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:

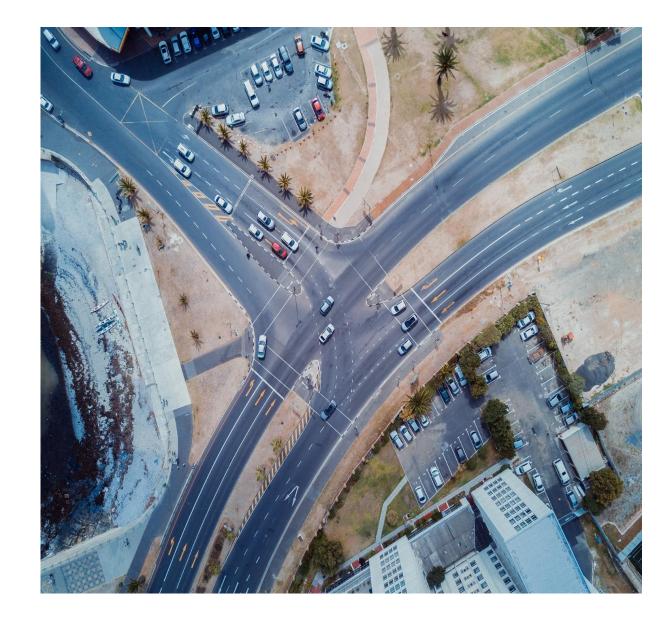
- To detect the dissatisfying issues
- To create a vision
- Proofs if there are ressources available at the moment
- Guides you through the first steps

# 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)

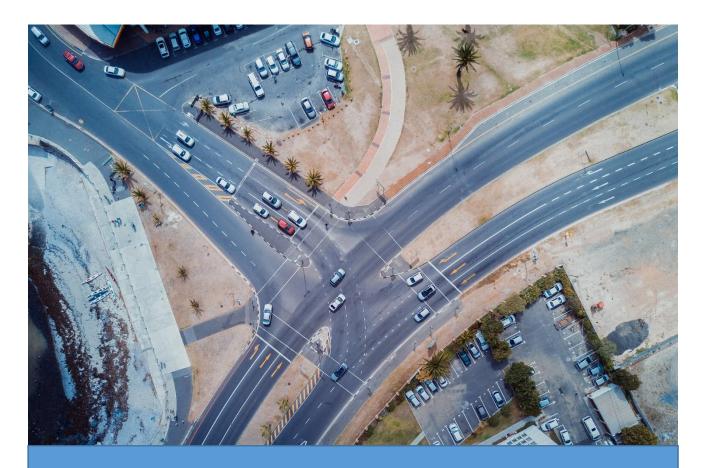
- 4. Choose your personal/client's goal-oriented card
- 5. Combine your personal obstructive and goal-oriented pattern "Oh, this reminds me of..."



## 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.





