Inspiring Yourself to Innovate
Being Authentic, About What's Most Important

Values

Pulling Forward

Lock it In

 CCC

Suddenly

Wrapup

Andy Nelson, ACC, PMP
Innovation

Authenticity
But first, a bit about me.
Innovation distinguishes between a leader and a follower.  
Steve Jobs

Innovation is the ability to see change as an opportunity – not a threat.  
Steve Jobs

Innovation comes from people who take joy in their work.  
Walt Disney

There is no innovation and creativity without failure. Period.  
Steve Jobs

Vulnerability is the birthplace of innovation, creativity and change.  
Brene Brown

There's nothing efficient about innovation.  
Simon Sinek

I believe innovation is the most powerful force for change in the world.  
Bill Gates
Innovation Capital is:

- Skill
- Connections
- Track Record

- *Forbes, 2018*
Innovation Capital is:

- Skill
- Connections
- Track Record

- Forbes, 2018

Knowing your values helps with all of this
<table>
<thead>
<tr>
<th>Accomplishment/results</th>
<th>Accuracy</th>
<th>Achievement</th>
<th>Acknowledgement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acquire</td>
<td>Action</td>
<td>Adventure/excitement</td>
<td>Altering</td>
</tr>
<tr>
<td>Altruism</td>
<td>Amusement/Be amused</td>
<td>Assist</td>
<td>Attraction</td>
</tr>
<tr>
<td>Attractiveness</td>
<td>Autonomy/independence</td>
<td>Beauty</td>
<td>Build</td>
</tr>
<tr>
<td>Cause</td>
<td>Cherish</td>
<td>Clarity</td>
<td>Commitment</td>
</tr>
<tr>
<td>Community</td>
<td>Compassion</td>
<td>Competition</td>
<td>Completion</td>
</tr>
<tr>
<td>Connecting</td>
<td>Contribute</td>
<td>Coordinate</td>
<td>Creativity</td>
</tr>
<tr>
<td>Danger</td>
<td>Daring</td>
<td>Dedication</td>
<td>Design</td>
</tr>
<tr>
<td>Detect</td>
<td>Devotion</td>
<td>Diplomacy</td>
<td>Discovery</td>
</tr>
<tr>
<td>Do no harm</td>
<td>Educating</td>
<td>Efficiency</td>
<td>Elegance</td>
</tr>
<tr>
<td>Encouraging</td>
<td>Entertaining</td>
<td>Environment</td>
<td>Excellence</td>
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<tr>
<td>Exhilaration</td>
<td>Experiment</td>
<td>Faith</td>
<td>Family</td>
</tr>
<tr>
<td>Finish what you start</td>
<td>Fixing</td>
<td>Friendship</td>
<td>Frugality</td>
</tr>
<tr>
<td>Fun</td>
<td>Gentleness</td>
<td>Grace</td>
<td>Gratitude</td>
</tr>
<tr>
<td>Guide</td>
<td>Hard work</td>
<td>Have fun</td>
<td>Health</td>
</tr>
<tr>
<td>Honesty</td>
<td>Humor</td>
<td>Imagination</td>
<td>Impact</td>
</tr>
<tr>
<td>Improvement</td>
<td>Independence</td>
<td>Influence</td>
<td>Inform</td>
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<tr>
<td>Integrity</td>
<td>Intimacy</td>
<td>Inventing</td>
<td>Joy</td>
</tr>
<tr>
<td>Justice</td>
<td>Leadership</td>
<td>Learning</td>
<td>Loyalty</td>
</tr>
<tr>
<td>Magic</td>
<td>Magnificence</td>
<td>Making things better</td>
<td>Mastery/excellence</td>
</tr>
<tr>
<td>Minister to</td>
<td>Ministry</td>
<td>Model (role model)</td>
<td>Money</td>
</tr>
<tr>
<td>Move forward</td>
<td>Nature</td>
<td>Obedience</td>
<td>Openness</td>
</tr>
<tr>
<td>Orderliness</td>
<td>Originality</td>
<td>Outdo</td>
<td>Overcoming</td>
</tr>
<tr>
<td>Parent</td>
<td>Passion</td>
<td>Perfect</td>
<td>Perseverance</td>
</tr>
<tr>
<td>Personal Growth</td>
<td>Plan</td>
<td>Pleasure</td>
<td>Power</td>
</tr>
<tr>
<td>Preparation</td>
<td>Preserve/Preservation</td>
<td>Privacy/solitude</td>
<td>Progress</td>
</tr>
<tr>
<td>Protect</td>
<td>Quest</td>
<td>Recognition</td>
<td>Religion</td>
</tr>
<tr>
<td>Risk Taking</td>
<td>Romance</td>
<td>Security</td>
<td>Self-expression</td>
</tr>
<tr>
<td>Sensitivity</td>
<td>Sensuality</td>
<td>Service</td>
<td>Share</td>
</tr>
<tr>
<td>Spirituality</td>
<td>Sports/Sportsmanship</td>
<td>Stimulate</td>
<td>Taste</td>
</tr>
<tr>
<td>Teach</td>
<td>Tenderness</td>
<td>Test</td>
<td>Thrill</td>
</tr>
<tr>
<td>Touch</td>
<td>Triumph</td>
<td>Trust</td>
<td>Truth</td>
</tr>
<tr>
<td>Uncover</td>
<td>Unite</td>
<td>Uplift</td>
<td>Visible Results</td>
</tr>
<tr>
<td>Winning</td>
<td>Work</td>
<td>Add your own…</td>
<td>…Seriously…</td>
</tr>
</tbody>
</table>
My previous record: 1 min 11 seconds

