

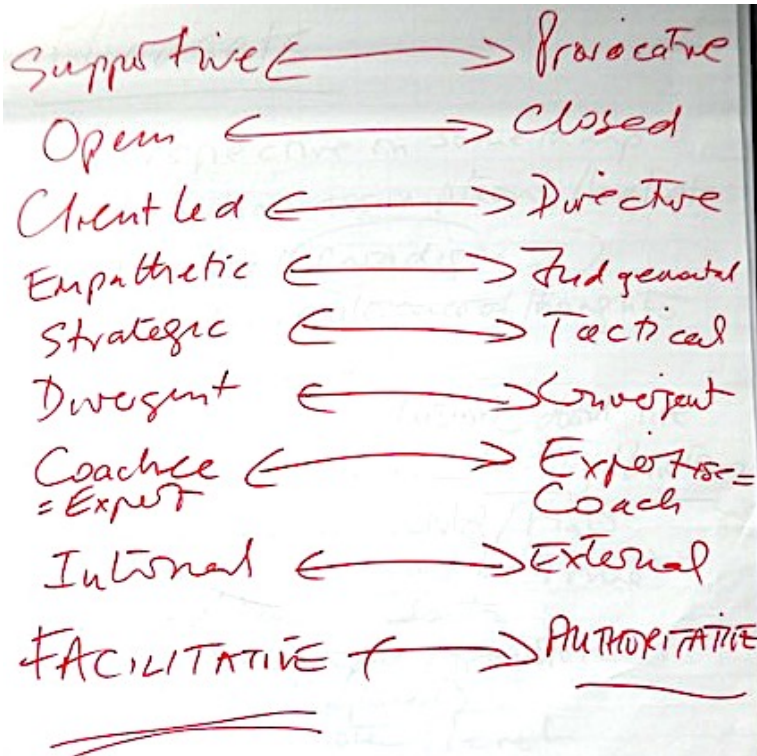
Interventions.

- What would you like to work on. - Cat
- Hmm, yeah. I can see that. - Support
- "I don't want to be the..." - Cat...
- What would you like to get out of... - Cat...
- So you want to find a place of comfort - etc. in conflict - Cat...
- So let me make sure I've understood... - Cat...
- Could you clarify again? - Cat...
- What could you say to the consultant, head? - Challenge
- No I'm withdrawing that question - Prescription
- How was it for you to say - Challenge
- What would you like to say -
- Your function is to say -
- How much influence do you have?
- The consultant is now collaborating - that's the summary bit.

- So coming back to the kettle part -
- I want to challenge you around - why not stand up and say?
- Sure, I can really see that - and I heard you say -
- How was your challenge heard?
- What would it be like to ask them how they reacted?
- I'm interested to explore the focus of the response -
- It's very important you said that -
- I've really heard - I'm now writing reflection -
- Inevitably if there are other ways in which you can keep -
- Yes, yeah -
- Given those options, is that enough to now -

Interventions

- Reflections - -
- Questions, Open - -
- Summarising - -
- Reframing - -
- Challenge
- Questions about how (not what)
- Visualisation - -
- How is this person representing the world?
- Acknowledging prior knowledge.
- Open - closed questioning
- Present - future - Past
- Empathetic
- Directive - -
- Creative - ~~catalytic~~ catalytic



