



Mondays with Mike

AULTCARE

MONDAY TUE

Keeping our OARS in the water when facing uncertainty!

Scott Mautz, in his book *Leading from the Middle*, shares the following as a way to vanquish our discomfort with uncertainty:

OAR is an acronym that he developed with the help of Mark Power, a Buddhist chaplain and fellow faculty member at Indiana University's Kelly School of Business for Executive Education.

In the face of adversity, simply:

- ☒ Observe the uncertainty, don't Overreact to it.
- ☒ Acknowledge its presence, don't Attempt to control it by filling the unknown with misinformation and assumptions.
- ☒ Recognize that impermanence is inevitable (solidity is an illusion, fluidity is real) and Revel in the benefits uncertainty spurs, like creativity, resilience, and agility.

John Huston Finley summarizes Scott's message by saying, "Maturity is the capacity to endure uncertainty."

Let's all strive to take a mature look at what may challenge us this week by keeping our OARS in the water.

Have a great week!

