Three Experiments for My Younger Self

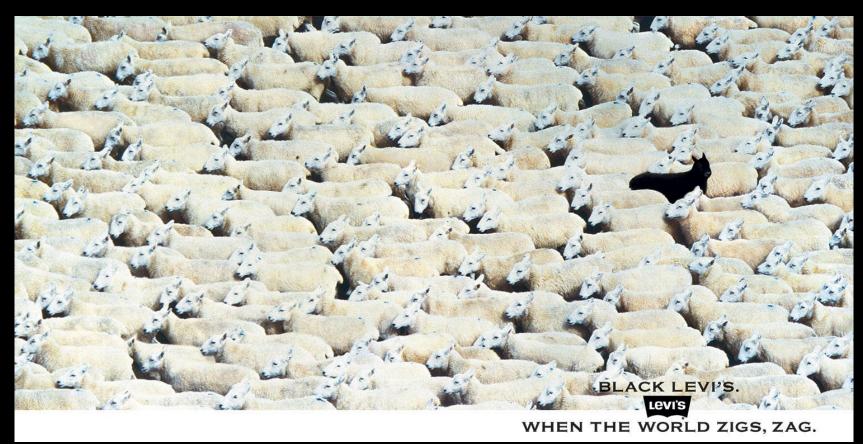


Eugene Chung | Organisational Design Director

(}}



(19



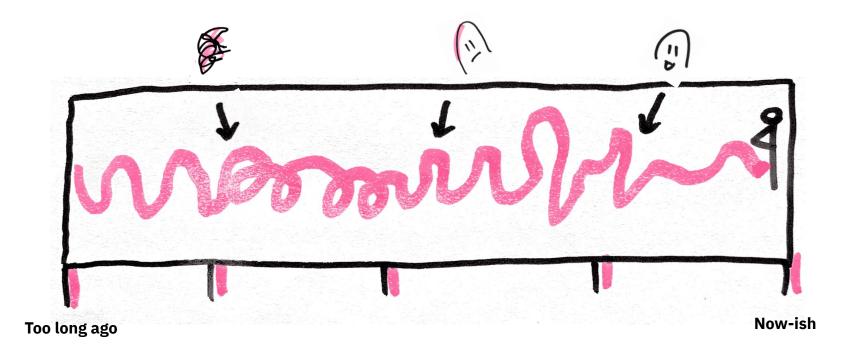


¥19



- Me at 25





Build teams that embrace people's differences –

- and help them reach their full potential.

(}}

Mentally Friendly creates wellbeing outcomes by designing products & services that change lives and re-shape organisations.





01.

Bring leaders and teams together.

Identify what's holding them back.

Get them to try new things, together.



02.

Create the change you want to see in your work life.

(11)

Starting with Why



Work should and can be so much better.

3 things I asked:

Why is 'we've always done it this way' good enough?





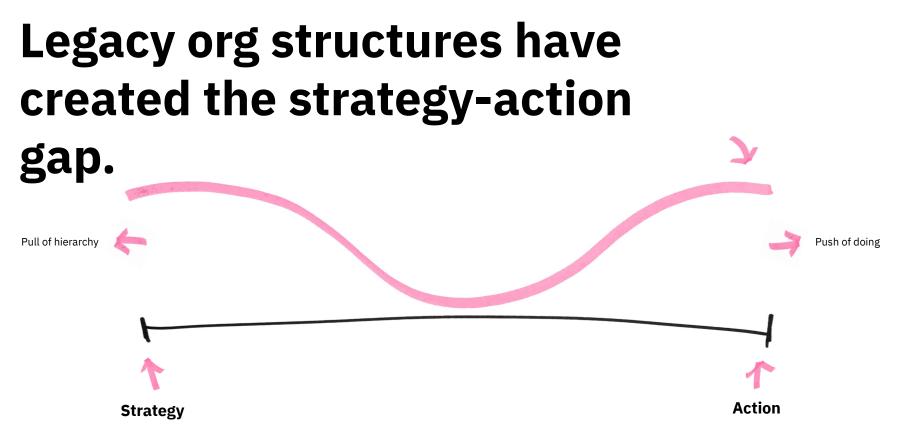


Why is my day-to-day disconnected from my 'why'?

