

Attention Model



Trust Formula

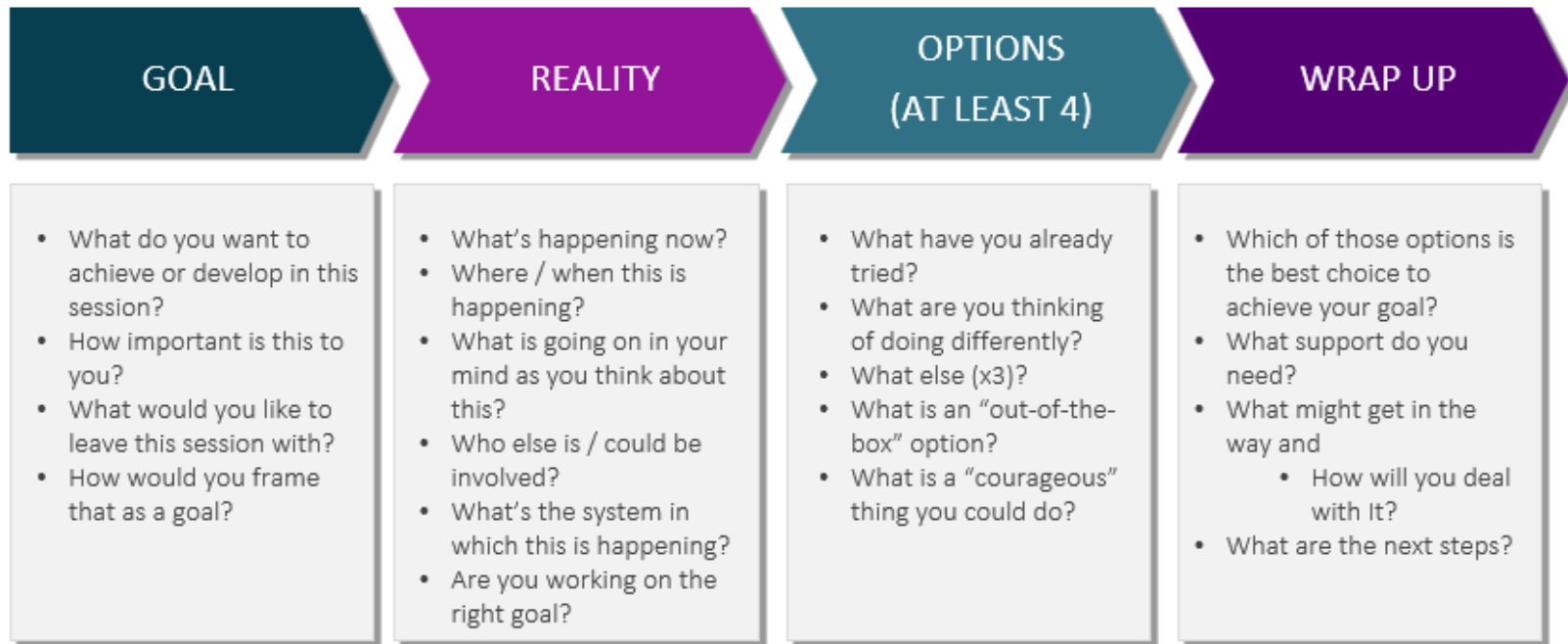
$$\text{Trust} = \frac{\text{Credibility} \times \text{Reliability} \times \text{Intimacy}}{\text{Self-interest}}$$

