



TIM ARNOLD

THE POWER OF HEALTHY TENSION: THE SECRET TO RESILIENCE & RESULTS IN A POLARIZED WORLD

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Often leaders and teams have a clear vision, but fail to live it out. They feel stuck because of conflicting values, division within the team, or frankly a resistance to change. Most teams fail to reach their full potential because they get bogged down by unproductive conflict and polarizing points of view.

As humans, we tend to naturally see things from a right or wrong, or good or bad perspective, and take an “either/or approach” to these situations. But this “either/or” thinking is a dangerous trap! In order to excel – both at work and home – you need to realize that many of life’s challenges are tensions to be tackled or managed head on.

However, leaders and teams are often in a tug-of-war, facing the competing demands of planning vs. action, structure vs. flexibility, and change vs. stability. Leaders are ineffective when they can’t navigate conflicting points of view or tension and those costs, financially and emotionally, create a negative impact on morale, relationships, and results. The secret is in realizing and embracing that a certain kind of tension - healthy tension - can create a positive and productive way to gain a massive competitive advantage and next-level results.

In this program, Tim Arnold will help you overcome the chronic issues that derail collaboration and teamwork, so your organization can tap into a new level of effectiveness! For high performance and productive collaboration to occur, we must learn to embrace what most people (and teams) avoid or ignore — tension! The Power of Healthy Tension provides a simple framework to manage this complexity in a healthy way and shows you how to utilize the superpower of “both/and” thinking.

This program will help leaders:

- Gain the ability to work effectively with people who have different opinions and perspectives than your own.
- Learn the difference between a problem to solve and a tension to manage, and the skills required to communicate conflicting points of view.
- Learn a thoughtful, deliberate decision-making approach when dealing with complex issues.

Competencies Addressed: Communicates Effectively, Manages Complexity, Manages Conflict, Situational Adaptability, Values Differences

TIM ARNOLD

Tim Arnold is the author of the bestselling book, *The Power of Healthy Tension: Overcoming Chronic Issues and Conflicting Values*. He has spent over two decades helping leaders manage complexity, increase resilience, and deliver results with clients that include The United Nations, Royal Bank of Canada, Allstate Insurance, Compassion International, Toyota, and Siemens. Tim’s work focuses on helping leaders unleash the superpower of “Both/And” thinking in an “Either/Or” world. He provides his audiences with powerful tools that help them understand and breakthrough the chronic issues they face in both their professional and personal lives. This is based on a real-world perspective through his experience launching successful for-profit and not-for-profit businesses, overseeing community outreach and healthcare programs, and managing international development partnerships in four continents.



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