

Book Summary



DOMINIC SIOW

What's Great ABOUT THIS?

**How to be Resilient and Thrive through
Disruption and Change**



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WHAT'S GREAT ABOUT THIS?

HOW TO BE RESILIENT AND THRIVE THROUGH DISRUPTION AND CHANGE

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Overview

In *What's Great About This?* Dominic Slow reveals his remarkable transformation from a man who ended every day slumped on the couch in despair, to a successful public speaker who helps organizations around the world build high-performing teams.

In this book, Dominic reveals how change is happening faster than ever before, and how you and your team can be prepared for it. Through his own personal experience, Dominic found that the hardest part of change is the emotions that go with it. Some emotional states empower and support ideal incomes, while others do not. The most resilient people are able to navigate any changes as they occur, and *What's Great About This?* identifies how to turn disempowering emotions into empowering emotions to increase your resilience and be ready for any type of change.

Dominic discovered that some people are better able to manage change than others. These pragmatic optimists are more resilient, productive, and valuable during times of change, and it's possible to learn these skills and habits.

This book will teach you how to move, breathe, and create the way you wish to feel. You'll learn how to create your own emotional states, communicate effectively, and manage your own physiology and psychology to think and act the way pragmatic optimists do. You'll also learn the 5 Steps to Achieving Anything You Want.

The world is changing in a variety of different ways, and every industry and organisation will be impacted to some extent. Asking "*What's Great About This?*" generates a profound sense of gratitude and optimism- which are key to successfully navigating any change. If you've ever wondered why you can't seem to get that promotion,

you're failing to find meaning in your life, or you tend to "freeze" when faced with change, this book is for you.

You'll learn actionable techniques that teach you how to find the positives, define and visualise your ideal outcomes, and take constructive, courageous action to move towards those outcomes. With a combination of sharp wit and self-deprecating humour Dominic uses his extensive life experience and research to pinpoint the exact steps you need to take to change your life.

The Book in Three Sentences

1. Change is happening, and it's happening faster than it ever has before. But it's not about the change itself, it's how you choose to respond to change that matters.
2. The hardest part when responding to change? Managing your emotional state. While some states empower and support your ideal outcomes, others don't. One of the key traits of resiliency is to understand that emotions drive your behaviour and actions, and thus your outcomes. Being self-aware and turning disempowering emotional states into those that are empowering is the key to your resilience.
3. Pragmatic optimists are more resilient, productive, and valuable to themselves and their organisations during times of change. This is a skill and habit that can be cultivated.

The Five Big Ideas

1. Resilient people are energy givers. While time is gone once it's used up, energy can be re-created. You can choose to be a model of empowering emotional states during times of change, and these can help you achieve your ideal outcomes.
2. You can turn disempowered emotional states into a preferred state by moving, breathing, and creating the way you wish to feel. The trick is to fake it till you make it and realise that the way you move is a habit.
3. Communicate the way you wish to feel by using empowering words, expressions, and stories. Be aware, manage, and use self-talk that empowers yourself and others.
4. It's not the change, it's the meaning you give to the change that affects how you feel. You give meaning based on the questions you ask in your head. Instead of the blame "why" which is disempowering, learn to ask questions that generate a profound sense of gratitude and optimism about the change. Ask yourself "What's GREAT about this?"
5. Change can debilitate you and put you into a "freeze" mode. The best thing you can do during times of change is find the positives, define and visualise your ideal outcomes, and take constructive, courageous action to move towards your vision of your desired outcome. Your positive energy will attract people and opportunities that resonate with that energy.

