

A vintage television set with a dark wood-grain cabinet. The screen displays a sunburst pattern of red and cream-colored rays. The text "Adapt & Thrive" is written in a white, stylized, cursive font across the center of the screen. Below it, the name "Stacey Tank" is written in a white, sans-serif font on a dark rectangular background. The television has several speaker grilles on the left side and control knobs and a speaker grille on the right side.

Adapt & Thrive

Stacey Tank

Let's Talk About ...

1. Adapting & navigating change

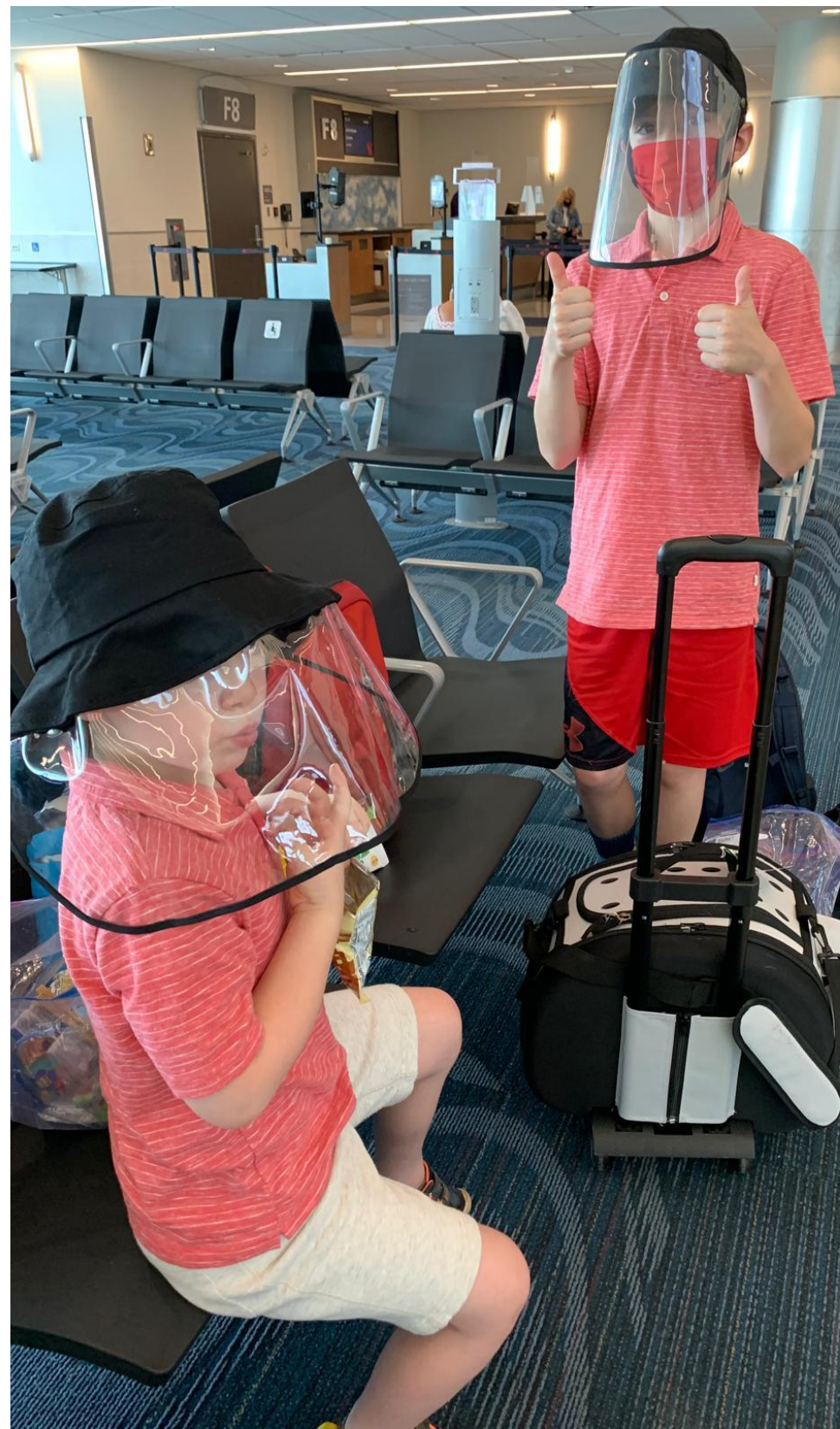
2. Polarization in society

3. Stepping up

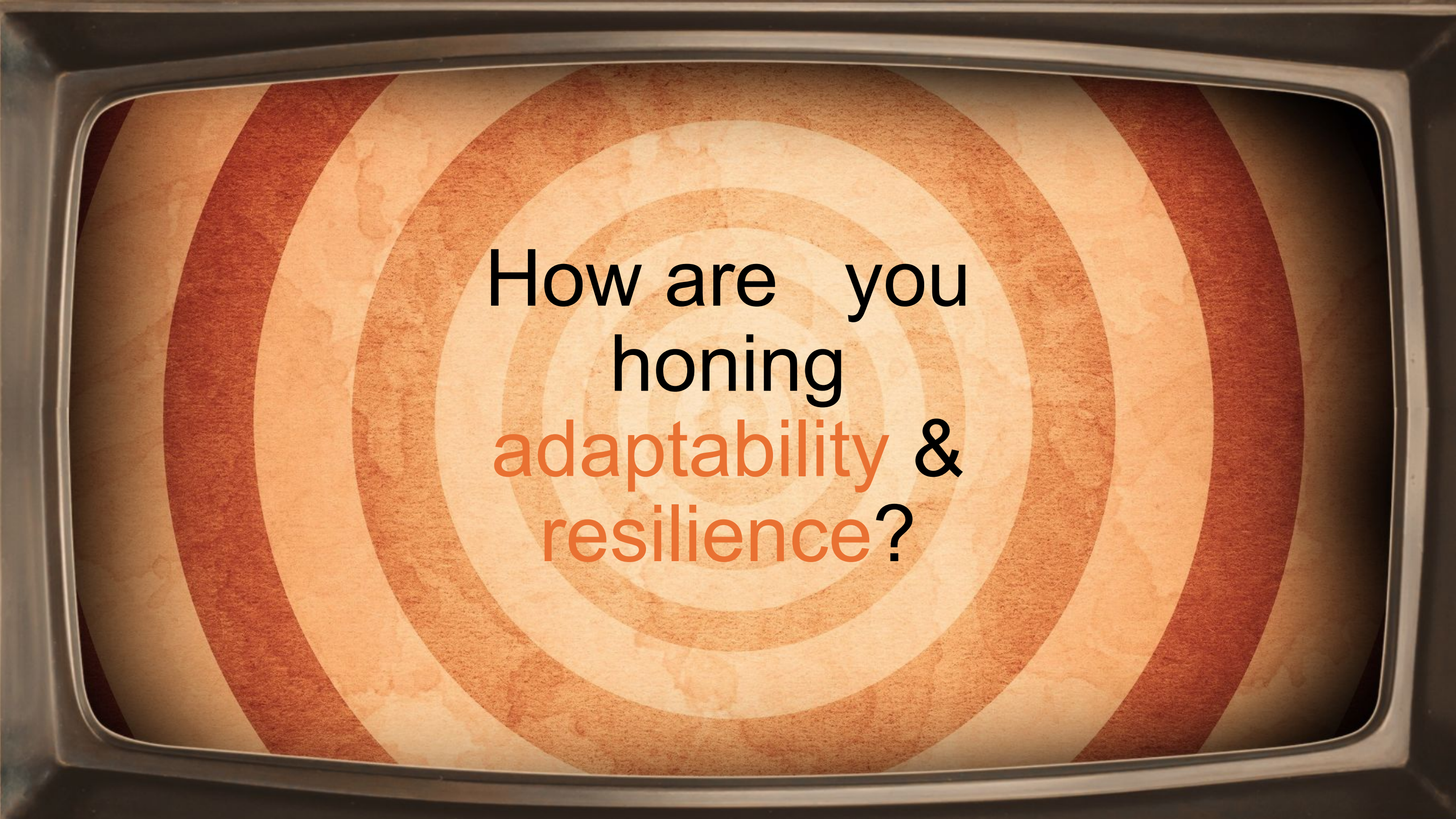
A slide with a target background. The target consists of several concentric circles in shades of brown and tan, centered on a light tan background. The word "Adaptabilitiy" is written across the center in a bold, yellow, cursive font with a black drop shadow. The slide is framed by a dark border.

Adaptabilitiy







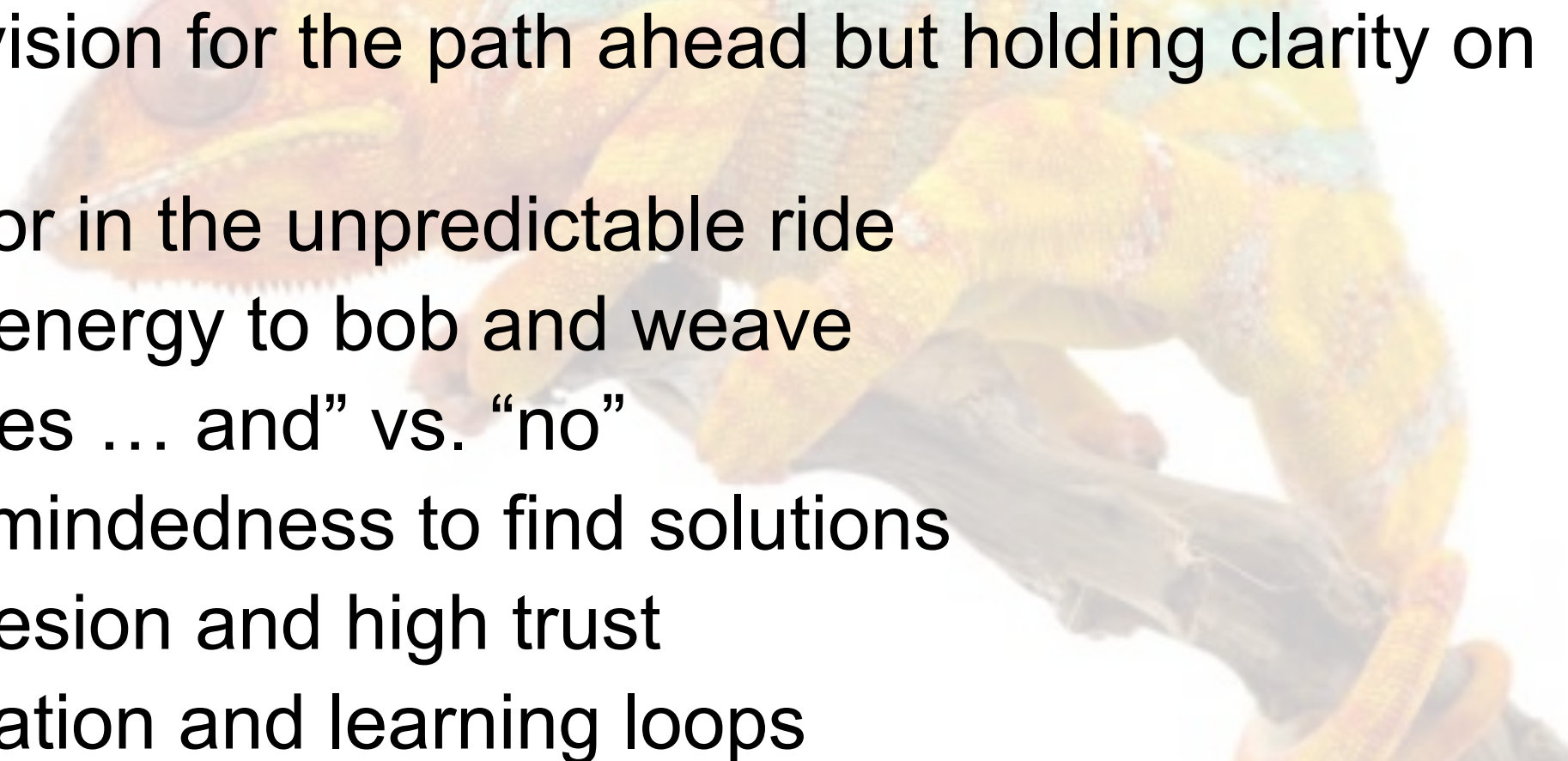


How are you
honing
adaptability &
resilience?