Your time:
My previous record:

1 min 11 seconds

Your time:

? min ? seconds
My previous record:
1 min 11 seconds

Your time:
? min ? seconds

Wow, that's!...
My previous record:

1 min 11 seconds

Your time:

? min ? seconds

Wow, that's!...

(pathetic / impressive)
3 Minute Activity!

1 - Introduce yourself to ONE person at your table

2 - Tell them ONE of your values

2 - Tell them why you value that
VIA

Values

Imagination

Action

- Build Skills
- Make Connections
- Get Results
Inspiring Yourself to Innovate
Being Authentic, About What's Most Important

Values
Pulling Forward
Lock it In
Wrapup
Suddenly

Andy Nelson, ACC, PMP
Mentoring

Coaching
Mentoring
How did you do it?

Coaching

World Premiere
Mentoring
How did you do it?

Coaching
How can I do it?
Coaching  Consideration
Coaching  Consideration  Contemplation
Coaching  Consideration

Contemplation

- Take time to slow down, or prepare for impact
- What's *most* important?
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Andy Nelson, ACC, PMP
3 Minute Activity - By Yourself

1 - What's one thing you WISH you had done in your life?

2 - Write it down, now.
When we are no longer able to change a situation – we are challenged to change ourselves.

Viktor E. Frankl
The best time to plant a tree was 20 years ago. The second best time is now.

Chinese proverb
Inspiring Yourself to Innovate
Being Authentic, About What's Most Important

Andy Nelson, ACC, PMP
My results so far
My results so far

- Mayo Clinic = hope
- 12 chemo
- 2 surgeries
My results so far

- Mayo Clinic = hope
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- 2 surgeries
- 7mm spot found
My results so far

- Mayo Clinic = hope
- 12 chemo
- 2 surgeries
- 7mm spot found
- 2 months later... disappeared
My results so far

- Mayo Clinic = hope
- 12 chemo
- 2 surgeries
- 7mm spot found
- 2 months later... disappeared

I am cancer-free!
My results so far

- Mayo Clinic = hope
- 12 chemo
- 2 surgeries
- 7mm spot found
- 2 months later... disappeared

I am cancer-free!

"Andy Nelson gifts of cancer"
Carol S. Dweck, PhD
Protective “Heartset”

- Closed
- Guarded
- Heat
- Frozen
- Judged
- React
- Conceal
- Brooding

Grace-full “Heartset”

- Open
- Vulnerable
- Light
- Liquid
- Welcomed
- Respond
- Emanate
- Storytelling

Andy Nelson, ACC
Tree of Legacy

Withering  choice  Growing

Andy Nelson, ACC
Tree of Legacy

- Harvesting
- Growing
- Withering

choice

Andy Nelson, ACC
Tree of Legacy

Decomposing
Withering
Growing
Harvesting

Andy Nelson, ACC
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Andy Nelson, ACC, PMP
Innovation = Authenticity
Innovation = Authenticity
And Your Values Matter!
Innovation Capital is:

- Skill
- Connections
- Track Record

- Forbes, 2018
Coaching
Coaching  Consideration

Contemplation

- Take time to slow down, or prepare for impact
- What's most important?
Inspiring Yourself to Innovate

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Wrapup

Andy Nelson, ACC, PMP
• Your Values Matter!

Practices
Challenge Activity
Great Books
Epilogue
• Your Values Matter!
• Innovation = Authenticity
• Your Values Matter!
• Innovation = Authenticity
• Skill, Connections, Track Record
• Your Values Matter!
• Innovation = Authenticity
• Skill, Connections,
  Track Record
• Coaching, Consideration,
  Contemplation
4 Daily Practices
4 Daily Practices

- Start with purpose, not pressure
4 Daily Practices

- Start with purpose, not pressure
- Storytelling: harvest wounds, as well as wins
4 Daily Practices

- Start with purpose, not pressure
- Storytelling: harvest wounds, as well as wins
- Reach out, for reinforcements
3 Minute Activity!

1 - Re-introduce yourself to that ONE person at your table

2 - Tell them ONE THING you will do, now!
3 Minute Activity!

1 - Re-introduce yourself to that ONE person at your table

2 - Tell them ONE THING you will do, now!

- Matters & Authentic
- Builds a Skill, Connection, or Track Record
Innovation IS Authenticity!

Andy Nelson, ACC, PMP
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LinkedIn: "Leader, Coach, Agilist, Musician"
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