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Governance in High Stakes – Online Learning Course

What do we mean by ‘high stakes’?

“Few things are more important for leaders to know about themselves than what triggers their high-stakes behaviours and how they behave in high pressure times”

Dr David Kantor

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What is a ‘High Stakes’ situation and what causes the stakes to rise?

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When the stakes rise our behaviours change

Low Stakes	**These are ordinary everyday situations. They have minimal impact on our behaviour and personal sense of well-being.**
Medium Stakes	**The language we use and our view of how things 'should be' are threatened.**
High Stakes	**Intense anxiety provokes almost involuntary behaviours. At their extreme, physical responses manifest. Heart beats faster, breathing becomes more shallow, increased sweating, clammy hands etc.**

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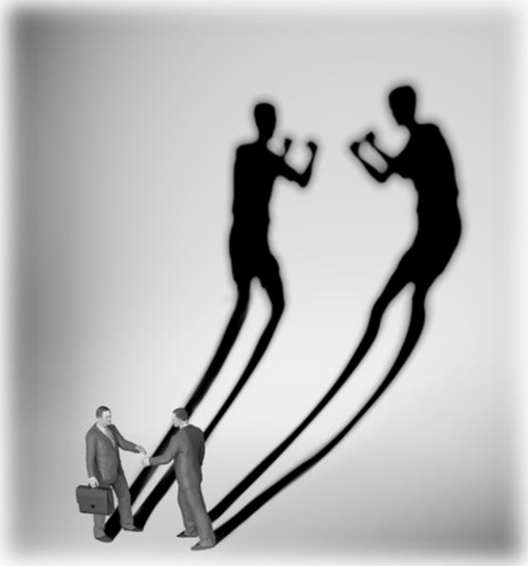
What do we mean by a ‘high stakes’ situation?



- A situation that causes intense anxiety or discomfort (rapid heartbeat, sweaty palms)
- A situation that provokes behavioural response that is almost involuntary – it triggers you.
- It can be something obvious and external or it can be particular to you and your inner world.

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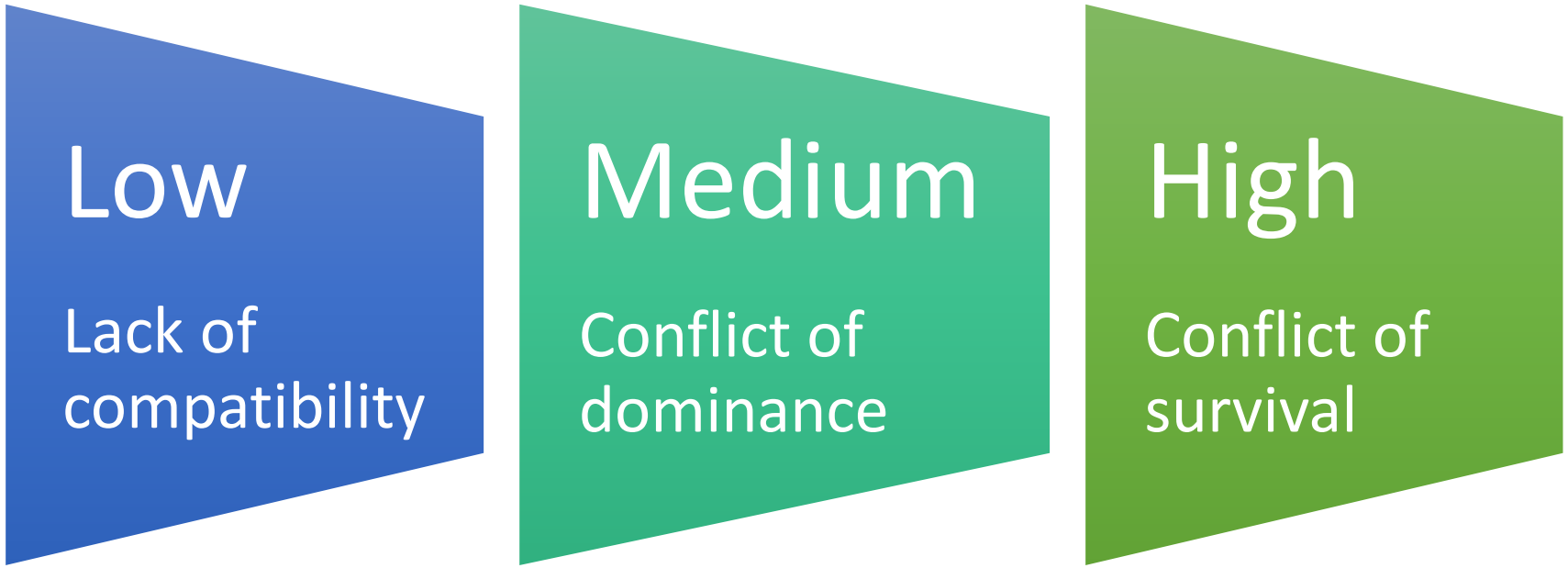
What raises the stakes to higher levels?