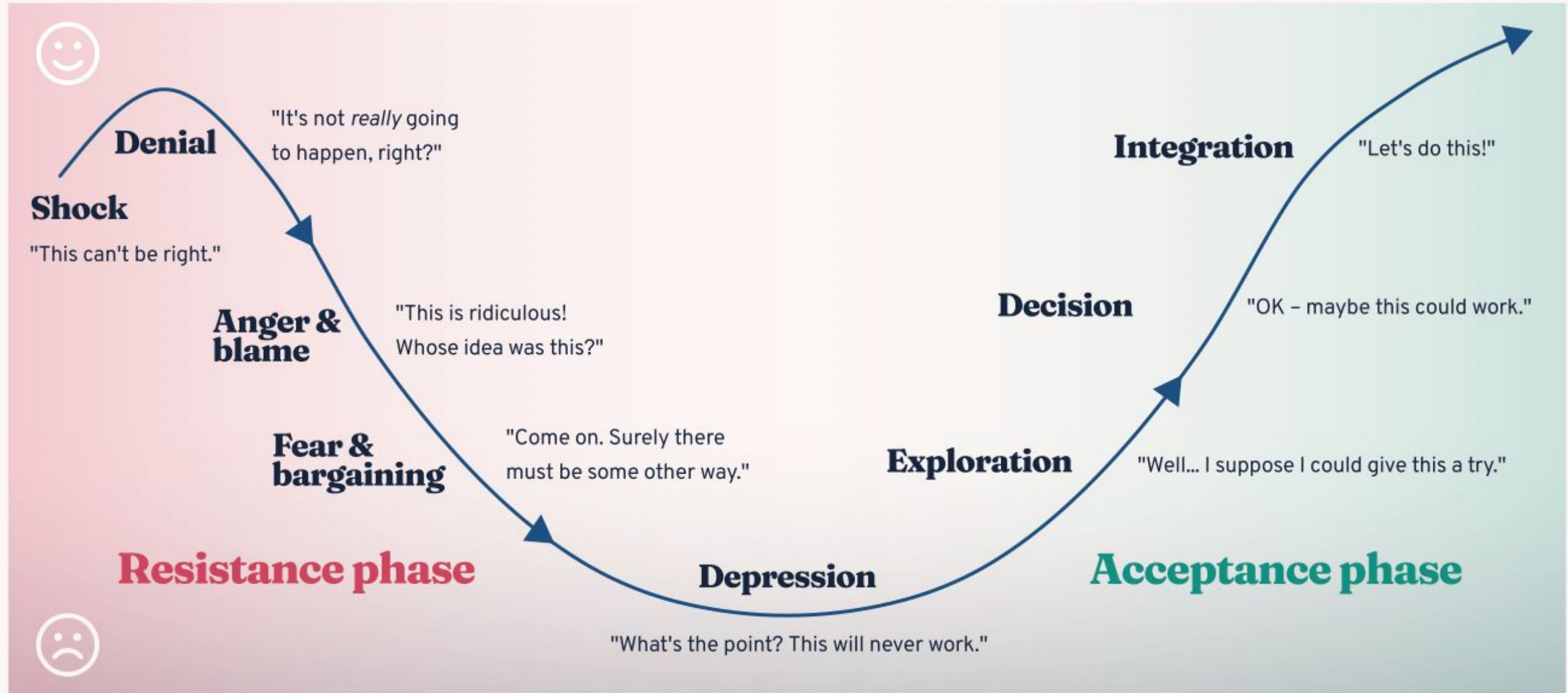


For you?
For your team?
For your
organization?

How are you honing **adaptability** & **resilience**?

- Letting go of a rigid vision for the path ahead but holding clarity on the mission
 - Finding joy and humor in the unpredictable ride
 - Cultivating personal energy to bob and weave
 - A mental model of “yes ... and” vs. “no”
 - Creativity and open-mindedness to find solutions
 - Cultivating team cohesion and high trust
 - Continual communication and learning loops
- 
- A vibrant chameleon with yellow, blue, and orange patterns is perched on a dark branch. The chameleon's body is slightly out of focus, emphasizing its colors and texture. The background is a plain, light color, making the chameleon stand out as the central visual element.

The change curve



Kotter's 8-Step Change Model

1
Create a sense of urgency



2
Build a guiding coalition



3
Form a strategic vision



4
Enlist a volunteer army



5
Enable action by removing barriers



6
Generate easy wins



7
Increase the pace



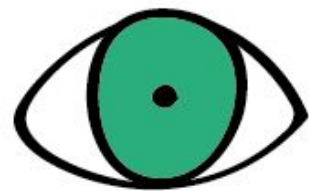
8
Institute change



Create the right climate

Engage & enable others

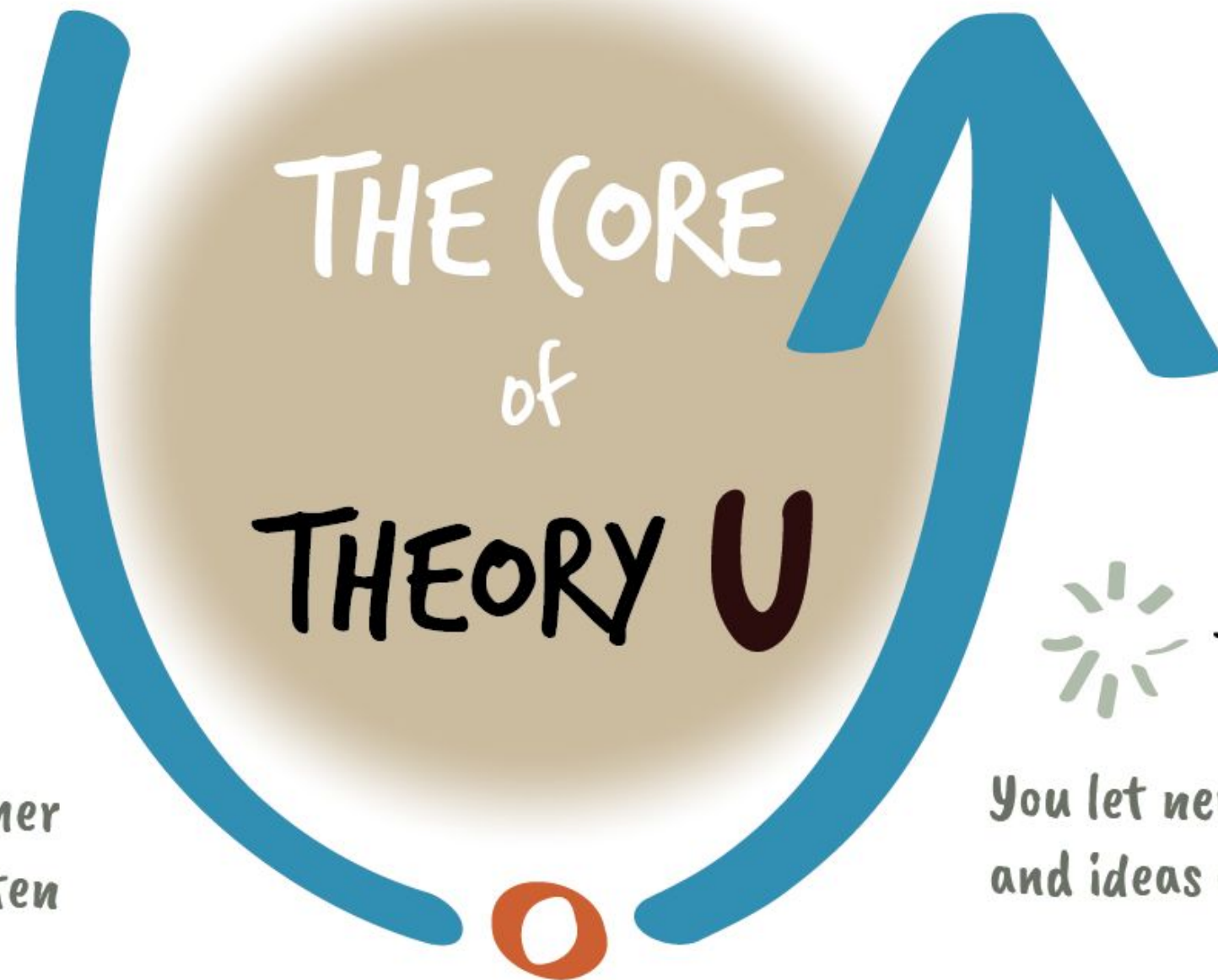
Implement & sustain



You look at
what is going on
without judgment



You learn from each other
because you truly listen



You get to the core:
What is it that you need to do here?



