



Welcome to

# HUMANISING THE FUTURE OF WORK

with Penny Locaso

**BKindred**













WHO ARE YOU REALLY?

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**BUSY = BULLSHIT**



Our focus on doing,  
is compromising our state of being.

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# BUSY IS AN ANXIOUS TREND



# IS BUSY CODE FOR...

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- Distraction?
- Short-termism?
- Loneliness?
- Self Validation?
- FOMO?



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**BUSY BLOCKS  
HUMAN CONNECTION**

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“Workers will need to acquire new skills and be more adaptable as they work ever more closely with machines.”

– McKinsey & Company

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“Increasingly, managers are finding that sustainable competitive advantage stems from organizational capabilities that foster rapid adaptation.”

– Harvard Business Review

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“The factors that help make adaptive organisations fast-scaling workplaces irresistible, can also unlock a new way of leading, enabling, working, and organizing.”

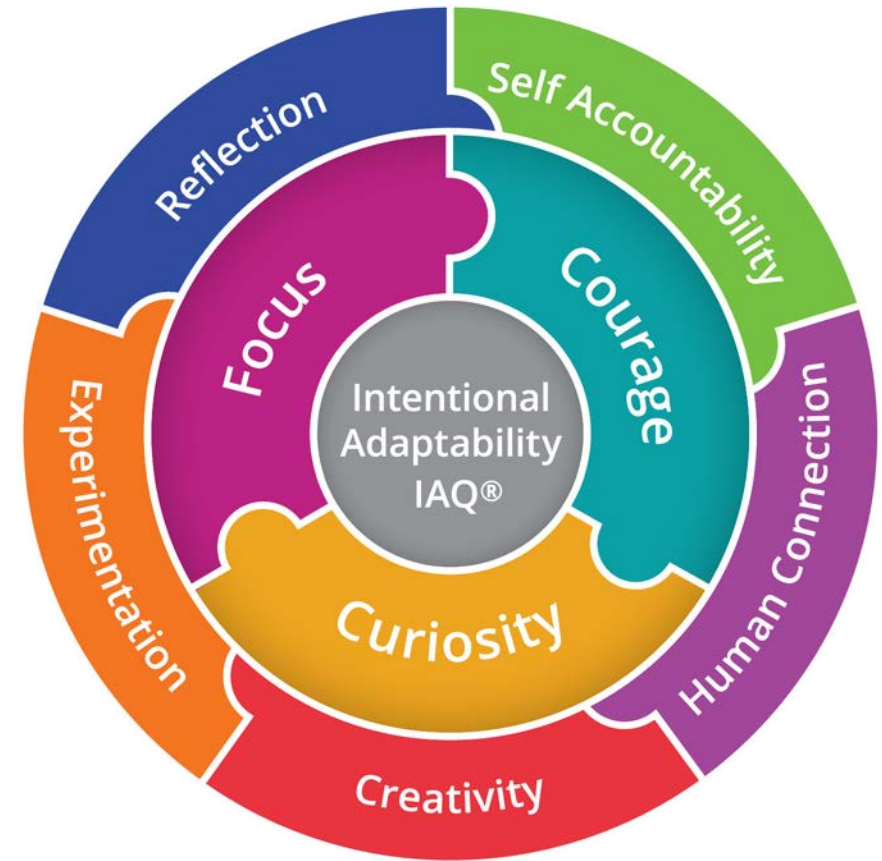
– Deloitte



# INTENTIONAL ADAPTABILITY QUOTIENT®

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The measure of how skilled you are at making intentional change in a complex environment evolving at speed.