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What raises the stakes?

A change in the context

Challenges to our preferred Operating System should be organised

Differences in the way we communicate with each other

Behavioural propensities of others

Perceived risk

Tightly held desired outcome

Familiar themes

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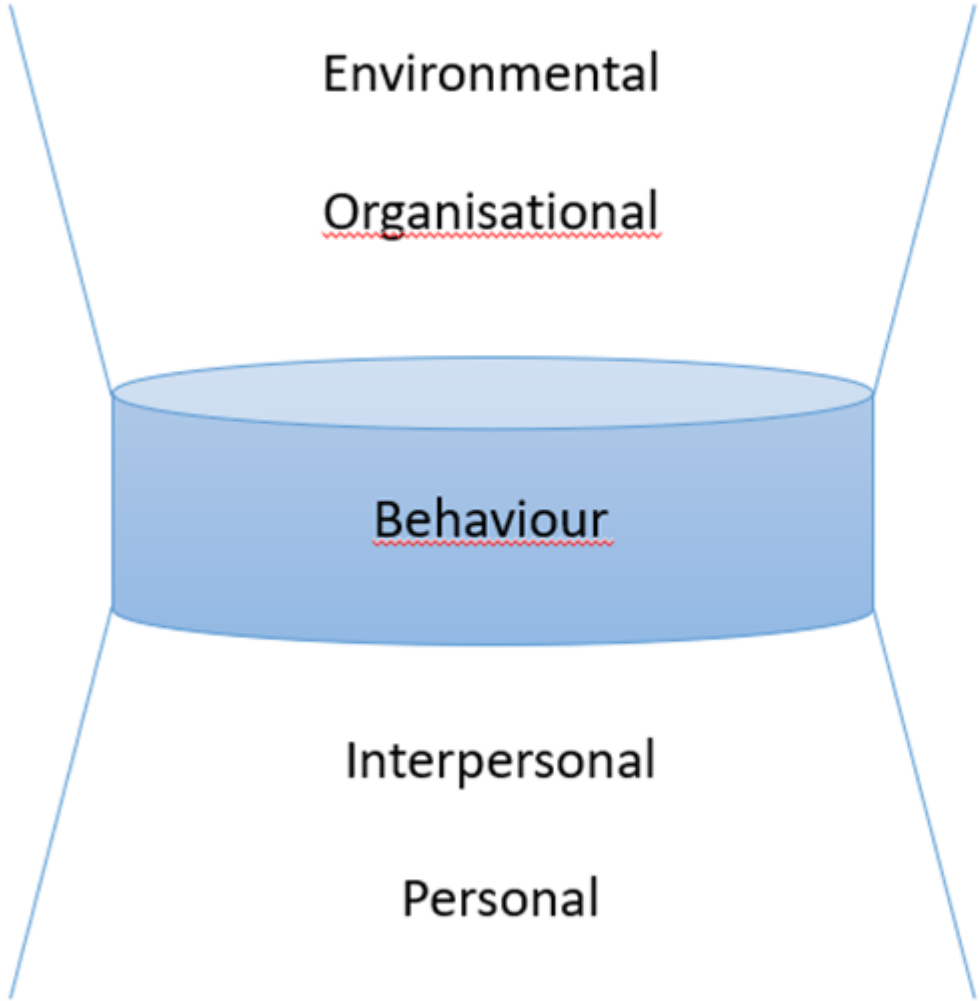
External



Visible

Less Visible

Internal

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