You try them out
and see if they work



You let new insights
and ideas emerge

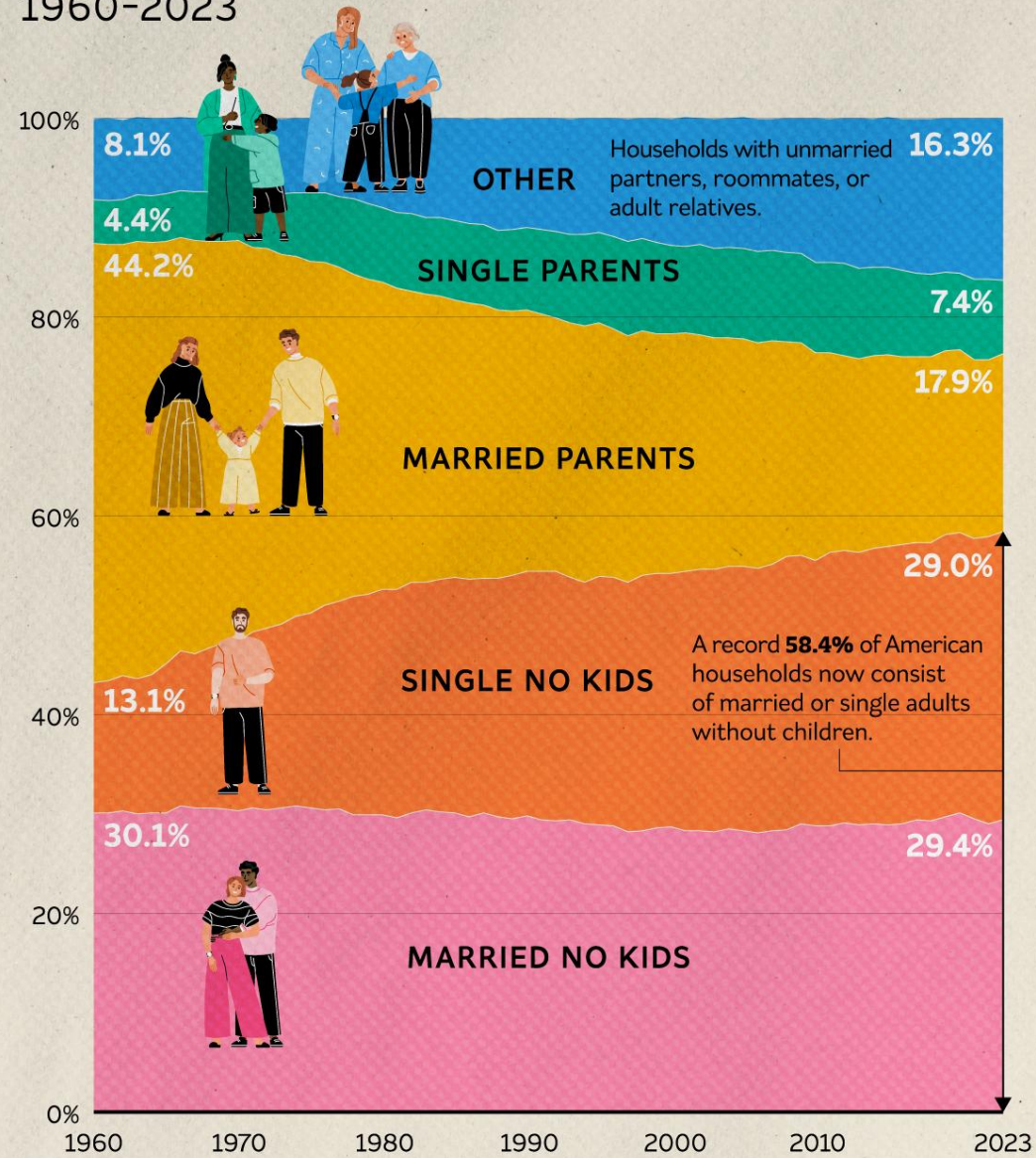


Polarization

The image shows a decorative title card for a board game. The card is rectangular with rounded corners and is set within a dark, possibly metal, tray. The background is a stylized rainbow with a marbled, aged paper texture. The rainbow consists of several concentric, semi-circular bands of color, ranging from light yellow at the bottom to dark red at the top. The word "Households" is written in a white, cursive, serif font with a thin red outline, positioned in the upper-middle section of the rainbow. The overall aesthetic is vintage and elegant.

Households

HOW U.S. Households Have Changed 1960-2023



Source: Census Bureau

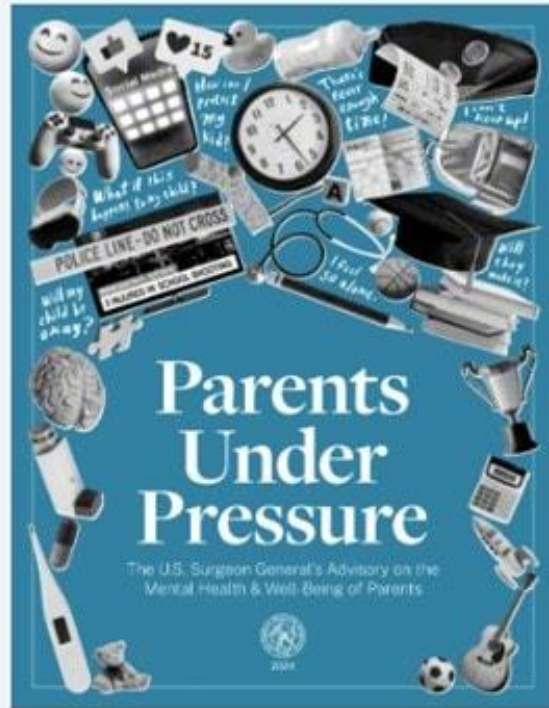
COLLABORATORS RESEARCH + WRITING Dorothy Neufeld, Niccolo Conte | ART DIRECTION + DESIGN Sabrina Lam

voronoi BY VISUAL CAPITALIST Where Data Tells the Story



SINGLES ON THE RISE

MARRIED PARENTS ON THE DECLINE



Parents Under Pressure: The U.S. Surgeon General Advisory on the Mental Health and Well-Being of Parents

This Surgeon General's Advisory highlights the stressors that impact the mental health and well-being of parents and caregivers, the critical link between parental mental health and children's long-term well-being, and the urgent need to better support parents, caregivers, and families.

[Download advisory - PDF](#)

PARENTS AND CAREGIVERS EXPERIENCE A MULTITUDE OF UNIQUE STRESSORS FROM RAISING CHILDREN

THESE STRESSORS INCLUDE, BUT ARE NOT LIMITED TO:

- FINANCIAL STRAIN, ECONOMIC INSTABILITY, AND POVERTY
- TIME DEMANDS
- CHILDREN'S HEALTH
- CHILDREN'S SAFETY
- PARENTAL ISOLATION AND LONELINESS
- TECHNOLOGY AND SOCIAL MEDIA
- CULTURAL PRESSURES AND CHILDREN'S FUTURES

HHS



SURGEON GENERAL: PARENTS ARE DANGEROUSLY STRESSED

FOX NEWS LIVE

LIFE, LIBERTY & LEVIN
EXCLUSIVE
FORMER PRESIDENT TRUMP
PART 2
TONIGHT 8PM ET

A small, square portrait of Donald Trump, showing him from the chest up, wearing a dark suit and a red tie.

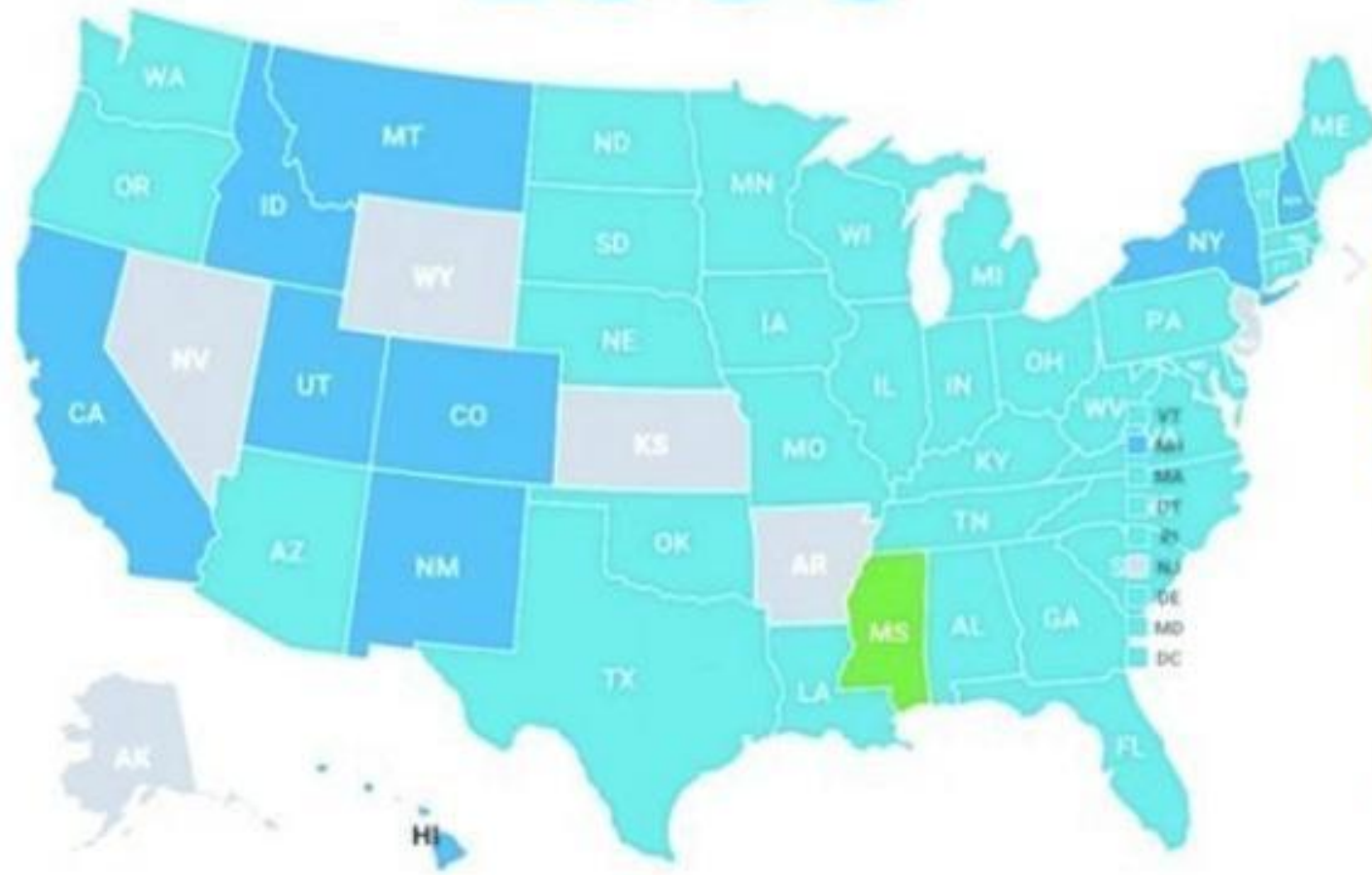


Feeling Good?

