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# Das systemische KartenSet

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



managerSeminare



EDITION Trainingaktuell



TOOL:

Facilitating  
sustainable change













**Our body shows our emotions!**  
Images help us remember them.



# 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.

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