Iceberg Model

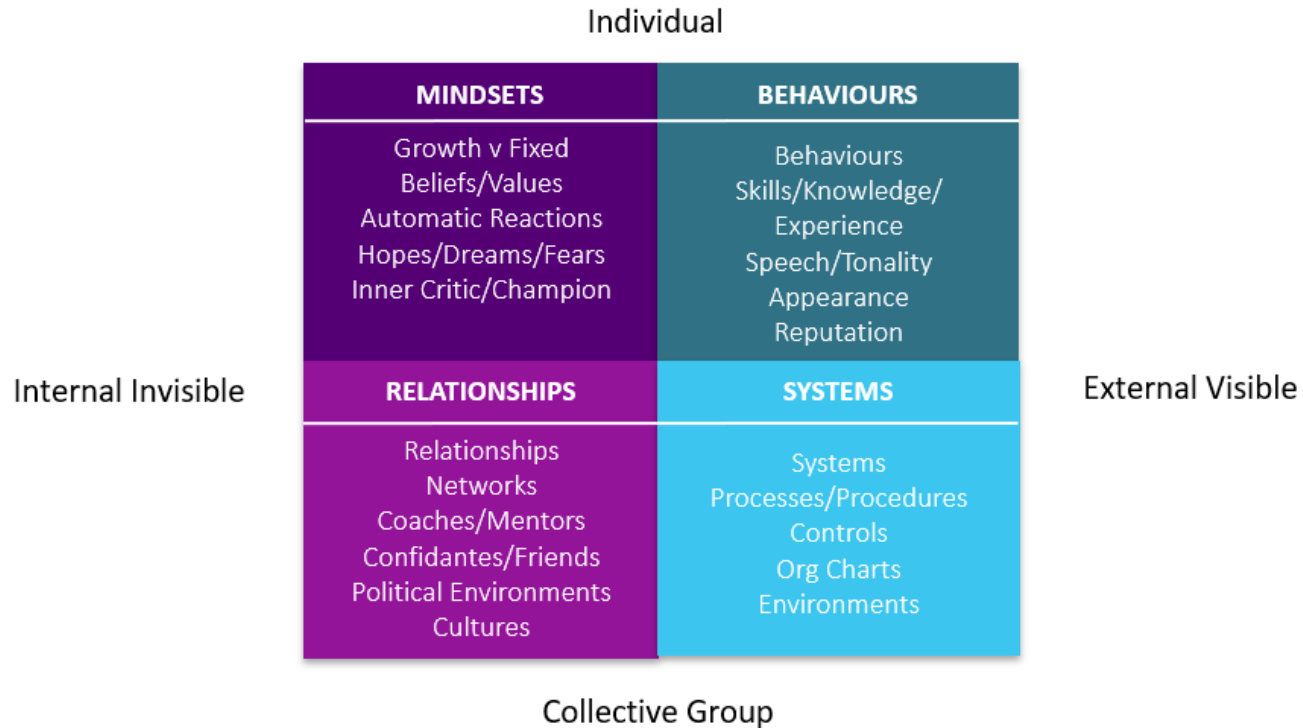
Where does enduring change happen?



