

Inquire Into Your Thinking Process And Make Better Decisions

“Remember, always, that everything you know, and everything everyone knows, is only a model. Get your model out there where it can be viewed.”

~ Donella H. Meadows, Thinking in Systems

About the Workshop

Time duration: 4 hours

In this workshop, participants learn the process by which beliefs, assumptions and mental models get formed in the mind. Mental models tell us why something is the way it is and how to interpret reality. Yet, they are only models. When conditions in our environment change, our models often become obsolete. Left unchallenged, they drive us to the wrong conclusions, decisions and actions. Fortunately, there are many techniques that can be used to check into the validity of our thinking process. Through a variety of exercises participants learn how to inquire into their thinking process in order to understand how mental constructs are formed.

What You Will Learn

- How beliefs, assumptions and mental models get formed in the mind.
- Different ways by which people understand their environment.
- Diverse tools to explore the origin of mental models (e.g., Ladder of Inferences, Five Why's, The Eye of the Needle)

Who Should Attend

- Anyone who wants to understand his/her thinking process and the way ideas are formed in the mind.
- Anyone who works with groups of people of diverse background, culture, and ideas and who needs to facilitate the development of alignment and the formation of collective agreements.

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