

My Coherent Stance in Complexity

Purpose: Help leaders integrate Module 5 into a stable, repeatable orientation.

1) In complex situations, the stance I want to practise is:

(e.g. steady, open, patient, responsive)

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2) Signs that I'm drifting into control or urgency include:

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3) When I notice those signs, one way I can return to coherence is:

(e.g. pause, breath, widen perspective)

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4) Coherence helps me lead complexity by allowing me to:

- stay present without forcing
- move with timing
- tolerate uncertainty
- stabilise others
- reduce unnecessary effort

5) A sentence I'll carry into Module 6 is:

“I don't need resolution to remain coherent.”

*Complexity doesn't resolve through effort.
It stabilises through coherence.*