#mtpengage

LEADERSHIP FORUM

MTP ENGAGE HAMBURG

mind the
PRODUCT

bullet proof soul

bullet proof soul

self-care and stress management for product leaders

Introduction

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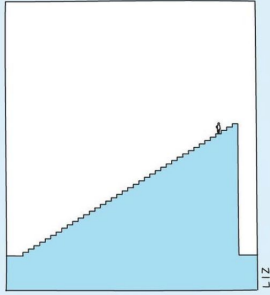
Calmr Works

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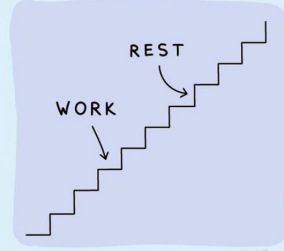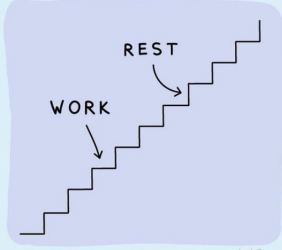
How do you know when your stress level is at a critical level?

How do you manage stress and take care of yourself?

Interviews

Bulletproof Soul

Communities

Information

Insights

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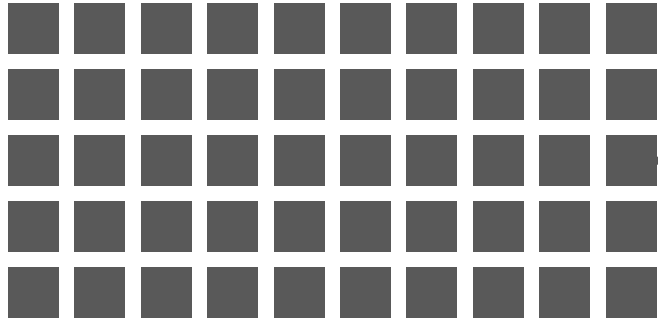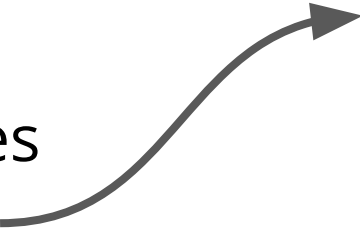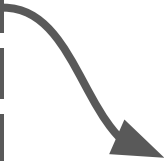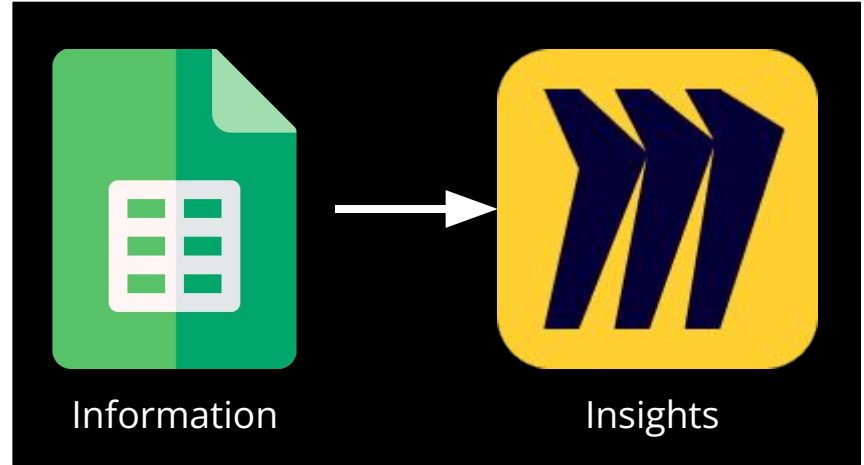
tl;dr

Chiedza
@chiedzajm
...

