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Explore More

6 Must-Know Strategies for Embracing Complexity

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Summary

6 Must-Know Strategies for Embracing Complexity

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Complexity is all around us, yet there are few things in our lives that have prepared us for dealing with and embracing complexity. Being able to handle complexity is a clear competitive advantage in today's world. A capability that you surely don't want to miss out on developing. In this week's episode, I cover the 6 must-know strategies for embracing complexity.

#1: Surrender the Need for Control.

- In Either/Or Thinking we have a clear understanding of the options before us and therefore we have an ability to control.

- In Both/And Thinking you don't have as clear of an understanding of all the options because the options are infinite and therefore we have to surrender the need for control.

#2: Temporary Truths

- Meaning that in the moment, this thing may be true but in the next moment it may have altered and shifted and what was true no longer is.

- Now, in the present, is a truth that we hold. This thought [process] embraces development and evolution.

- If there is only one truth and forever constant this means that there is no growth and development in our understanding.

- When we are able to embrace temporary truths, that means that we understand and we have an appreciation for our growth and development and evolution.

#3: Embrace Diversity

- Every level of diversity: diversity of thought, diversity of being, diversity of options.

- When we are embracing complexity, we therefore also have to embrace all of the perspectives, all of the options that come with it.

#4: Trade Assurance for Flexibility

- In multiple options there is less assurance.

- In order to embrace in a whole complexity, we need to have a counter to the lack of assurance and the counter to or the polarity of that is flexibility.

- Flexibility gives us the necessary amount of [room] to move around in the, in the situation, in the circumstances, in an environment to embrace all of the options that are available and figuring out which option is best in the moment that you need to make the decision.

#5: Embracing Systems Thinking

- This is quite noticeable in technology: in the past when we were able to look within the small confines of our system/organization/being we were ok.

- What systems thinking says, is no longer can you look at just your small piece of the pie, but you need to look at the larger part of the entire pie and how this small piece affects the overall.

- When we're able to integrate across the system we can embrace the whole in order to get a better result and a better understanding and appreciation for how this small part affects the greater whole.

#6: Look As versus Looking At

- When we Look As we are putting our feet into the shoes of the other person and we are taking on empathy and having an understanding and appreciation and a perspective from *their* vantage point.

- When we Look At, it is as if we're looking through a microscope and we are observing from afar. In doing so we're providing and passing judgments. We have no appreciation for Looking As the individual, as the organization, as the entity, and being able to have an appreciation for understanding and empathy of what they are going through, what is happening.

- When we're able to Look As instead of Looking As, it opens up our ability to handle and appreciate the complexity that's going on instead of Looking At from a judgment perspective which is only a single vantage point of our own.

What's Next

Complete the section below. As you consider your response to the prompts below, there is no right or wrong answers. Responding honestly and expressively is essential to simulating more clarity and increasing your awareness to live a more authentic life.

- Embracing complexity takes time. What 3 areas will I work on improving and how?

- I will take the following action to look as vs look at…

- I will make the following 3 changes to embrace more diverse thinking:

Notes