What's Great About This? Summary

- You can be great at what you do, with a decent intellect and sought after qualifications. But if you can't bounce back from defeat, your ability to realise your highest potential will be severely impacted.
- Too many people suffer from Monday-itis and "thank God it's Friday" syndrome.
- Imagine a world where "People wake up inspired to go to work."
- Just like learning to drive a car, learning to stay positive through adversity and thrive through uncertainty and change can be learned.
- We become who we are through the subconscious strategies we run in our lives every waking moment of every day.
- Those who are highly effective have habits that distinguish them from others. People who are less effective are "task-oriented", while those who are most effective are "outcome-oriented."
- Our subconscious is continually asking questions in our heads, and the answers to those questions affect how we feel. Inspired, outcome-oriented people start everything they do by asking "what will make this extraordinary?"
- Whatever winners decide to do, they first decide to achieve an extraordinary outcome. They do this by pressing the pause button, and then visualising their ideal outcomes.

- The top ten in-demand jobs in 2010 didn't even exist in 2004.
- By the age of 38, most people will have had between 10 and 14 jobs.
- The success of third-world economies is now challenging more established economies like Australia, Singapore, Japan, England, and the United States. Professionals reaching their 40s or 50s in developed nations are confronted with the real prospects of redundancies.
- Yesterday's disruptors are being disrupted today.
- "There is no prior period of change that remotely resembles what humanity is about to experience. We have gone through revolutionary periods of change before, but none as powerful or as pregnant with the fraternal twins- peril and opportunity- as the ones that are beginning to unfold." – Al Gore.
- Change will always be constant. Organisations need to continually change and reinvent themselves to stay relevant and ahead of the curve.
- Resilience, adaptability, resourcefulness, creativity, and innovation are the essential skills we need we need to not just survive, but thrive during times of change.
- The people who are the best leaders are not just adaptable, but they're also often change catalysts.
- "It's not the blowing of the wind that determines your destination. It's the set of your sail." – Jim Rohn.

- We're usually ok with change that we initiate. The biggest struggle is dealing with changes we're not expecting or we feel have been forced upon us.
- People with high levels of emotional self-awareness are more effective, make better leaders, are better adjusted, are more resilient, and happier than those without it.
- While you may not have the power to decide what happens around you, you and you alone have the power to choose how to think and feel about it and thus the actions and results you get.
- Whiners see themselves as victims of their circumstances. Winners believe that they have the power within themselves to become masters of their destiny.
- Each of the emotions we experience serves a purpose. "Energy giving emotions" are usually derivatives of the primary emotion called "love" – enthusiasm, passion, optimism, faith, hope, gratitude, confidence, etc.
- Disempowering emotions or "energy taking" emotions are usually derivative of the primary emotion called "fear" – anxiety, frustration, anger, hurt, guilt, depression, sadness, etc.
- Choose to be an "energy-giver" and to create emotional states that empower and support you towards the ideal outcomes from every situation you're in.
- Many of the things that increase our cortisol levels and thus our fear and stress levels are subconscious reactions to

situations that are hardly life-threatening. But being in survival mode simply means we're degenerating physically.

- Today's major killers are cancer, heart disease, diabetes, stroke, Alzheimer's disease, dementia, and osteoporosis. These conditions are all lifestyle diseases with strong links to high stress levels being a major contributor.
- In times of uncertainty, the first key step is to remember NOT to react. The moment you're aware that you're feeling a form of fear and the situation is NOT life threatening, push the PAUSE button and take time out to reflect.
- While our environment and our conditioned perceptions about that environment can affect how we feel, through the application of self-awareness and self-control we can actually choose how we respond.
- How you perform during times of change is directly related to the energy levels and emotional state you're able to maintain during that period.
- Our emotional state and moods are affected by many factors, including our social and physical environment, diet, exercise, and daily sleep patterns. These same factors affect the hormones that regulate our brain's response system.
- When people adopted a power pose for just two minutes, their levels of testosterone increased by 20% whilst their cortisol levels dropped by 10%.
- If you smile often enough, you end up rewiring your brain to make positive patterns more often than it does negative ones.

