

# inspero



## Newsletter

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May 2024

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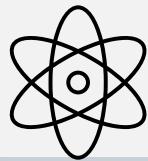
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Calendar

24.5



“ Time management is an illusion when energy dictates our capacity. ”



Tiago Forte



# emotion

## Ghosts of Mediocrity

Have you ever been in a conversation (with yourself or someone else) and realized you were not interacting as your best self? Perhaps you say something you immediately regret. Or you notice the other person is reacting to what you say in a way that initially confuses you. Once you realize it's in a place you didn't intend to go, what do you do? Do you push ahead and try to convince yourself and the other person of your intentions? How did that work?

Oftentimes, once we have passed a threshold of fear, anger, embarrassment, or similar emotion we no longer have the ability to converse how we would like. Our internal ego preservation takes hold.

We start to try to retaliate rather than relate.

Rather than trying to convince the other person of an intention, ask to begin again.

Beginning again is a concept we have mentioned in this newsletter before. I think it's worth mentioning again.

Whether you are having an internal dialog where you are blaming yourself, judging yourself, or telling yourself a story you can begin again with a new route. Or if you are having a conversation with someone else and you notice it's going sideways – you can stop, correct course, and begin again.

Take a moment to think about a situation where this may have happened for you and you attempted to push through.

What happened?

What would beginning again do to allow a different (more preferred) outcome?

# Future →

Unlike traditional planning approaches that primarily focus on addressing immediate issues, this foresight map goes further by identifying external trends, forces, risks, and opportunities that we are likely to face on the path to a more child-centered future. The map features ten forecasts for the year 2035, describing potential outcomes based on various strategic choices and actions that stakeholders may take over the next decade, within the broader context of social, natural and technological changes that are already influencing our present conditions. By projecting the potential impacts of short- and long-term actions over a ten-year horizon, the map encourages changemakers in the child-centered ecosystem to consider the broader implications of their decisions on communities, taking into account community agency and power, and the rate at which conditions for children, families, and communities may improve.

[IFTF-Lighting Up the Future for Children:  
Balancing urgent needs and future  
opportunities](#)

# Leadership

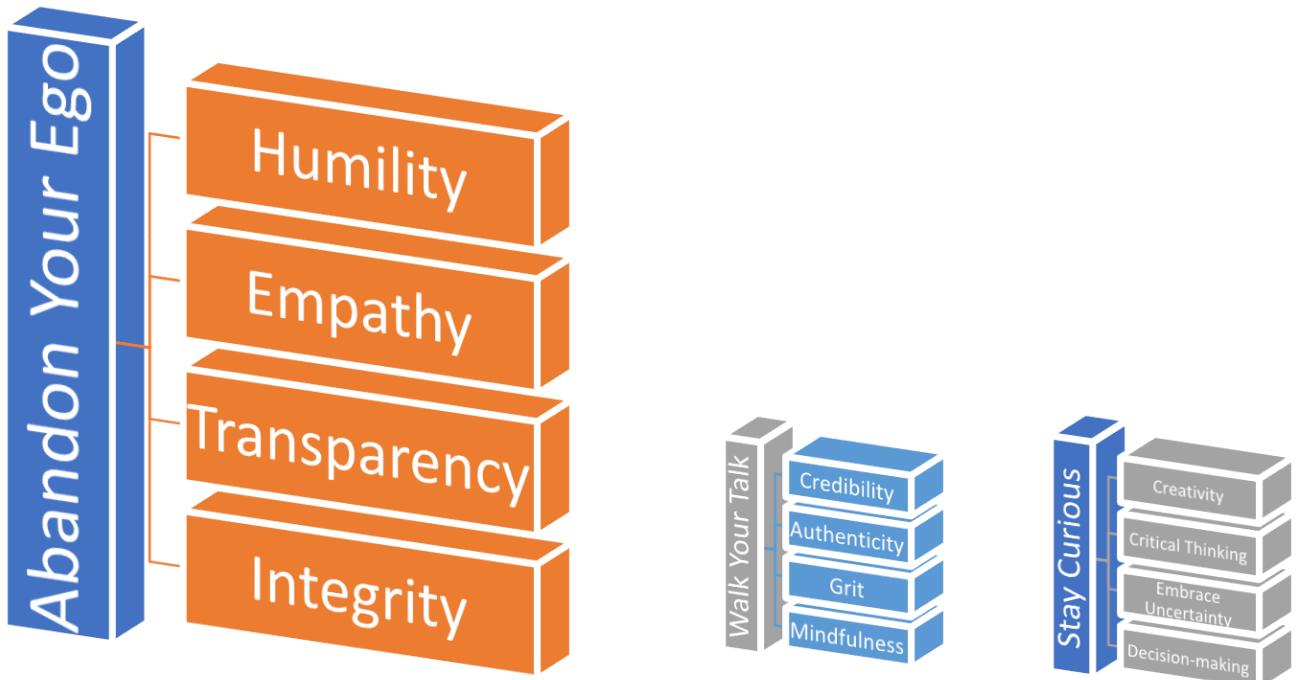
Abandon Your Ego

By inspero

**Empathy** is the ability to understand and share the feelings of others. It involves putting yourself in someone else's shoes, seeing things from their perspective, and acknowledging their emotions without judgment. In the context of leadership, empathy is crucial for building strong relationships, fostering trust, and promoting a positive work environment. **Empathy in Action:** A dental hygienist notices a patient feeling anxious and takes the time to explain each step of the procedure, providing reassurance and comfort.

## Exercise: "Day of Acts of Kindness"

Instructions: Dedicate a day to performing intentional acts of kindness for others. These acts can range from helping a stranger, volunteering, or even just actively listening to a friend. *Focus on understanding and connecting* with the emotions of those you interact with. Afterward, journal about the emotions you observed and felt, reflecting on how empathy played a role in each interaction.



Emotional  
Intelligence

JUNE  
Houston, TX

New  
Patient  
Experience

Houston, TX  
Oct. 25-26