I had the pleasure of speaking to @domjost about this, his talk is going to be FABULOUS!As leaders,we are human. We have stresses & dips: that is NORMAL! Most important thing:look after yourself;make sure you are taking breaks when you need them; have a solid support network ❤️

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Rate your stress management skills

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List five people you trust

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The Basics

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Input → Process → Output

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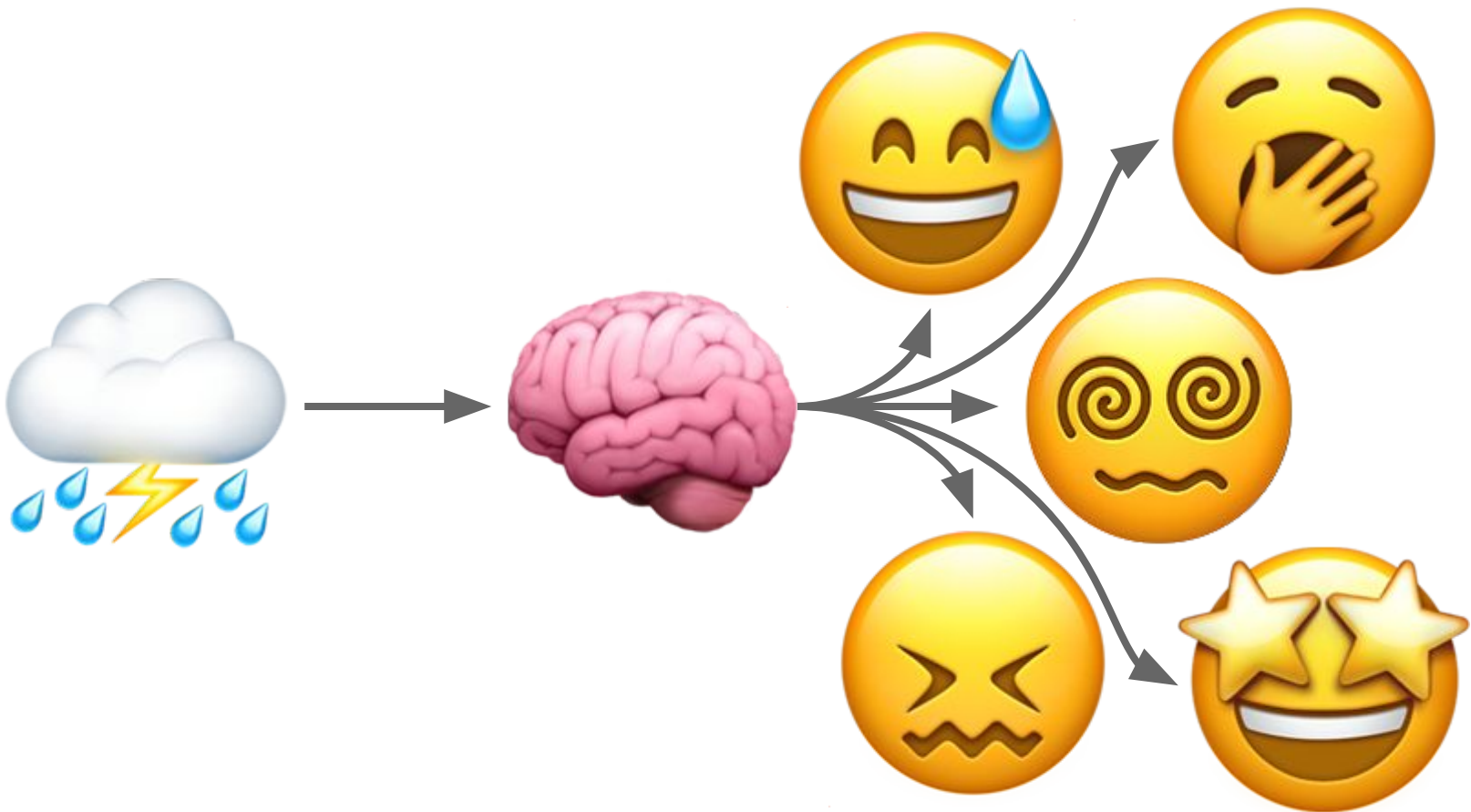
1. Stressors

2. Personal Stress Amplifiers

3. Physical Emotional Reactions

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Bulletproof Soul Playbook

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Prevent   Reflect   Relax

Stressors → Amplifiers → Reactions

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Prevent
Eliminate or reduce exposure 🌂

Reflect
Adopt healthier attitudes and thoughts 🧸

Relax
Recover mentally and physically 🔋

Stressors
"I get stressed when…" 🌧️

Amplifiers
"I put myself under stress by…" 🧠

Reactions
"When I'm under pressure…" 😵‍💫

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Create your personal BPS playbook