Percent of obese adults (Body Mass Index of 30+)



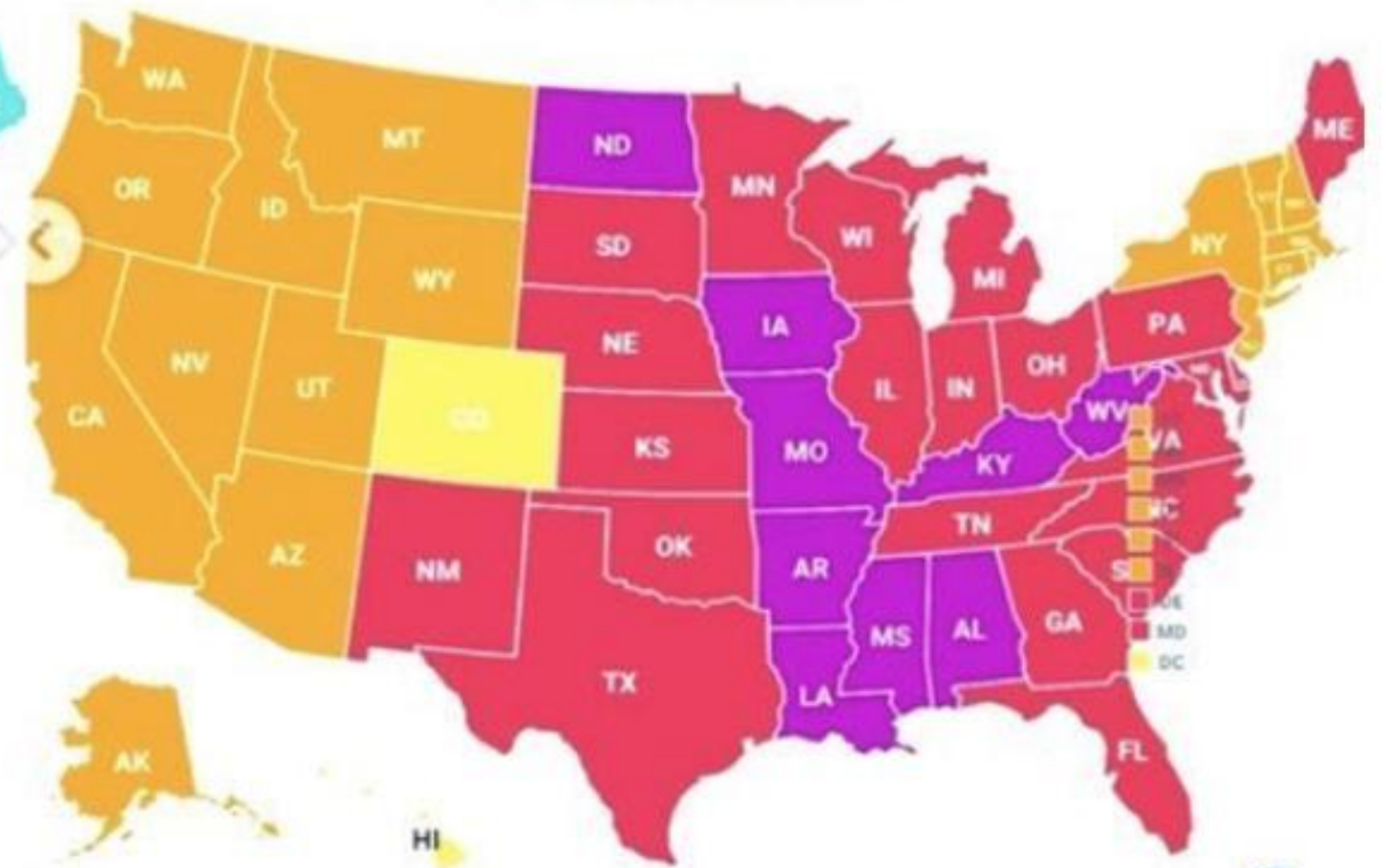
1990



Percent of obese adults (Body Mass Index of 30+)



