

We're Not Landing in Seattle

Stephanie Geisler Executive Coach at Vistage

This keynote session focuses on making better life and career choices, drawing inspiration from Captain Chesley "Sully" Sullenberger's "Miracle on the Hudson." The seminar employs various self-assessment techniques, including written exercises and guided visualizations, to help attendees reflect on their priorities, frustrations, and long-term vision. The underlying message stresses the importance of being prepared for life's unexpected challenges ("bird strikes"), emphasizing that each individual controls their reaction to these events and should therefore spend time understanding what they genuinely want and need in their personal and professional lives.

Key Learnings in this Breakout:

- ✓ "Four Minutes" Metaphor: The concept of having only four minutes to decide on a course of action during a crisis, inspired by Captain Sully's quick decision-making during the "Miracle on the Hudson."
- ✓ Guided Visualization: An exercise aimed at visualizing one's "future self" to assess the impact and transformation they wish to make in their lives
- ✓ Value of Preparation: Sully's preparation for the unexpected is cited as a model for how individuals should prepare for challenges in their own lives
- ✓ Live in the Present: The ultimate message is to focus on the present as it's the only thing we truly control, and how one's present actions can have a profound impact on the future
- ✓ Questions for Reflection: The seminar wraps up by encouraging attendees to ask themselves key questions about their goals, challenges, and the kind of impact they want to have