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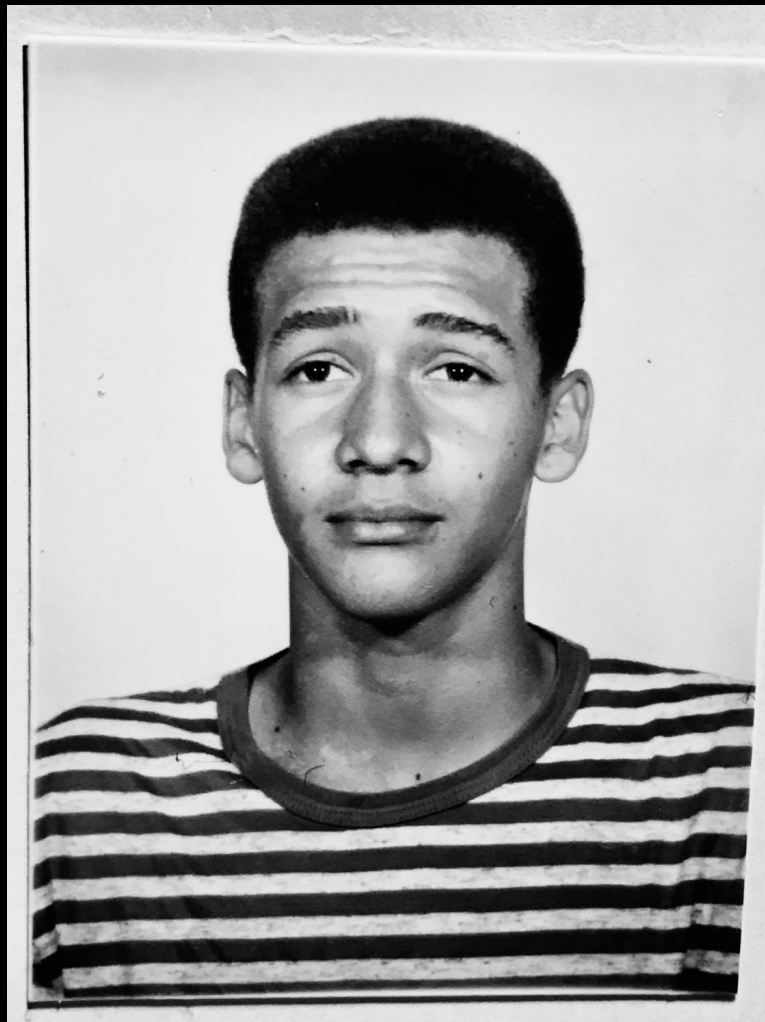
Discuss with your fellow product leader

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Learning from other product leaders

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Stressors
"I get stressed when…"

Workload

Emotional topics
No purpose

Constant distraction
Minority
No focus
Thinking of work
Travel
Toxic culture
Meetings
No time for Strategy
Decisions under pressure
No fulfillment
No room

Prevent
Eliminate or reduce exposure

Support network

High leverage work
Self check-in
Manage your energy

Culture of self-care
Say "No"
Trust your team
Notifications off
Think time
Protect nights & weekends
Quit
Past burnouts
Externalize thoughts
Design your life
"Friday"
Act quickly
More control
Education on stress/depression

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Amplifiers
"I put myself under stress by..."

Reflect
Adopt healthier attitudes and thoughts

Doubt
Work ethic
Prove myself

Too nice

Indispensable
Emotional dissonance
Bread Winner
Too many interests
Hopeless situation

What do you want
Self check-in

Perspective of work
Treat yourself well

Culture of self-care
Toughen up
Learn about stress/depression
Health first, work last
Externalize thoughts
Manage your health
Dogmatic work/life balance
Trust your team

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Reactions
"When I'm under pressure..."

Being short

Body not ok
Clarity of thought
Quality of work

Sleep
Overwhelm
Personal life
Lack of desire
Fearful
Self-care drops
Emotional eating/drinking
Atypical behaviour
No breaks

Relax
Recover mentally and physically

Physical activity

Take breaks
"Your" form of mediation
Nurturing activities

Mindless escapism
"Me" time
Nutrition
Sleep 7-8h
Loving Environment
Yoga
Basic needs
Seek help
Quit
Read non-fiction books
Listen to your body
Externalize thoughts
External stimulation