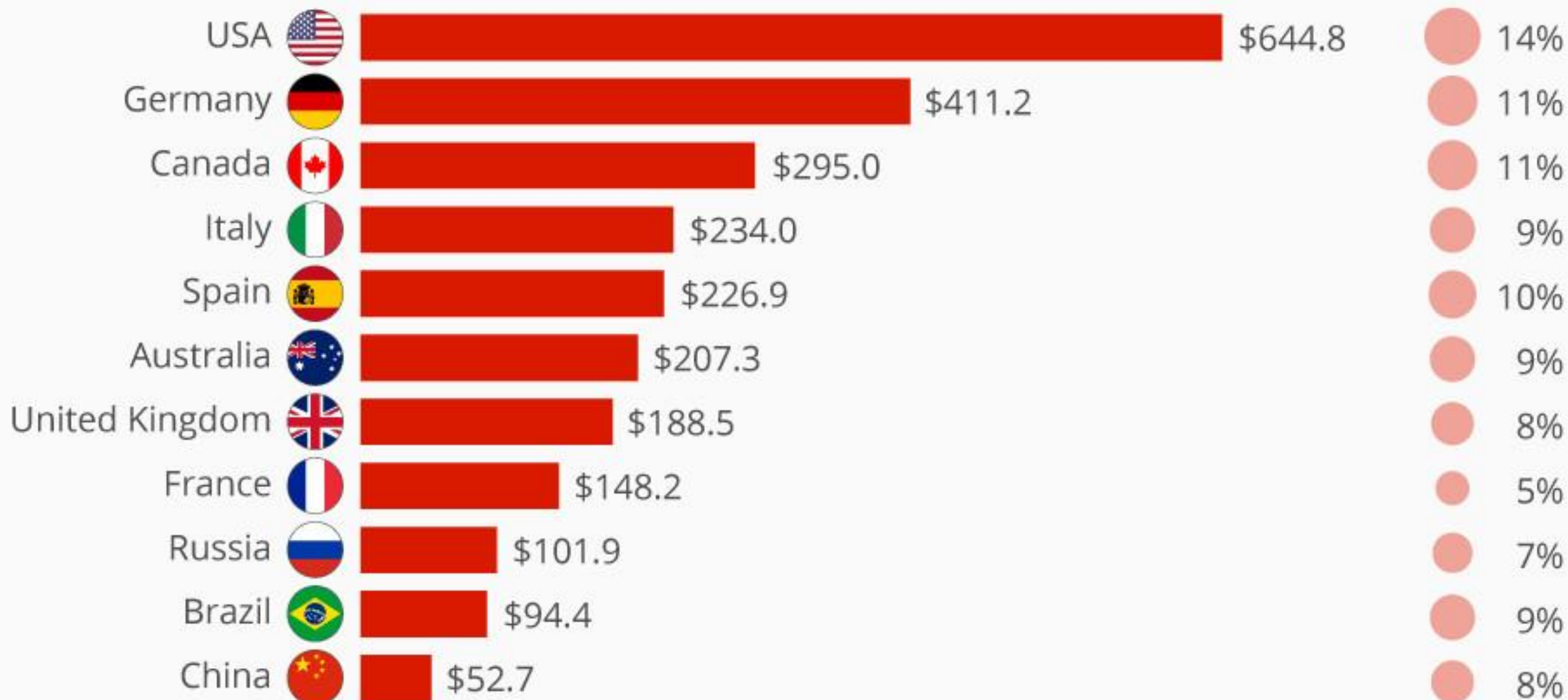
2018



Where Obesity Places The Biggest Burden On Healthcare

Average annual health expenditure per capita due to obesity from 2020-2050*

■ Expenditure per capita ● % of total health expenditure

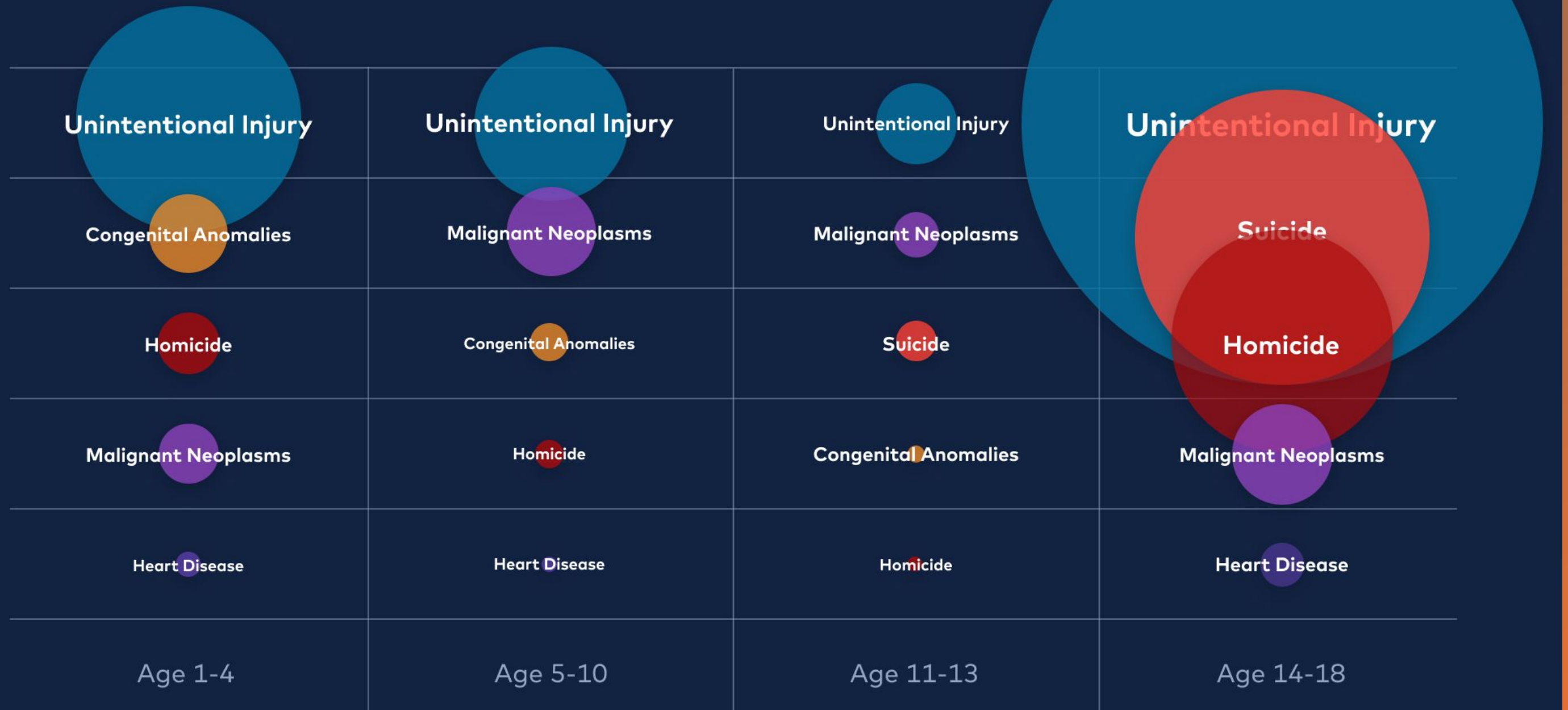




Youth

Leading causes of childhood death

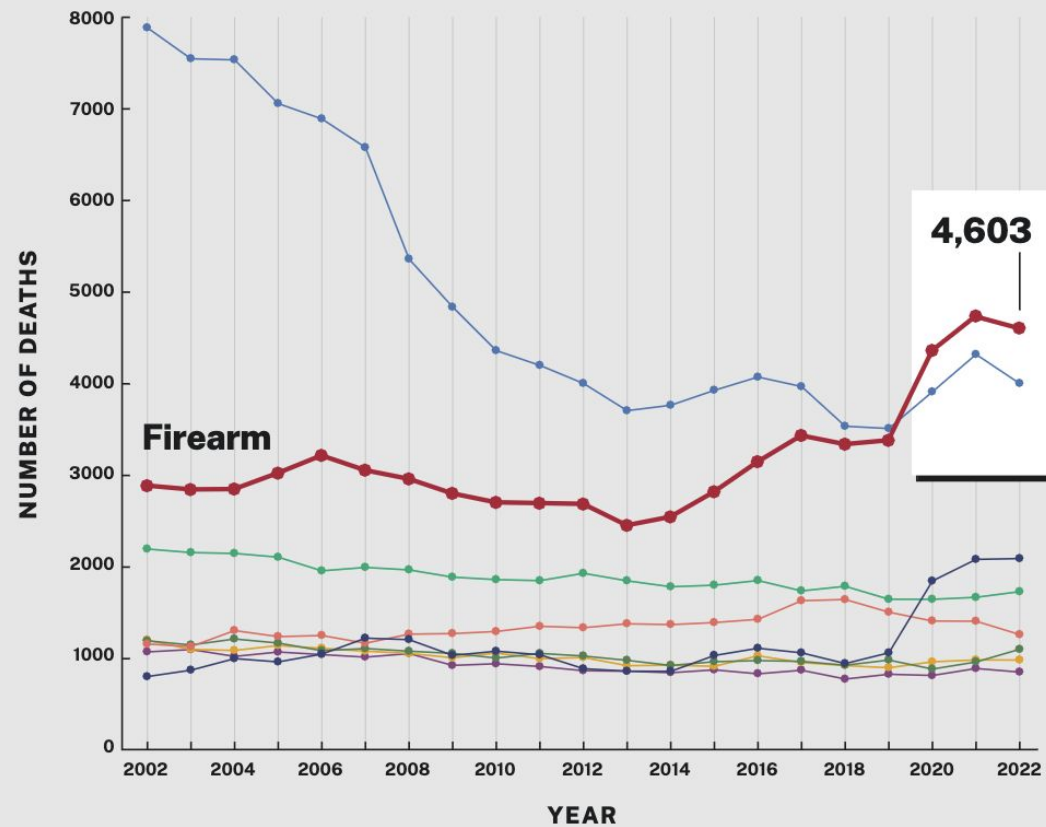
United States 2010-2020



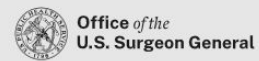
Firearms are the leading cause of death for children and adolescents

1-19 years of age in the United States, 2002-2022

- Firearm
- Motor Vehicle
- Poisoning (Drug and Non-drug)
- Cancer
- Suffocation
- Congenital Anomalies
- Drowning
- Cardiovascular Disease



Source: Adapted from Goldstick, J. E., Cunningham, R. M., & Carter, P. M. (2022). Current causes of death in children and adolescents in the United States. *The New England Journal of Medicine*, 386(20), 1955-1956. Underlying cause of death data from CDC WONDER.

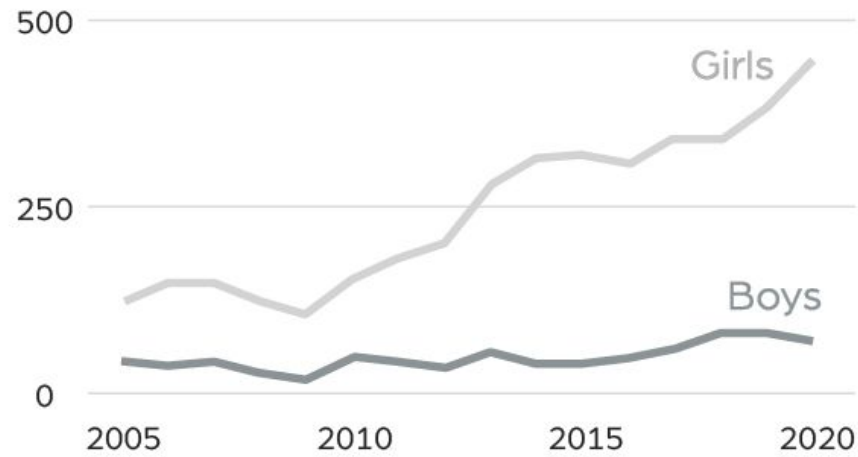


MOTOR VEHICLE DEATHS DECLINING

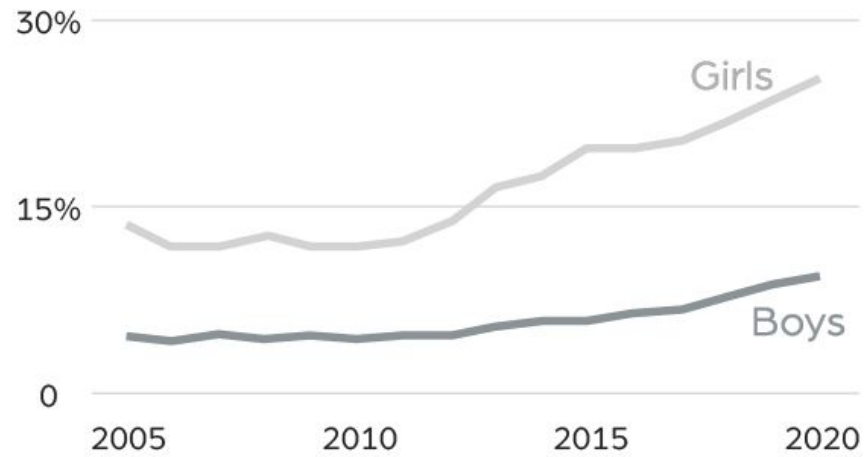
FIREARM DEATHS INCREASING

YOUNG AMERICANS ARE STRUGGLING

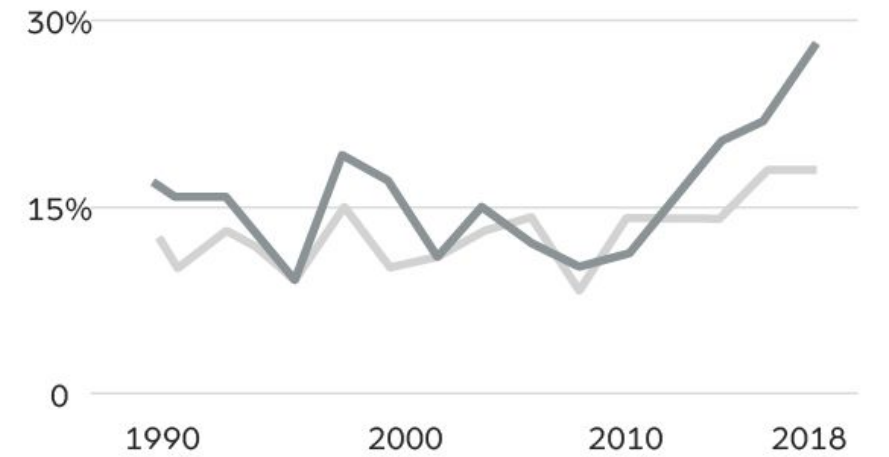
Self-Harm Rates
Ages 10-14, Per 100K population



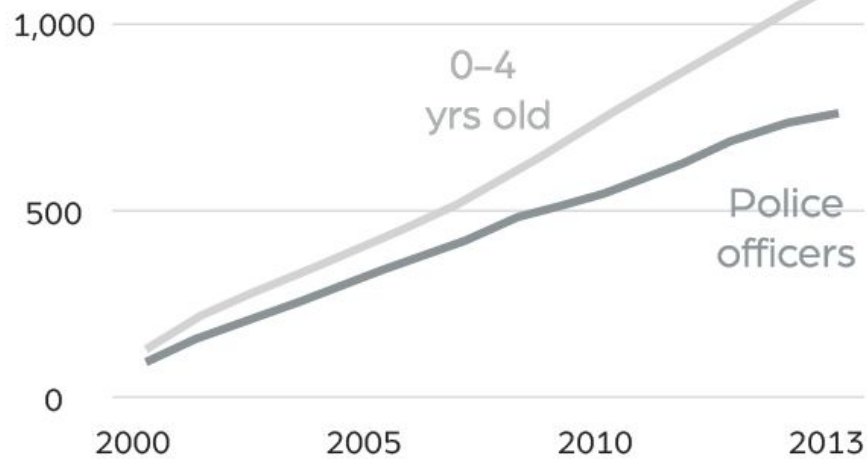
Teens with Depression



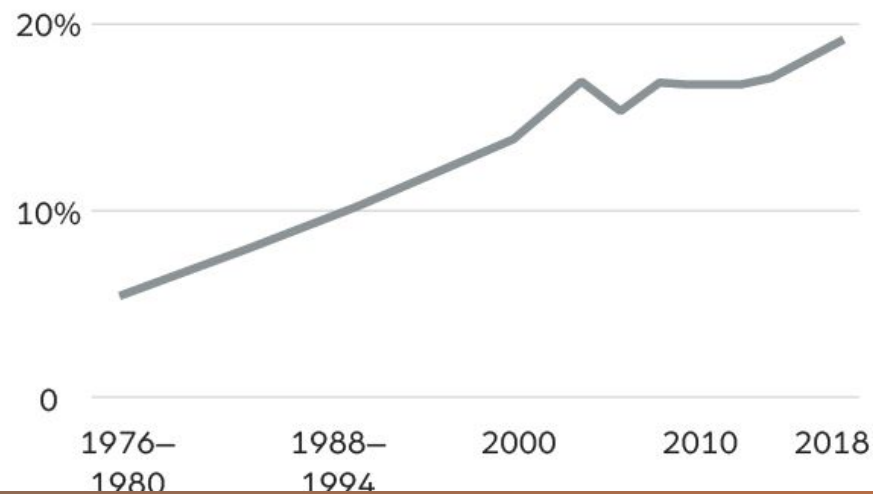
Men & Women: No Sex in Past Year
Ages 18-30



