

A top-down view of various musical instruments and recording equipment arranged on a light-colored, textured surface. The items include a silver condenser microphone on a stand, a black guitar neck with a wooden headstock, a black and white keyboard, a harmonica, a notebook, a pen, a pencil, a harmonica case, and a small electronic device. The text 'MODULE 1 RESOURCES' is overlaid on the right side of the image in a blue, sans-serif font.

# MODULE 1 RESOURCES

# Benefits of annualized impact

- **Leaders/peers** – unbiased financial impact added to performance conversations, improves comparisons and deepens understanding of the impact of effort
- **Peers/stakeholders** – become **more likely to support current and future initiatives** when tangible annualized impact gets identified
- **Team** – appreciate acknowledgement for the value of the work effort and when acknowledged – become motivated to find **additional gains and reductions**

My Notes

# Resources

## Impact resources

ROI Calculator <https://www.calculator.net/roi-calculator.html>

## Mental Health resources

For meditation

- <https://www.headspace.com>
- <https://www.tarabrach.com>

8 rules of life

- [The Eight Rules of The School of Life](#)

10 strategies for stress management

- <https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies>
- Choice
- <https://www.linkedin.com/showcase/bell-let's-talk/>

My Notes

# Strategic thinking on challenges

**Plausible** – does the impact pathway tell a compelling story? Does it make sense? Are the outcomes in the right order? Are preconditions in place to produce the outcomes you've indicated? Where are the gaps in logic?

**Feasible** – how realistic is it to achieve the impact? Does the team/peers and stakeholders have capacity and resources to implement and complete interventions identified? Do they need to bring in additional partners? Do they need to adjust the scope, expectations or timeline?

**Testable** – how well you have crafted the indicators? Have you identified solid, measurable indicators that can be evaluated in a timely manner? Will these indicators provide sufficient evidence to guide course-corrections going forward, and to evaluate impact? Will data be convincing to necessary audiences?

My Notes