



Dietitians in Business and Communications
a dietetic practice group of the
eat right. Academy of Nutrition and Dietetics

**TED Talk Discussion:
Planning for 2017 – Thinking Creatively and Managing Fears**

December 13, 2016


Moderator

Tori (Holthaus) Schmitt, MS, RDN, LD



Discussion Housekeeping


- ▶ This is a **highly interactive** event – we want to hear what you have to say!
 - ▶ Remember, there is no right answer. The value of this call comes through discussion.
- ▶ Please **mute** your line until we get to our discussion questions
- ▶ Say your **name** and **area of practice** before speaking
- ▶ DBCmembers - CPEU documentation
 - ▶ www.dbconline.org → Member Benefits → Educational Resources
 - ▶ Not currently a DBC member? Join for 2016-17!
 - The CPEU certificate will be posted immediately following the webinar.

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Today's TED Talk Discussion (Adam Grant)

The surprising habits of original thinkers
Adam Grant, TED2016

- Adam did not invest in a student who was starting an online business
- The online business became very successful
- Adam realized he was wrong
 - Why?



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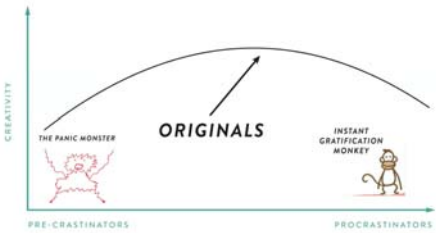
Today's TED Talk Discussion (Adam Grant)

- Originals: nonconformists, people with original ideas who take action to champion them, people who stand out and speak up
- How to Recognize Originals:
 - They are late to the party
 - They are full of doubt and fear

▶ Please mute your line.

Today's TED Talk Discussion (Adam Grant)

- Originals are late to the party
 - Pre-crastinators vs. procrastinators



▶ Please mute your line.

Today's TED Talk Discussion (Adam Grant)

- Originals are full of doubt and fear
 - Self-doubt vs. idea-doubt
 - Firefox and Chrome vs. Safari and Internet Explorer users
 - "Vuja De"
 - Biggest regret is not action, but failing to try



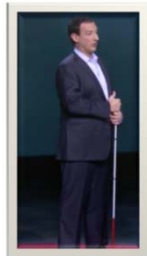
▶ Please mute your line.

Today's TED Talk Discussion (Issac Lidsky)

What reality are you creating for yourself?

Issac Lidsky, TED Summit

- "Backwards swimming fish"
 - We make assumptions, we fear the worst, we strive for unattainable perfections
 - We create our own reality
- Going blind taught him to live with his eyes wide open,
 - Seeing impacts feeling, and feeling impacts seeing



▶ Please mute your line.

Today's TED Talk Discussion (Issac Lidsky)

- How do you live your life with your eyes wide open?
 - Hold yourself accountable for every moment, thought, and detail
 - See beyond your fears
 - Recognize your assumptions
 - Harness your internal strength
 - Silence your inner critic
 - Correct your misconceptions about luck and about success
 - Accept your strengths and your weaknesses (and understand the differences)
 - Open your heart to your bountiful blessings

▶ Please mute your line.


Today's TED Talk Discussion (Issac Lidsky)

"The only thing worse than being blind is having sight but not vision" – Helen Keller

▶ Please mute your line.

Discussion Questions (#1-2)

***Reminder: Say your name and area of practice before speaking!**




1. Do you find yourself to be a procrastinator or a precrastinator? At what point do you find that you think most creatively?
2. Do you ever get frustrated when a coworker procrastinates (or precrastinates)? How can you cope?

▶ Please UNMUTE your line to speak

Discussion Questions (#3-4)

3. Do you agree or disagree with the statement: "it is much easier to improve somebody else's idea than to create something from scratch."
4. What helps you avoid making the jump from "idea doubt" to "self-doubt"?



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Discussion Question (#5-6)



- 5. In your work, when have you doubted the default? What happened?
- 6. Talk about a time that you feared doing something. What helped you overcome those fears?

▶ Please UNMUTE your line to speak

Discussion Questions (#7-8)

- 7. Have you noticed a time when someone you knew allowed their fears to become their reality? What happened?
- 8. Is there anything in your life that has taught you to live "eyes wide open"? How do you practice living "eyes wide open"? How do you encourage others to live "eyes wide open"?

▶ Please UNMUTE your line to speak

Discussion Questions (#9-10)

- 9. What are your key takeaways from the TED Talks and today's discussion?
- 10. How will you move forward in 2017, based on what you learned today?



▶ Please UNMUTE your line to speak