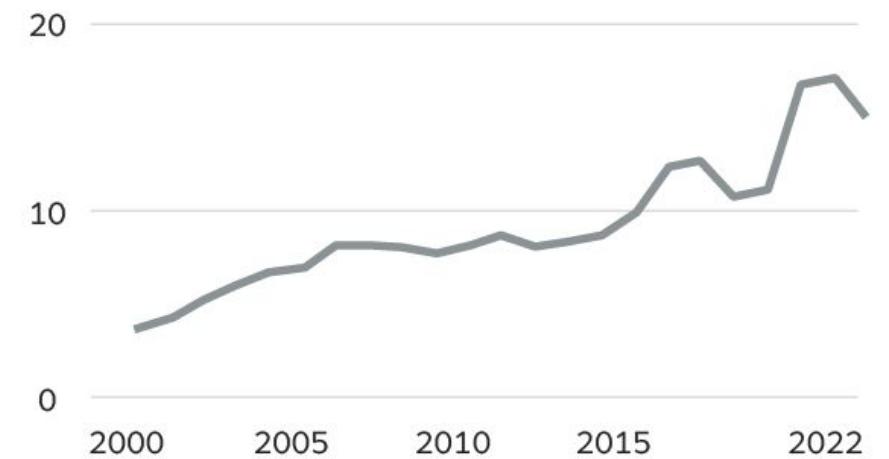
Cumulative Gun Deaths



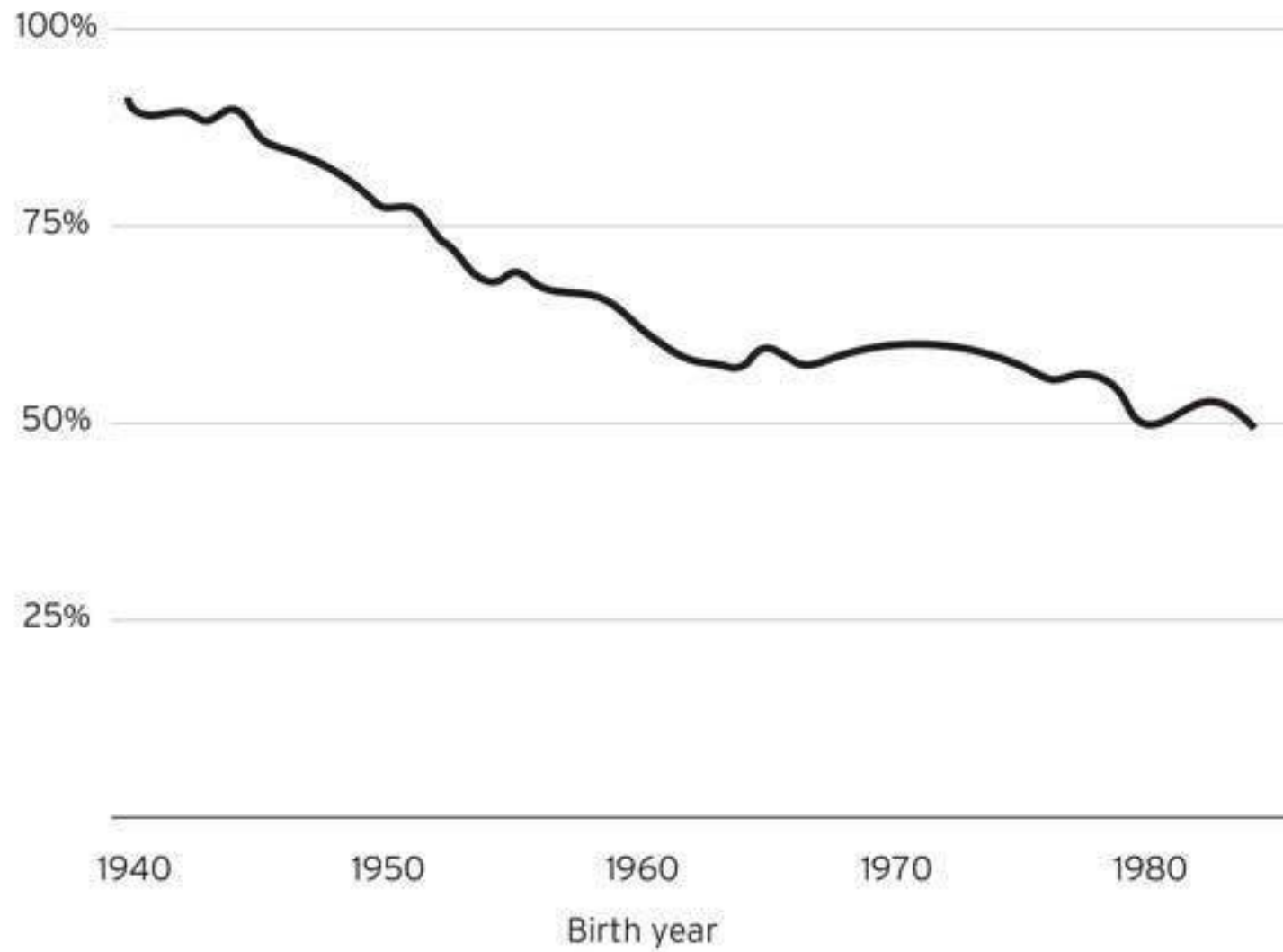
Obesity
Ages 2-19



Overdose Deaths
Ages 15-24, Per 100K population



Percentage of 30-Year-Olds Earning More Than Their Parents Did at 30



Source: *Science*, December 2016.



Mental Wellbeing

THE RISE OF LIVING ALONE

Percent of households with one person

Number of one person households (in thousands)

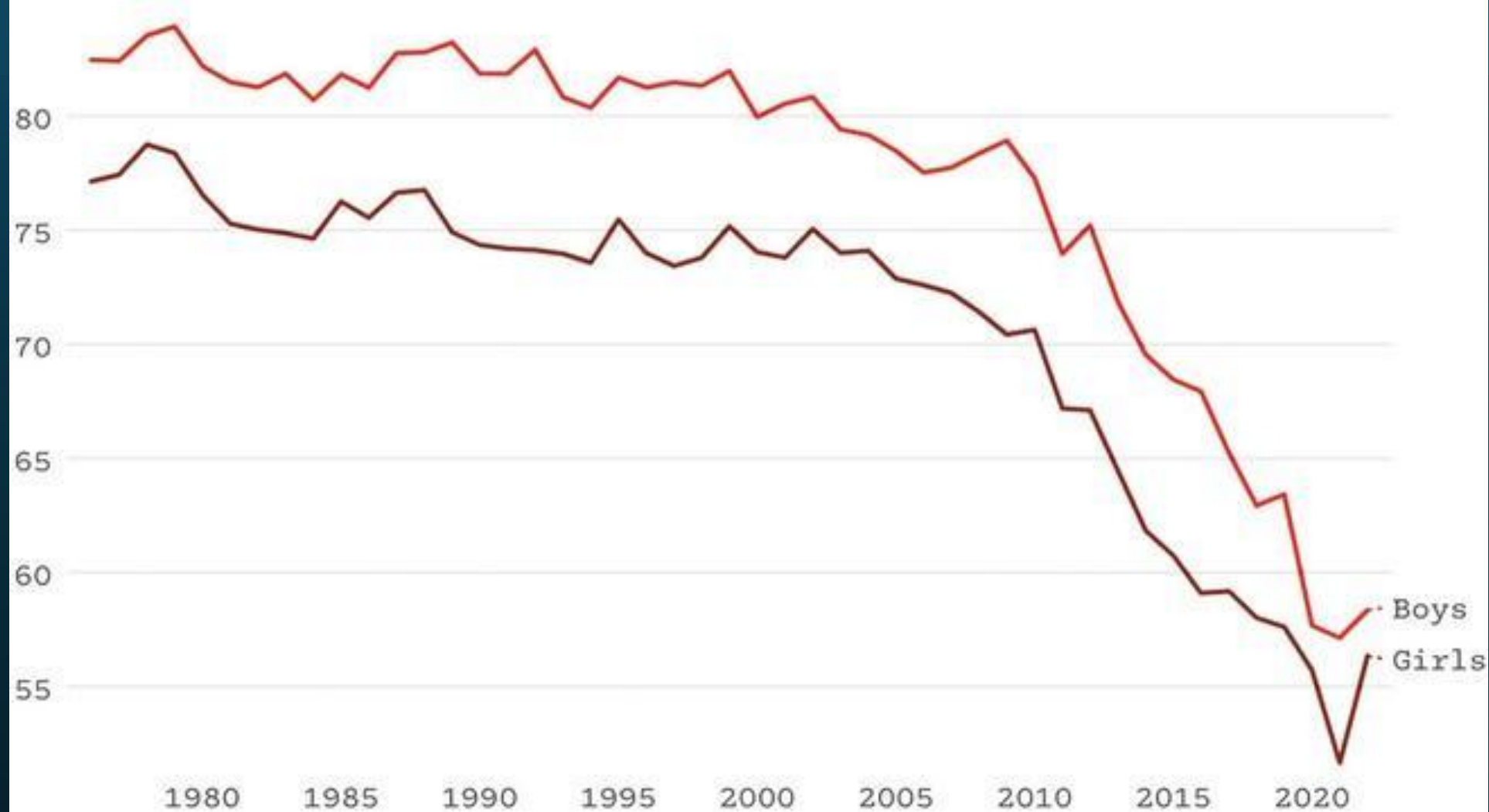


Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplements, 1960 to 2023.

