TOOL:

Facilitating sustainable change

Das systemische KartenSet

Blockaden visualisieren – Ressourcen aktivieren 75 einschränkende und zielführende Motive mit Methoden für Beratung, Therapie und Training

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Change needs

Energy = Dissatisfaction x Vision x Ressources x First Steps

(change formula, by Dr. Ruth Seliger, Positive Leadership)

• This tool enables:

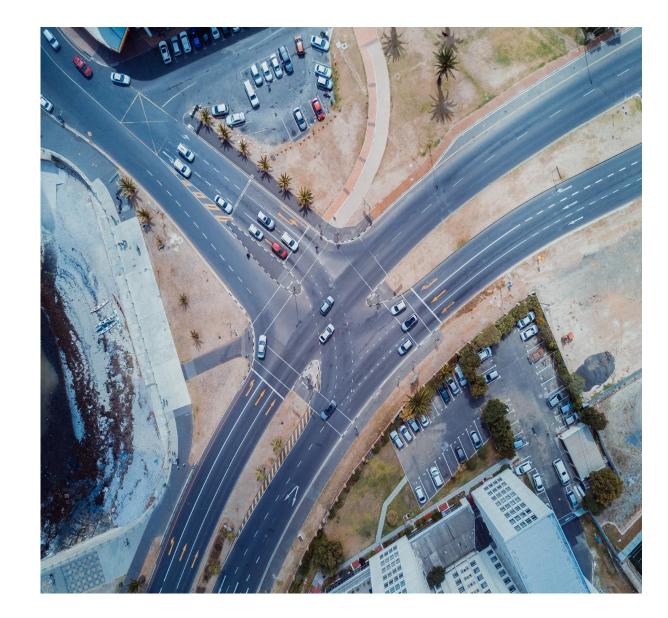
- To detect the dissatisfying issues
- To create a vision
- Proofs if there are ressources available at the moment
- Guides you through the first steps

Sustainable change

- Fostering a junction at the highway
- Making the small path a new highway
- Neuronal changes in our brains can be observed after only a few training sessions

How?

- Being aware of the obstructive pattern
- Connecting it with the goal-oriented pattern
- Train it!



The Method

Wish-HorrorSelf Method

On your own

- 1. Choose your personal/client's "Procrastination picture"
- 2. Identify obstructive patterns:
 - Thoughts
 - Behavior
 - Body posture
 - Soundtrack



The Method

Wish-HorrorSelf Method

Group of 3

- 3. Identify goal-oriented patterns:
 - Surrounding, circumstances
 - Thoughts
 - Behavior
 - Gbody posture
 - Soundtrack

On your own (optional)

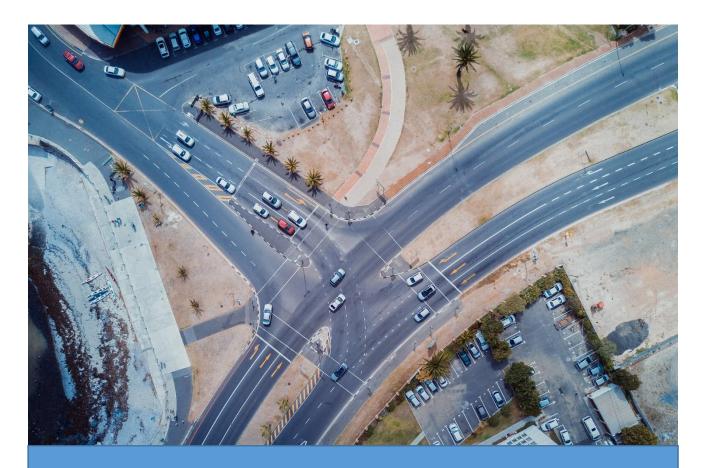
- 4. Choose your personal/client's goal-oriented card
- 5. Combine your personal obstructive and goal-oriented pattern "Oh, this reminds me of..."



Recap



Images help us remember emotions and behavior patterns.



Create new branches to build new routines.

Stay curious, make mistakes and check it out! Thank you for your attention!



For more information:



Additional material, not needed now

Why pictures?

- Bild stammhirn u zwischenhirn vs präfrontalcortex
- Sustainable change must combine rational words and emotions. and show a way how to switch the way.