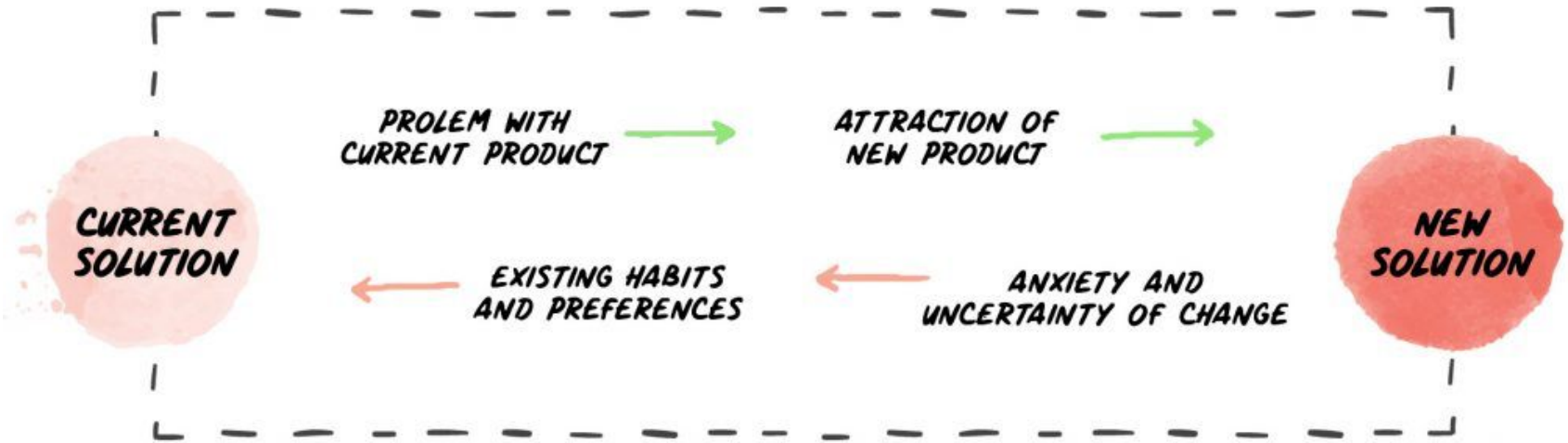Calmr Works

Refine your personal BPS playbook

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Becoming a bullet proof soul

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THE 4 FORCES INFLUENCING A SWITCH

REASONS TO SWITCH

PROLEM WITH
CURRENT PRODUCT

ATTRACTION OF
NEW PRODUCT

CURRENT
SOLUTION

NEW
SOLUTION

EXISTING HABITS
AND PREFERENCES

ANXIETY AND
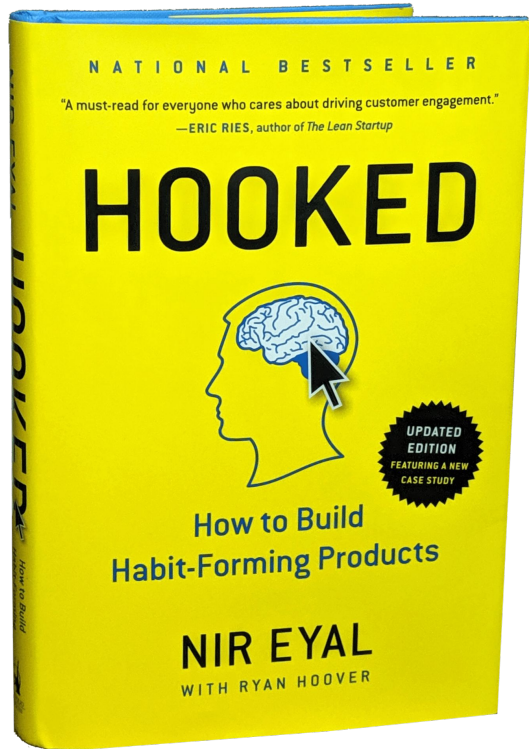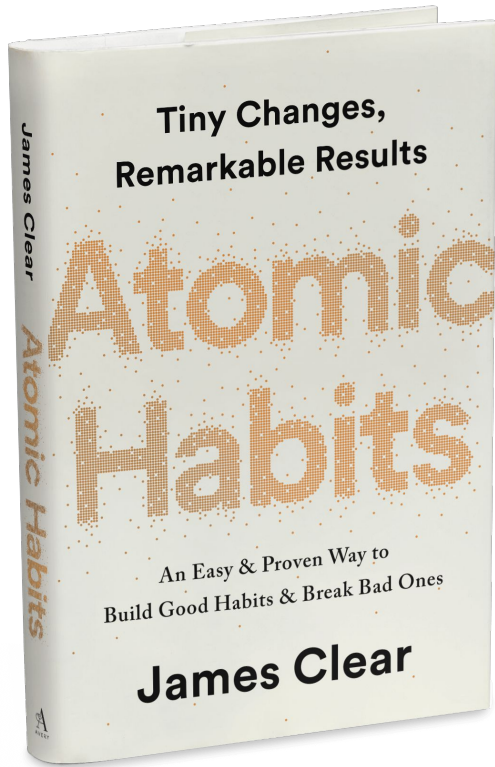UNCERTAINTY OF CHANGE

