DELIBERATE CALM

HOW TO LEARN
AND
LEAD IN A
VOLATILE WORLD

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Reflection questions 'Deliberate Calm'

How has this bok influenced your perception of stress and its management?

In what ways can you incorporate mindfulness practices discussed in the book into your routine?

What specific strategies from the book can you implement to enhance your daily calmness?

Share some of your personal experiences of staying calm under pressure?

How do you plan to apply the principles of deliberate calmness in challenging situations moving forward?