Mindsets

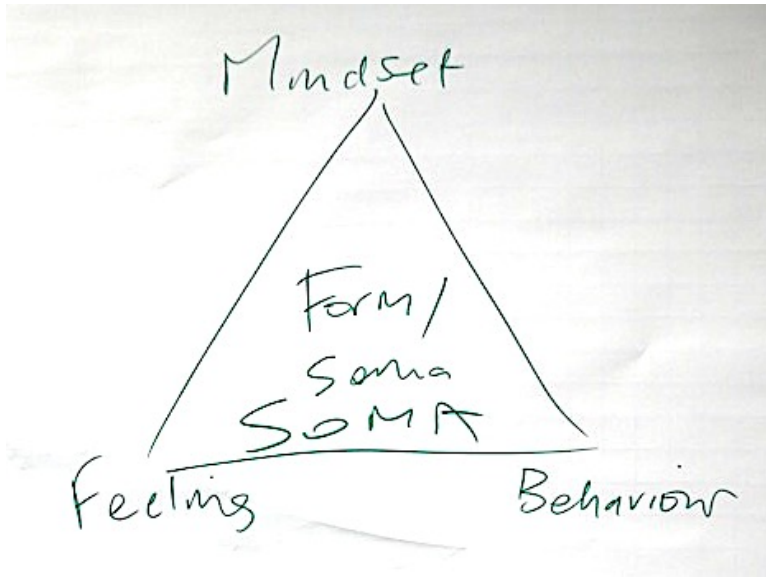
- Perspective on something
- Limiting assumptions/beliefs
- Mental paradigms
- Collection or coalescence of thoughts
- Mind is Set
- Previous conclusions about life
- That's who I am: Identity / History
- Way of seeing world / Map.
- May or may not be 'True'
- We defend ^{our} Mindsets
- Can be changed / transformed
(can't be imposed)
- Einstein quote: levels
- Degree of self-protection
(a reason to hold onto them)
- Culture + Religions \approx Mindset.

- Challenging - Resistance
Difficult to Shift - . . .
The Behaviours
- Conflicts + Problems
in relationships
- Can be so limiting
even imprisoning - -
- Contrast of the individual
& the wider system
- Can be really helpful +
empowering as a resource.

| | Micro | Macro |
|-----------------------------|-------|---|
| Individual | | |
| Collective Organisations | | Paradigms Cultures Belief Systems |
| Systems | | |

Identifying Mindsets.

- Repeating back phrases.
- Distinguishing what accustomed to
- Always/Never = Absolutes
Normalisation / superlatives
- Ask what they might be assuming
- Strong statements
- Challenge
- Journal → Crisis
Problem



HUMAN SKILLS

- Flaring asking questions with clarity → not mixing up question types → will come with practice
- * ~~CONSTRUCTIVE~~ ~~DEBATE~~
 IMPACT & INFLUENCE
 ↳ have thinking for the killer question.
- * RIGHT RELATIONS
- * Acknowledging deep & powerful solution.

DYNAMIC COME PRACTICE NOT THEORY ETC

PROCESS SKILLS

- 360° + other psychometric tools
- the 'grown up' business type stuff that is needed to 'meet' clients where they expect....
- measurement of success: options!

PLANNING INTERVENTIONS ESS OF SYG

- CONTRACTING - GETTING TO DETAIL

- Refining Offering
- Reviewing progress

Planning interventions
↳ not sure how this
SLS with being interactive
& in right relations →
planning my own
counsel.

Practice following self
↳ determine by
challenging others

Planning interventions (in advance
of session?)

Staying in the
goal + questioning
space.

Practice contracting
clearly → can do it,
but perhaps not it
don't believe it
enough?

META SKILLS

Trying to 'pin down' the personal self and transpersonal self -
(and universal/divine self?) And then experience what
it sounds like when it shows up.

What to listen out for re. 'emergent' self (or is that self?)

PRACTICAL WORK IN META SKILLS - TOOLS

I FIND THIS THE MOST CHALLENGING
OF THE 3 AREAS.

PSYCHOLOGICAL FUNCTIONS + MASTERY

Anything on psycho-spiritual hygiene: how we get
clear of our charges? Staying "light"?

- Courage of leadership.

Confusion
around self-
self → but
may be over
thinking it?

Discipline re.
journaling
to self reflection

More time (to tools?)
at systemic
level of self like
we struggle over
it

Practice being
clear to work self
↳ connect their self

Tri-focal vision!
IS IT THE SAME
AS USING SLS? → some

Are all of Subs familiar to you

- If so what new things have you learned

If the Sub is new, how familiar are you with it as you reflect

Why might one or two ~~of them~~ or all ~~of them~~ made themselves known today

- Recognition
- Acceptance
- Coordination
- Integration
- Synthesis

Behaviours

wants

needs

Essential Qualities of Self