© DailyMail.com

Less-Social Teens

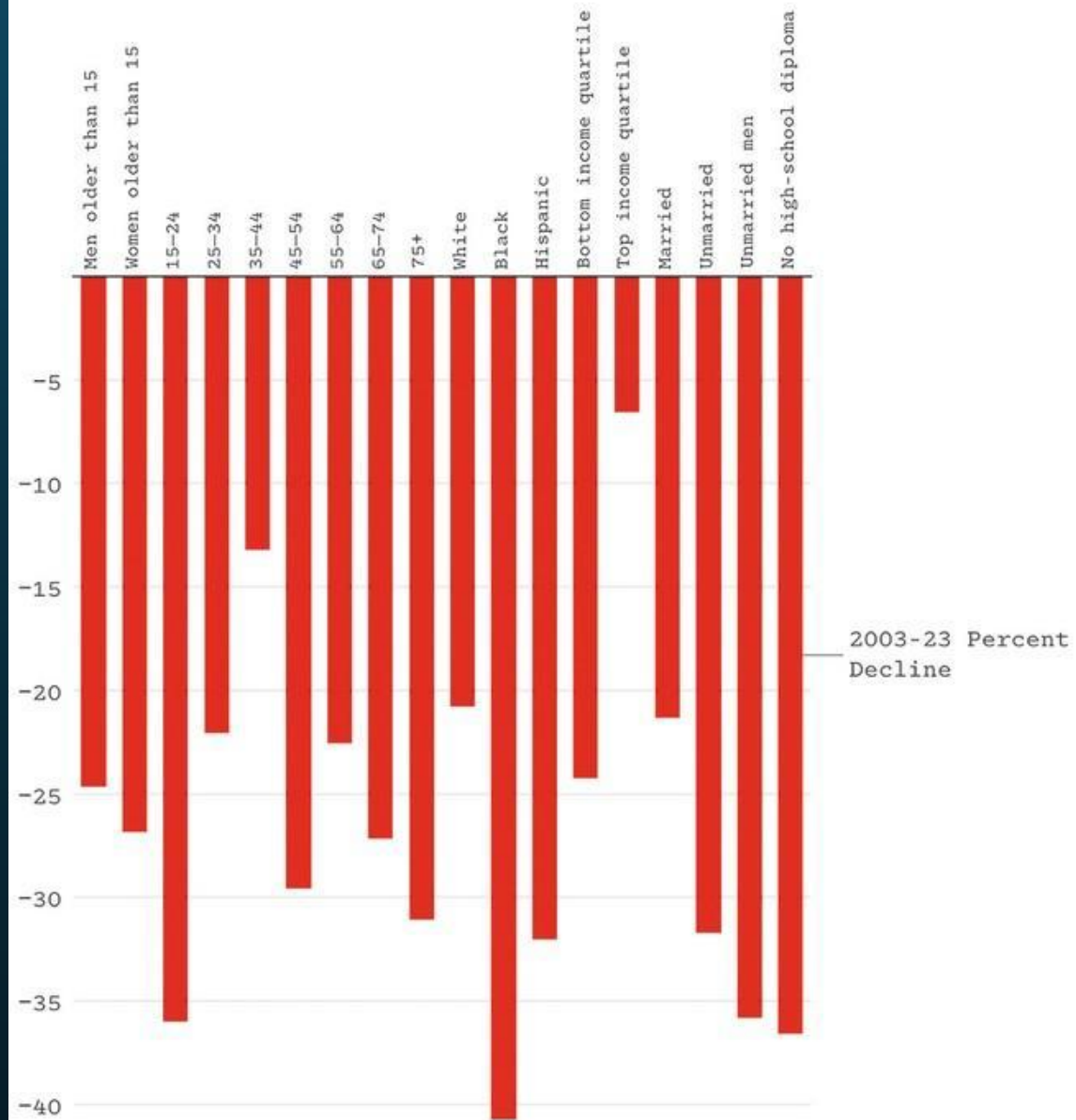
Percentage of 12th graders going out with friends two or more times a week



Source: Data from Monitoring the Future, compiled and analyzed by Jean M. Twenge, author of *Generations*

America, Alone

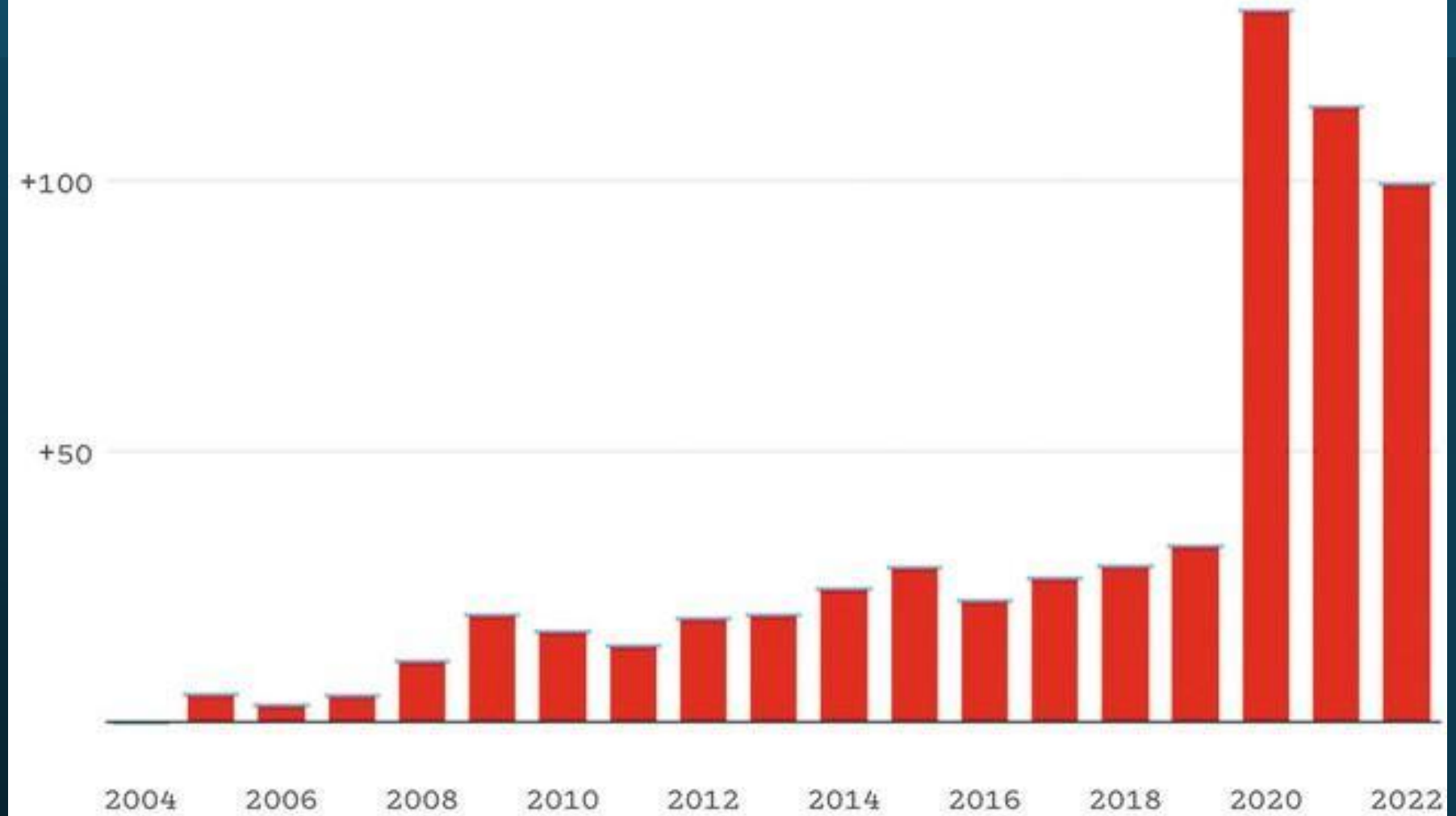
Percent decline in face-to-face socializing, 2003-23



Source: Bureau of Labor Statistics' American Time Use Survey

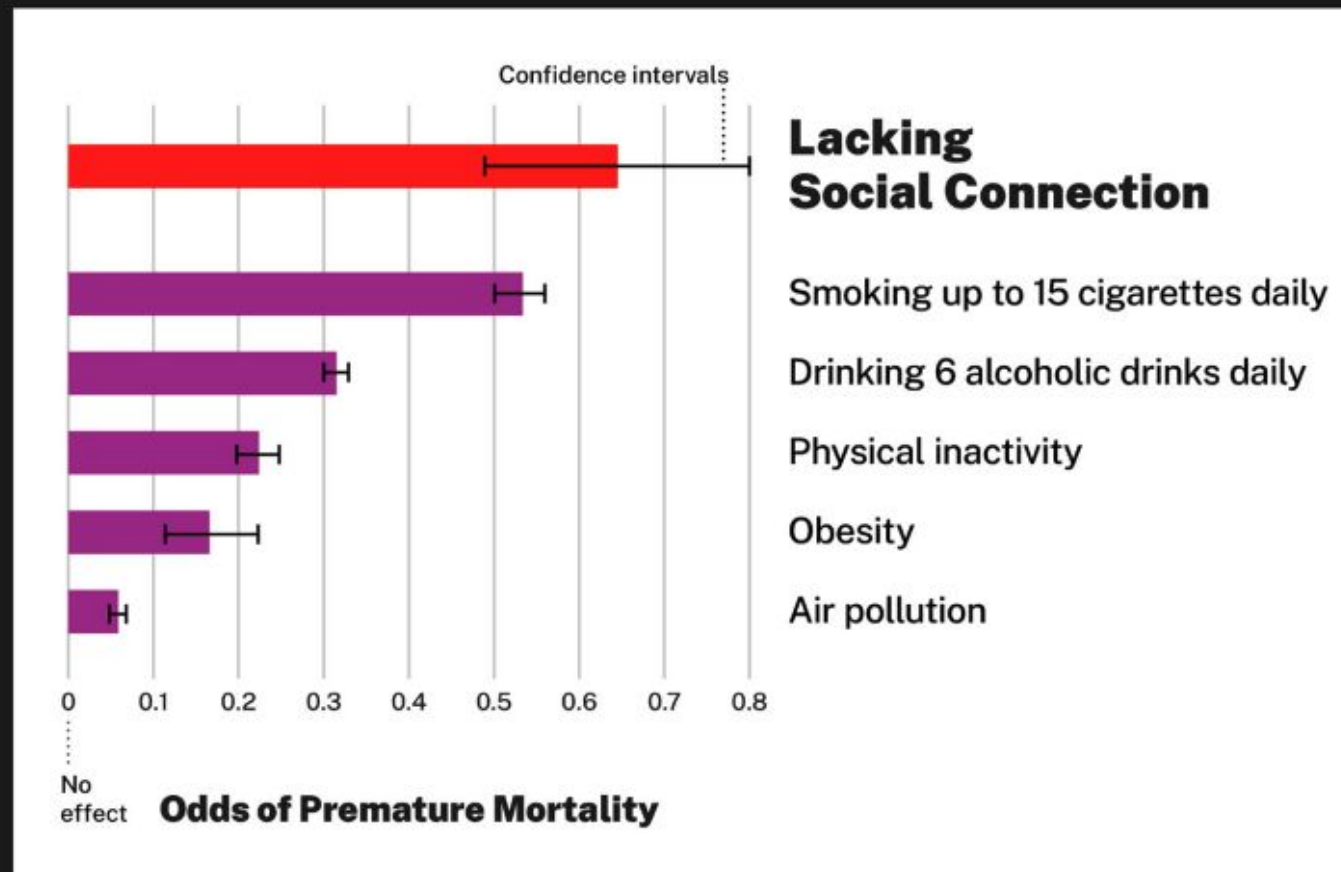
Time Spent at Home

Change in average minutes spent at home compared with 2003



Source: Analysis of the Bureau of Labor Statistics' American Time Use Survey by Patrick Sharkey, Princeton University

Lacking social connection is as dangerous as smoking up to 15 cigarettes a day.



Source: Holt-Lunstad J, Robles TF, Sbarra DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp0000103. This graph is a visual approximation.



Office of the
U.S. Surgeon General







What is
going
on here?!



