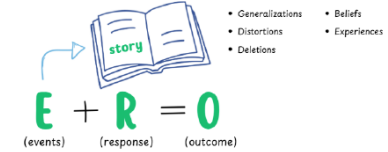
*How can you respond in alignment with your values and brand?
What outcome can you expect?*

Next Steps

Page 5

NextGen | Session Four Field Work

Analyze at least 2 situations where you see $E + R = O$ in action. This can involve you or someone else.



Situation #1

What was the Event?

What was the Meaning given to the event?

What was the Response?

What was the Outcome?

Where was there any unnecessary interference with performance?

Situation #2

What was the Event?

What was the Meaning given to the event?

What was the Response?

What was the Outcome?

Where was there any unnecessary interference with performance?

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