REASONS TO STAY

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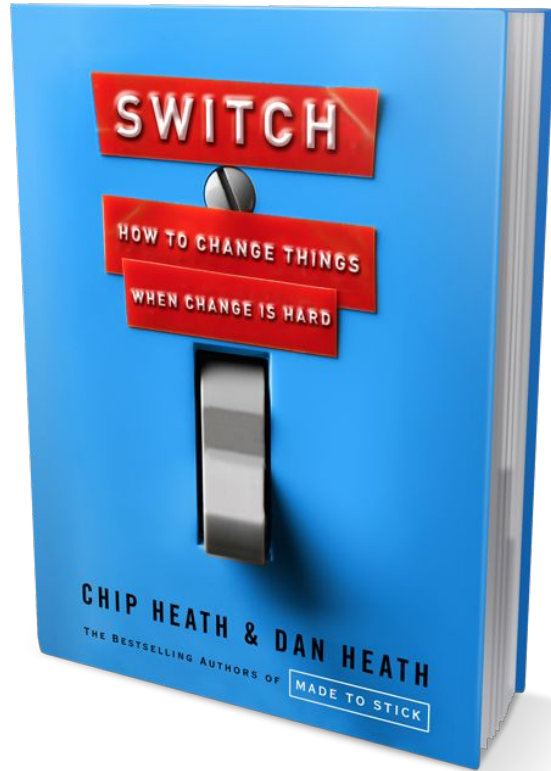
1. Direct the Rider

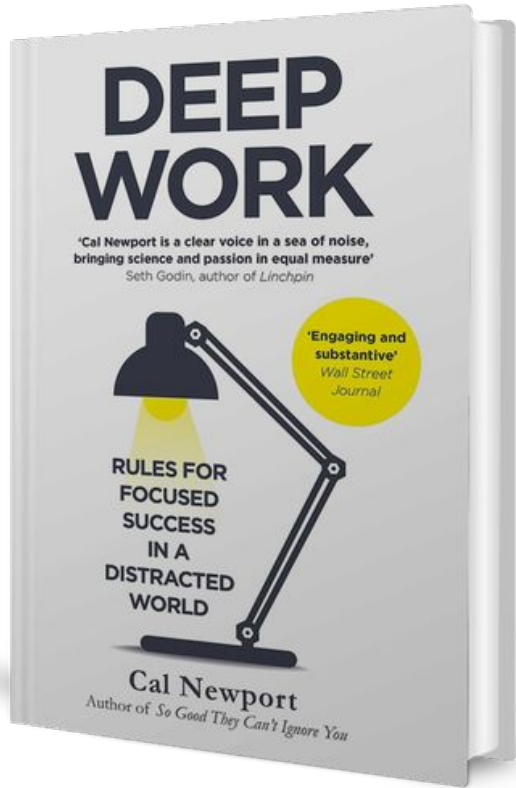2. Motivate the Elephant

3. Shape the Path

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1. The Trigger

2. The Action

3. The Reward

4. The Investment

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1. Make it obvious

2. Make it attractive

3. Make it easy

4. Make it immediately satisfying

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1. Focus on the Wildly Important

2. Act on the Lead Measures

3. Keep a Compelling Scoreboard

4. Create a Cadence of Accountability

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Design a pragmatic check-in routine

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Before you go...