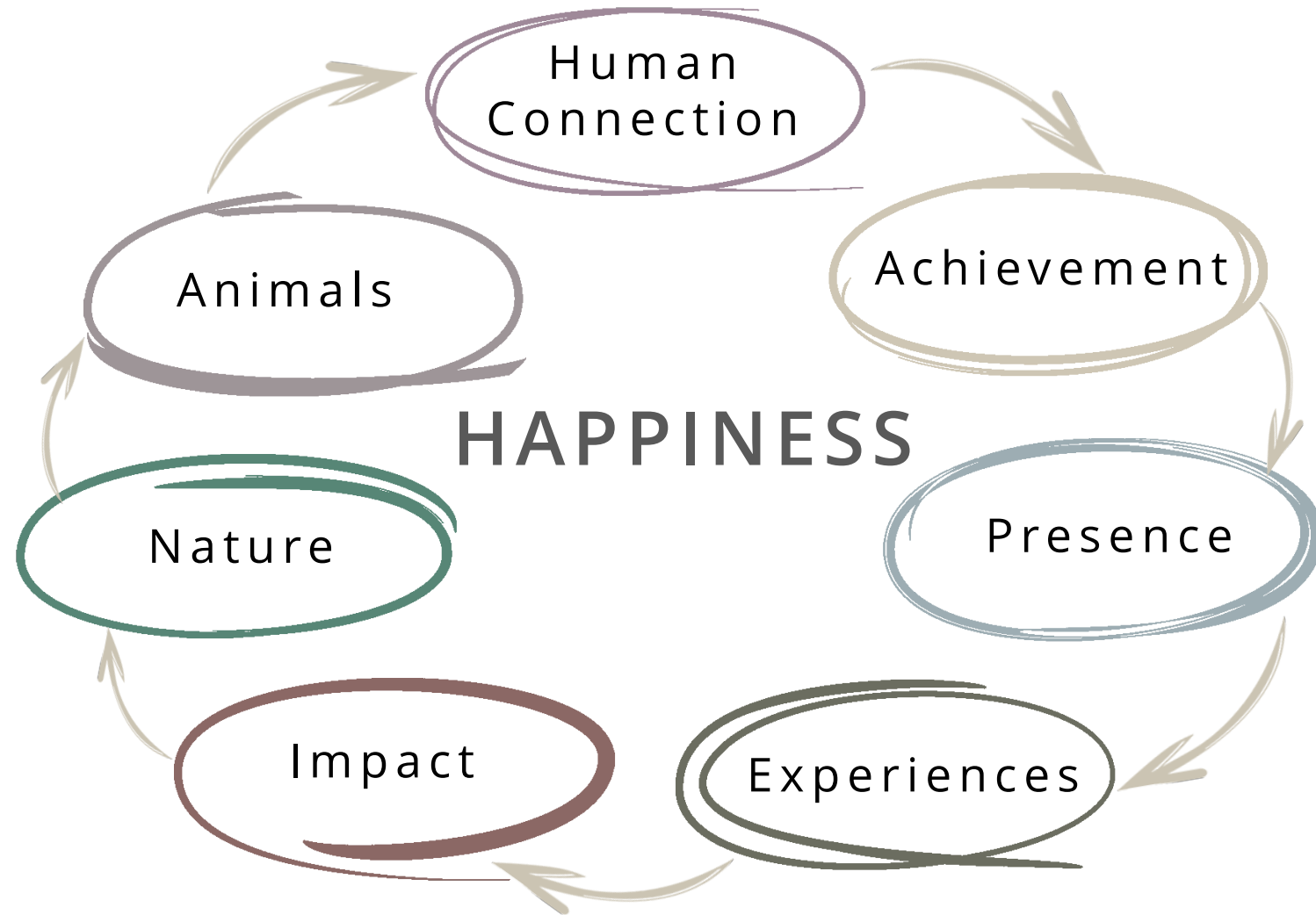




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# WHERE IS HAPPINESS FOUND?









“The language you use will determine  
you ability to make change.”

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A young woman with long dark hair, wearing a white long-sleeved shirt, a grey skirt, black knee-high socks, and brown shoes, is lying on her back on a large, dark log. She is wearing a white graduation cap. The log is positioned over a body of water, and her reflection is visible in the water below. The background shows a lush green environment with trees and foliage.

**POSITIVELY ENGAGED**

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"Being human is not about individual survival or escape. It's a team sport. Whatever future humans have, it will be together."

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- Douglas Rushkoff



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# WHERE TO FIND ME

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Human First Podcast



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