GROW Model

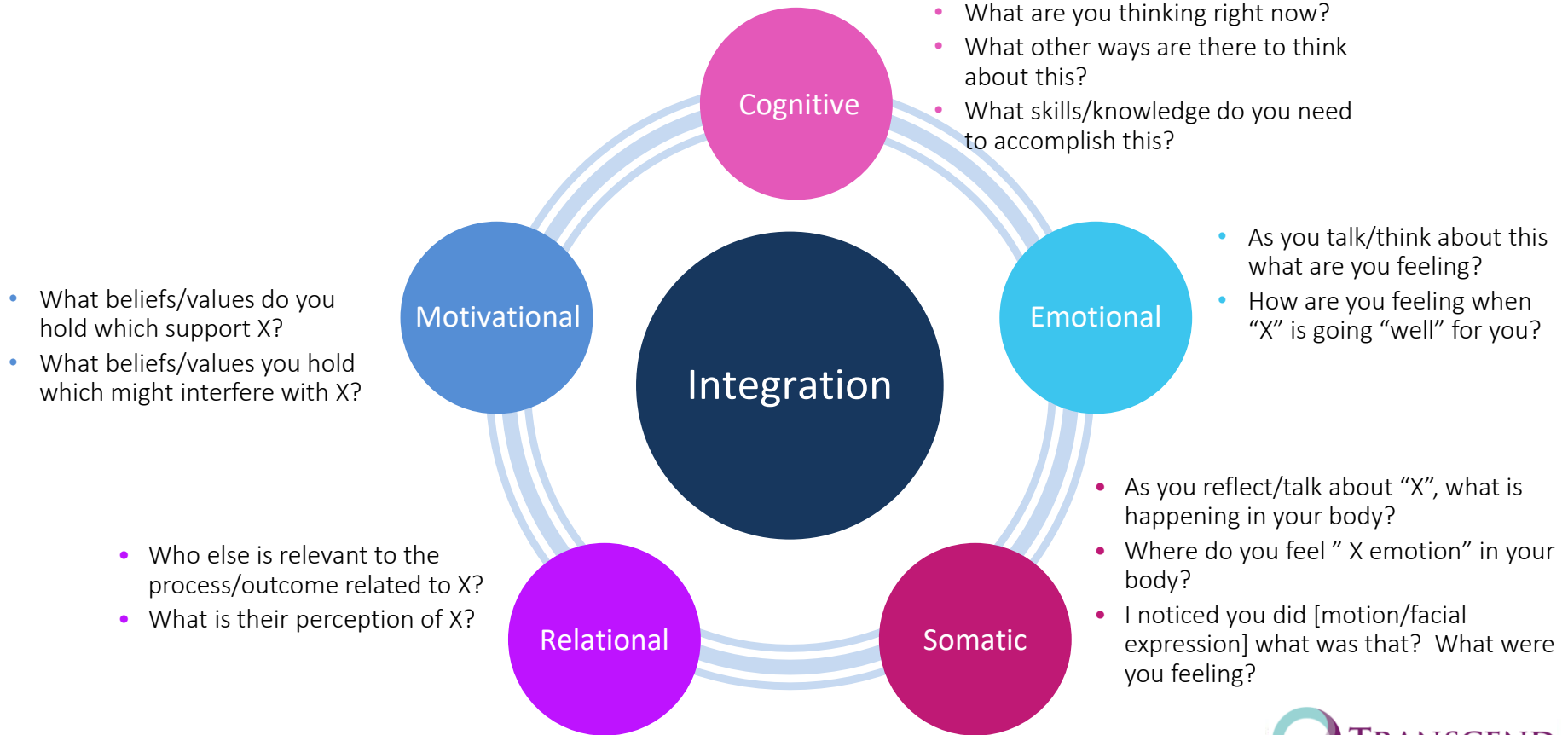


Integral Model



Adapted from "Integral Model" Ken Wilbur

ELEMENTS MODEL



BRAINSTORMING PROCESS

Introductory Phase

- Permission
- Ask for a no. of options
 - How many options do you think “we” could come up with?
- Double it
 - You want them to feel a bit of productive tension
- Demonstrate
 - One of us goes first, then the other and back and forth until we hit our number
- Create a numbered list
 - One or both of you, better you, so they can be creative, write the numbers down a page so you can fill it in

Brainstorming Phase

- Agree on who starts
 - Do you want to go first or should I?
- Develop a list populate it
- Do not Evaluate during this phase
 - If they want to evaluate then say: we will evaluate later, for now let’s be creative

Evaluation Phase

- What is the goal, again?
- What criteria would you use to evaluate these options? (Reality)
- Based on those criteria, which options seem best to achieve your goal? (state the goal is best)

Learning Phase

- Reflection on the process
 - What did you learn?

Move to Wrap Up

Individual

Mindsets

- What are you saying to yourself as you contemplate taking this action?
- How will you feel if you succeed in taking the action?
- How will you feel if you do not take the action?
- What do you need to remain attentive to begin and sustain this action?
- What do you need to "let go of"?
- What might distract you? And how will you deal with it?

Behaviours and Abilities

- What will you need to do which is different to accomplish this action?
- What skills, experience and knowledge will you draw on to accomplish this?
- What might prevent you from using the above? How will you resolve this?
- How will you hold yourself accountable?

Internal Invisible

External Visible

Relationship

- Who might support?
- Who might help measure your progress?
- Who might interfere?
- How will you resolve this?

Systems and Environment

- What support is available from the context?
- What environment is best for you to progress this action?
- What organisations structures/ policies/ procedures may help or inhibit?
- How will you overcome this?

Collective Group