- One of the most practical habits you can develop to help you be even more resilient and positive is to ensure you get enough sleep.
- Oxytocin is a neuropeptide and promotes feelings of devotion, trust and bonding. A powerful, simple way to stimulate greater levels of oxytocin and at the same time reduce our levels of cortisol is to develop the habit of meaningful hugging or touch.
- “Insanity is doing the same things over and over again and expecting a different result.”
- Our self-talk, the choice of words we use and how we express ourselves all affect the way we feel. This also affects the emotional states of others around us.
- In your quest to being the finest leader you can be, you must be able to make doing “what’s right” more important than doing “what’s popular” or “what’s easy”.
- Resilient people are conscious of their self-talk and selective about how they nourish one of their most important muscles – their thoughts.
- To change the way we respond to change, we need to break negative patterns of disempowering stories that stop us from being more resilient.
- Your mind is just like any other muscle you have – it takes regular conditioning and nourishment for it to serve you at its highest capacity. Just like we’re careful about what we eat, it’s important to also be very careful about what we feed our minds.

- Optimists are happier, more resilient and generally more successful than pessimists.
- Whenever you're feeling distressed or disempowered in any situation, press the pause button and reflect on that inner voice. What question is it asking? What are you dwelling on?
- Resilient people are learning or growth-oriented as opposed to comfort or security-oriented. They are always focussed on the positive lesson presented in every situation.
- Whenever you're feeling disempowered about any situation, learn to ask "What's great about this?" This question encompasses other empowering questions like "What's the opportunity in this situation?" and "What are the positive lessons I can take from it?"
- The brain is not unlike a hard disc – the more frequently you take time out to reflect on what's great about your life and feel the emotions of gratitude well up, the more this is literally hardwired into your brain.
- Our biggest barriers to our highest potential and fulfilment in life often lies within us – our addiction to comfort and fearing what we could lose, rather than what we stand to gain.
- There are three intrinsic motivators driving human behaviour: The quest for Mastery, Autonomy, and Purpose.
- From a foundation of Gratitude, set a goal for what you really want from the situation, something that is meaningful and purposeful.

- Then do whatever it takes, even if it means getting out of your comfort zone to make daily progress towards that goal.
- Celebrate progress.
- Success is never about whether or not you have the resources. It's always about your resourcefulness. All the resources you need to experience every success and happiness in the world you deserve are already within you.

About the Author
Dominic Siow



Dominic Siow is transformation coach, keynote speaker and trainer. A reformed introverted “nerdy geek”, he found his life’s true calling in 2006. Leaving the security of a senior management position at IBM Australia, he and his wife Sue founded EQ Strategist, a consultancy with a mission to create empowering, high performance workplace culture where people are inspired to bring their “A” game to work each and every day. Since then, his training, coaching and talks have touched the lives of more than 20,000 people in over 100 blue chip and public sector organisations across the Asia-Pacific and Middle East regions. He is an expert in human potential development, transformational leadership, change management, emotional intelligence, project leadership, resilience and influence. A man who sees and brings out the best in people, his courses are frequently rated by participants as the “best professional and personal development they’ve ever encountered”. Prior to his present vocation,

Dominic was VP of Product Development for an Australian knowledge management start-up called grapeVINE Technologies during which he had the privilege of building high performance project teams both in Australia and the Silicon Valley, USA. He also ran a consulting practice for IBM Software Group and was Head of Operations for its Software Services division.

During times when disruption and change is an everyday occurrence in the workplace, fear, uncertainty and self-doubt can cripple our decision-making, productivity and zest for work and life. “What’s GREAT about this? How to be Resilient and Thrive through Disruption and Change” is a practical and inspiring read that will give the skills and techniques to think, feel, act and be in your best and most resourceful state in order to find and capitalise on the opportunities that present themselves in every situation.

This book taps into the wisdom of the ages, contemporary research in neuroscience, and the author’s personal application of these principles to turn around an I.T. career that had gone pear-shaped after losing 30% of his team to an organisational restructure. For two years, he went through a period of debilitating self-doubt, anxiety and stress, which affected him both professionally and personally.

Learning about emotional intelligence and the power of a positive mind-set has turned his life around. This book includes action plans and reflections and draws on his personal journey of transformation from an introverted, shy geek to an international inspirational speaker, coach and trainer who has and continues to impact thousands of lives across the globe.



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