



TIM ARNOLD

THE POWER OF HEALTHY TENSION: OVERCOME CHRONIC ISSUES AND CONFLICTING VALUES

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Often leaders and teams have a clear vision, but fail to live it out. They feel stuck because of conflicting values, division within the team, and a resistance to change. As humans, we tend to naturally see things from a right or wrong, or good or bad perspective, and take an either/or approach to these situations.

Leaders and teams are often in a tug-of-war, facing competing demands such as planning vs. action, structure vs. flexibility, change vs. stability, and work vs. home. But this “either/or” thinking is a dangerous trap! In order to excel – both at work and home – leaders need to realize that many of life’s challenges are tensions to be tackled or managed head on. Leaders are ineffective when they can’t navigate conflicting points of view or tension.

In this program, Tim Arnold will help you understand the chronic issues that hold back leadership and teams, so you can thrive! The secret to addressing this issue is realizing and embracing that a certain kind of tension – healthy tension - can be incredibly positive. The Power of Healthy Tension will provide a practical framework that allows leaders to tap into the power of “both/and” thinking. By doing this, you gain a massive competitive advantage, and move from surviving to thriving.

This program will help leaders:

- Gain the ability to work effectively with people who have different opinions and perspectives than their own.
- Understand the difference between a problem to solve and a tension to manage, and the skills required to communicate conflicting points of view.
- Learn a thoughtful, deliberate decision-making approach when dealing with complex issues.

TIM ARNOLD

Tim Arnold is the author of the bestselling book, *The Power of Healthy Tension: Overcoming Chronic Issues and Conflicting Values*. Tim provides his audiences with powerful tools that help them understand and breakthrough the chronic issues they face in both their professional and personal lives. He provides his clients with a real-world perspective through his experience launching successful for-profit and not-for-profit businesses, overseeing community outreach and healthcare programs, and managing international development partnerships in four continents. Tim has spent over two decades helping organizations unite teams, spark change, and get unstuck, with clients that include The United Nations, Citibank, KPMG, Toyota, and Siemens.



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