The urgent need for third spaces



What is a “third space”

- **A place that is not work or home**
- **A place to connect with friends, new and old**
- **A place to explore hobbies and relax**













LOOK FOR
US
WE
YOU NEED
TO READ
THIS

the Y
Oldham County
Family Branch
Hours: 9:00am - 5:00pm
Monday - Friday
9:00am - 12:00pm
Saturday
9:00am - 12:00pm
Sunday
Thank you

CONFIDENCE
AND OFF
THE COURT







YAYOI KUSAMA
Infinity Mirrors
NOV 18
FEB 17





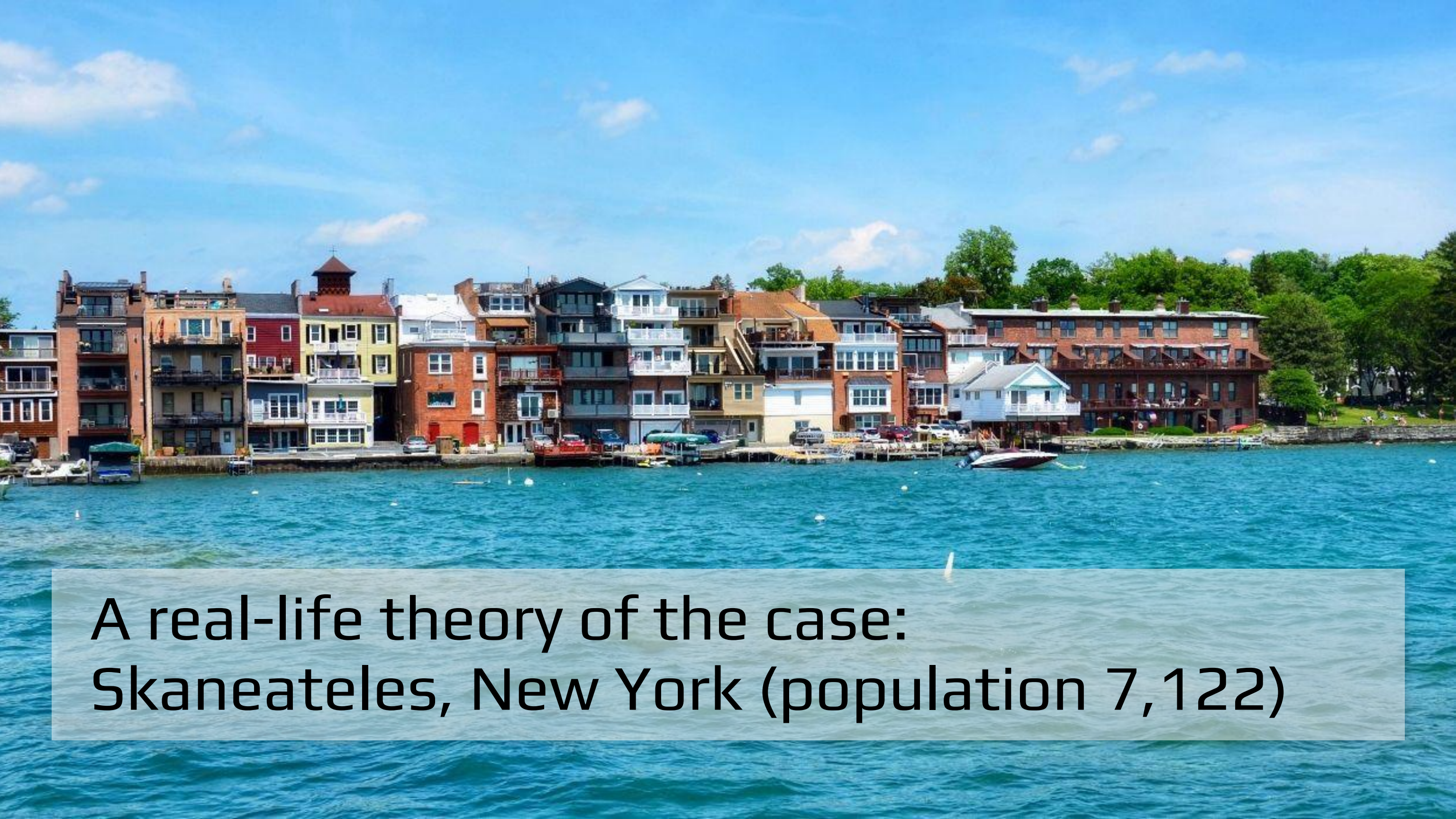
KICKBALL

CHAMPS





SUN ODYSSEY 410



A real-life theory of the case:
Skaneateles, New York (population 7,122)



& LAKEHOUSE PUB &

6





pâtisserie
ARTISAN BREADS & FINE PASTRIES

pâtisserie

- ARTISAN BREADS
- FINE PASTRIES
- CAKES
- COOKIES
- CROISSANTS

SKANEATELES
BAKERY
COFFEE
LIGHT LUNCHES

SKANEATELES
BAKERY















LECCO

HARBORCE

RINKS AT HARBOR CENTER

13

NYS PHSAA
2024
CHAMPION

NYS PHSAA
CHAMPIONSHIPS
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION



DELMONICO
GO LAKERS!

Weyman Cooperative
POLYURETHANE ADHESIVE
UPGRADE NOW YOUR SINCE 1977

AOS
ASSISTED LIVING
COMMUNITY HOUSING



Seneca Area Chapter of Commerce
Business Year



SPORTSMANSHIP
IS AN
EXPECTATION

SOS
SYRACUSE
ORTHOPEDIC
SPECIALISTS
SPORTS MEDICINE
sosbones.com

DEBARCO 315-675-4400



GRAY
WOLVES
HOME OF THE
2011, 2012 AND 2013



SSP
SPECIALIZED SERVICE PROVIDERS
SINCE 1978

ONE Meeting • Cash Assembly
• With Permission

HOME

AWAY



LAKERS
6

LAKERS
7

LAKERS

WP
HOCKEY

LET'S
GO
LAKERS















LOURDES CAMP

Michael A. Preston Boathouse











SKANEATELES





VILLAGE HALL





\$345,000

3 bds | 1 ba | 1,232 sqft - Sold

3156 Rickard Rd, Skaneateles, NY 13152

LAKE LIFE REAL ESTATE AGENCY

The graphic features the text "LET'S DO THIS!" in a bold, stylized font. The letters are primarily yellow with a blue shadow effect, giving them a 3D appearance. The text is arranged in three lines: "LET'S" on top, "DO" in the middle, and "THIS!" on the bottom. The letters are slightly overlapping and have a hand-drawn, energetic feel.

Third spaces check-list:

- Accessible and welcoming to all socioeconomic groups
- Often requires philanthropy from local businesses and families

Leading



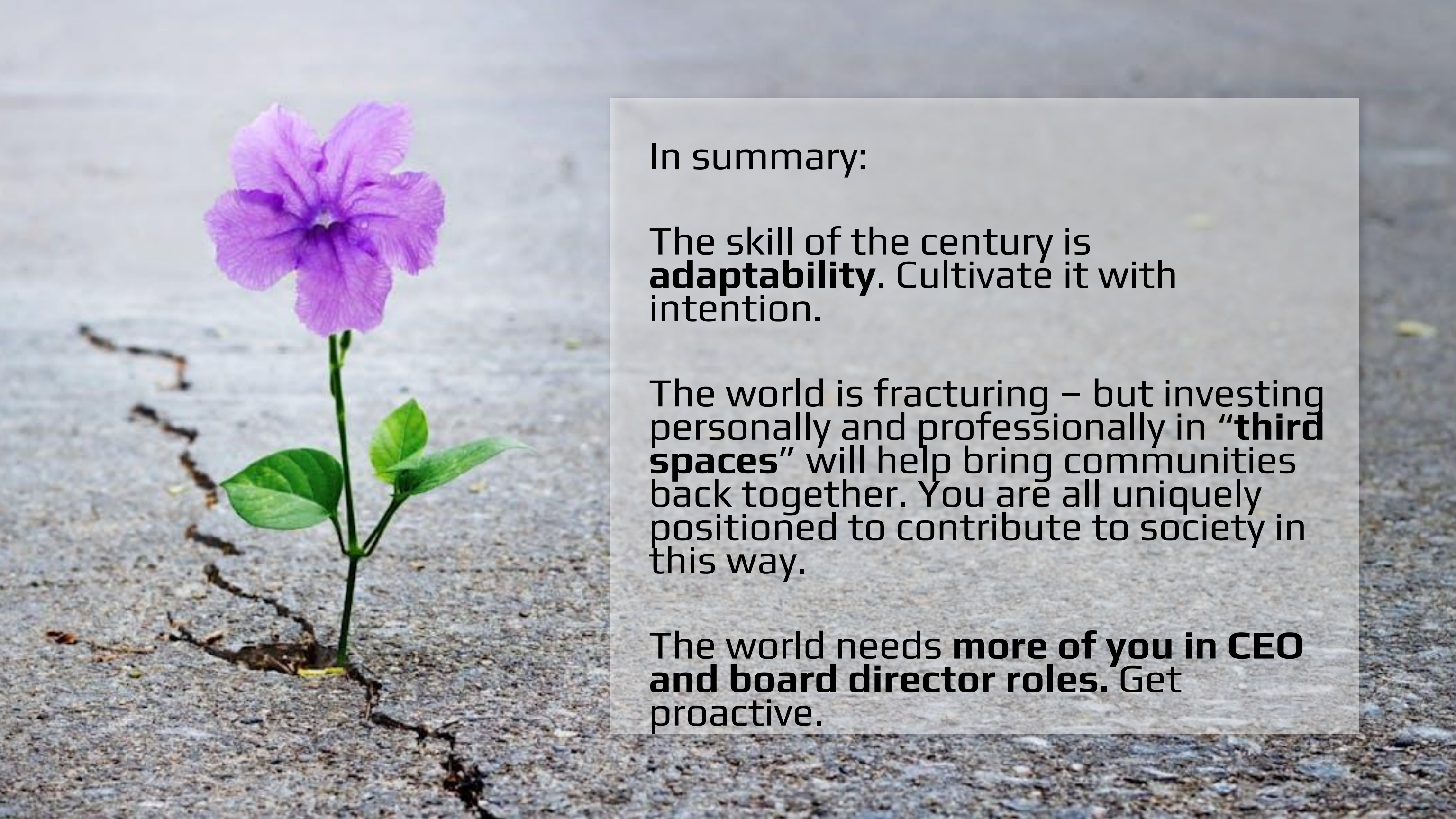
**The world
needs more of
you ...**

- In CEO roles
- In board
director roles

How do you unlock these two things?

- Maneuver into a P&L role
- Connect with board directors on the boards you're interested in joining





In summary:

The skill of the century is **adaptability**. Cultivate it with intention.

The world is fracturing – but investing personally and professionally in “**third spaces**” will help bring communities back together. You are all uniquely positioned to contribute to society in this way.

The world needs **more of you in CEO and board director roles**. Get proactive.

**Thank
You!**

