

# The Age To Be Agile

The pace of change defines a significant element of our world today. What is meant by the 'pace of change' and in particular how does it affect us, as individuals? Let's consider a few areas of our lives that are being affected:

- ✓ How we work & the work we do
- ✓ How we obtain 'news'
- ✓ The information at our fingertips
- ✓ The organizations that we are part of
- ✓ How & where we purchase things
- ✓ How we get around
- ✓ Where we get our entertainment
- ✓ What we are exposed to

As we consider all of these areas of our life that are being affected, it naturally brings forward the question - **'how can we handle all the change coming at us'**? This leads us to the theme for our 2018 Annual Message, which is the need to have **a mindset, thought process and behavioural position of agility**.

**Agility defined:** Agility or *nimbleness* is the ability to change the body's **position** efficiently, and requires the integration of isolated movement skills using a combination of **balance, coordination, speed, reflexes, strength, and endurance**.

So what does this mean for us on a day-to-day basis?

**First**, we accept the inevitability of change and expect this to be the norm as we go about our day-to-day lives. This impacts how we see the world (our mindset & thoughts). What should remain unchanged are the values that guide us. Apart from that, everything else is up for grabs.

**Second**, we must sharpen our ability to be responsive and flexible, first in our thoughts, then in our behaviours. Next, we must adapt what we do in a manner that keeps us balanced (focused on the end result(s)).

To put the above in perspective, let us consider 'a journey to a predetermined destination', where the landscape has many more challenges (barriers, debris, detours, slow moving traffic, etc) than in the past. As the destination (Vision, Goal) is less likely to change, how we get there and the adjustments that we make along the way, may increase significantly. **The ability to 'shift in our execution rapidly'** is at the heart of our thought process and behavior. Note, this is not a reactive response, but one that occurs after due consideration (thought).

In addition to being agile, we need to inject the approach of **'going slow to go fast', as an option**. Sometimes we think we need to act immediately however, we often have time to further assess or gather additional data, before the need to act. This is an important component of 'being agile'. The agile individual utilizes their energy in a thoughtful manner, knowing when to move quickly and when to hold back.

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## Be agile in your thoughts and actions!

Finally, we thought that you may be interested in reviewing one or more of our past Annual Messages.

To access click on the following:

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-  [2017 – Thriving in a World of Confusion](#)
-  [2016 – The Magic of Gratitude](#)
-  [2015 – Is Reality Working for You](#)
-  [2014 – Re-Inventing Yourself](#)
-  [2013 – A Twist in Perspective](#)
-  [2012 – A Focus on Significance](#)
-  [2011 – Connecting the Dots](#)
-  [2010 – Priceless Moments](#)
-  [2009 – Getting the Big Picture](#)

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