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Create a weekly recurring task named "BPS Check-in"

use your favorite todo or calendar app

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Create a monthly recurring task named "Share BPS report with *[person I trust]*"

use "Dominique" if you want

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Rate your stress management skills

yes, again
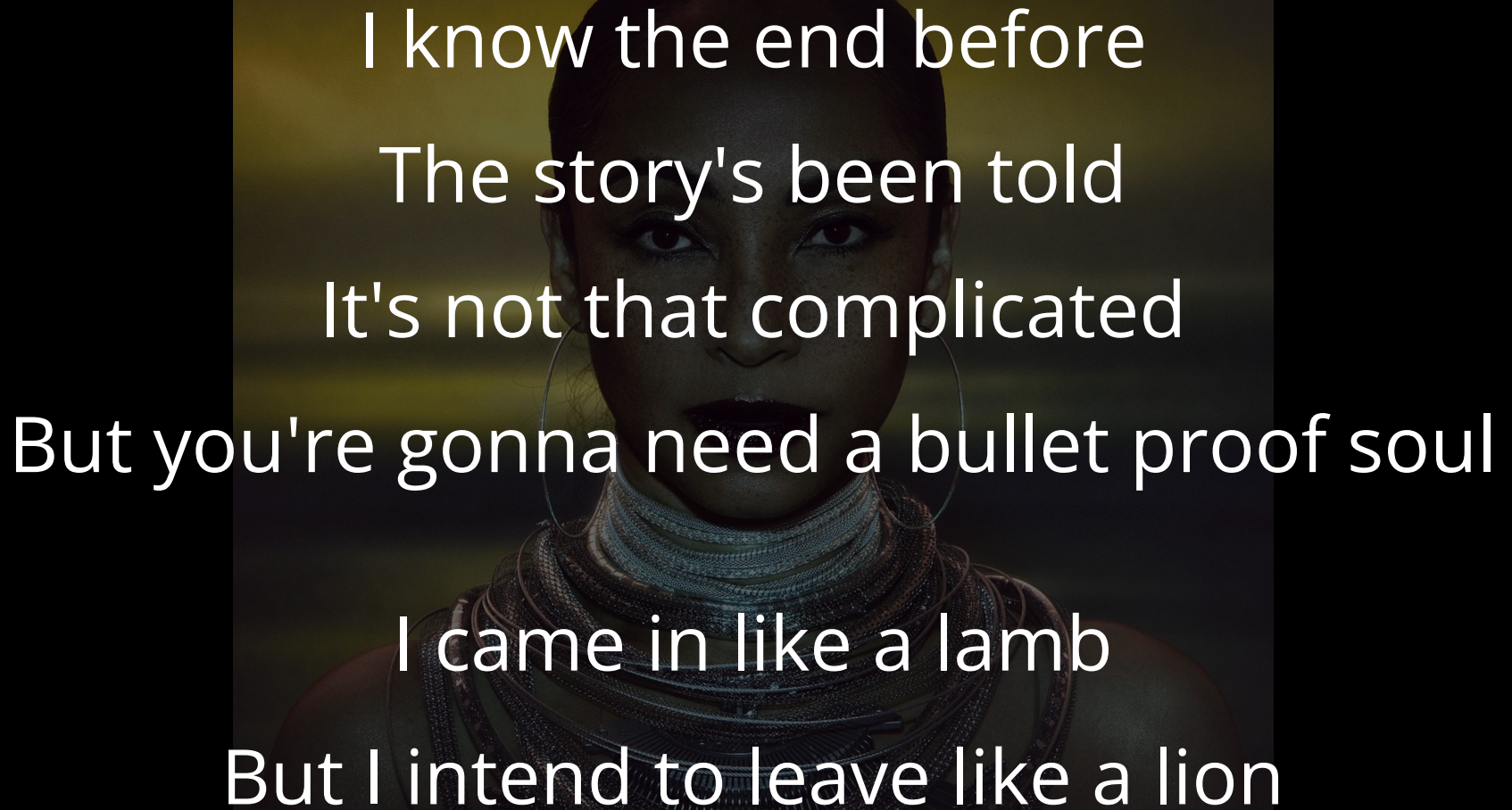
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Thank you & congratulations!

You are awesome.

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Thank you & congratulations!

You are awesome.

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I know the end before

The story's been told

It's not that complicated

But you're gonna need a bullet proof soul

I came in like a lamb

But I intend to leave like a lion

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bullet proof soul

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@domjost