

# Purposeful Leadership

## Prisoner, Settler, or Pioneer?

Why do some people succeed in life no matter what obstacles they encounter? Why do some people throw in the towel despite equivalent opportunities and assets? The most important factor in achieving success may not be your IQ or your EQ, nor your skills and knowledge. The most research indicates that your ability to prevail in the face of adversity is a measurable and changeable factor – it's your AQ. Discover the traits of *The Prisoner*, *The Settler*, & *The Pioneer*. You'll learn about your "adversity quotient" and give yourself the tools you need to permanently boost your ability to survive and succeed.

### PURPOSE:

Develop personal strategies and habits for recognizing and handling adversity as an opportunity, rather than a threat.

### LEARNING OBJECTIVES:

- Learn the four possible reactions to adversity;
- Identify which of three responses are available as a matter of choice;
- Implement a five step process for the healthiest and most long-term coping strategy;
- Apply this lesson to actual work environment situations;