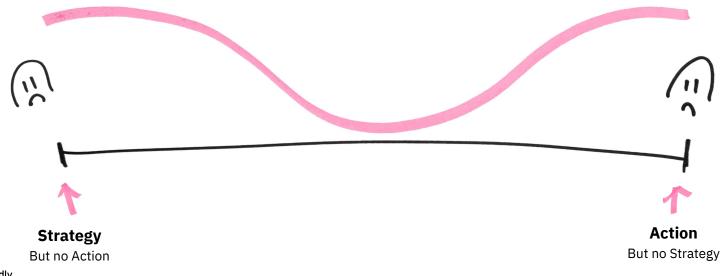
The Strategy-Action Gap

All work lives on a continuum – from strategy to action.

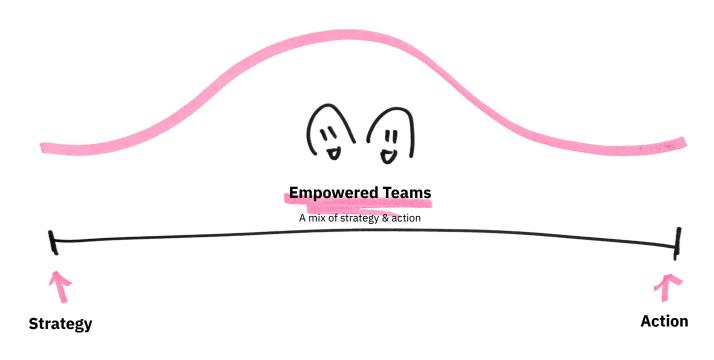




The edges make people sad.



How can we close this gap?





Everything you need to try these experiments is in front of you.





What are the most painful parts of your day-to-day?

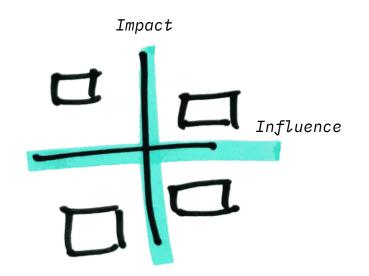


Start small.

Map pain points to this matrix and focus on the things that if you changed them would create a big impact – and are things that you can actually influence.

Ideas:

- Share with a teammate (and talk about why)
- Co-design how you'd change it together
- Try it, learn from it, share with others





(19)

How does what you do fit in with the larger business?





(}}

What are the criteria for why you are where you are?



PAIN + REFLECTION = PROGRESS



Decision Criteria

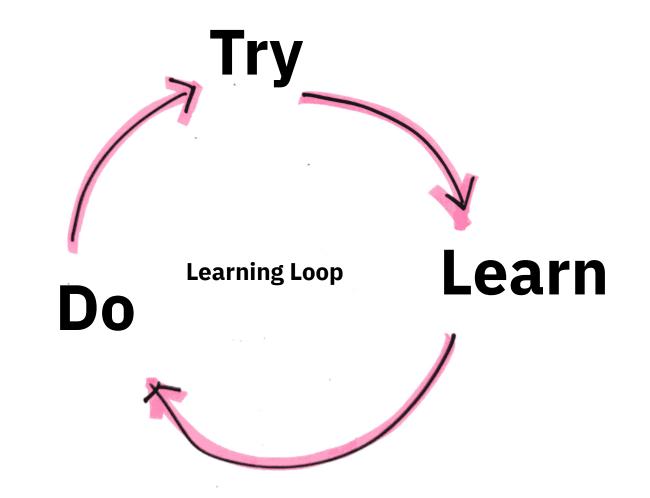
I decided to join Mentally Friendly in April of 2018 for the following reasons:

- Choosing the path that offers the most upside for learning and growth
- Choosing a team in Jon and Nick who are genuinely aligned on vision and values
- The ability to build something new for the Sydney market and be the pioneers for this space
- To activate my career purpose of growing people and teams but to do it in a completely new area
- Starting something new with someone you're not 110% aligned with probably isn't a good idea



Experiments give you permission to try something different to learn something new.







Change what you can influence.

Make it your business to know the business.

Learn from your big decisions.



Come say hi!



eugene@mentallyfriendly.com

@eugenekchung