

Perspective is Power

**“When you change the way you look at things, the things you look at change!”
W.Dyer**

Four our first evening event in 2013 Nadene Canning introduced a group of enthusiastic IAF Geneva members to a new tool called ‘Intuitive Solutions’. Through the tool she led us through a brief yet insightful session on person attitudinal and behaviour factors affecting a person’s willingness and ability to change.

The objectives of the session were to:

- Identify challenges
- Uncover underlying behavioural patterns
- Generate creative strategies to solve persistent problems

‘Intuitive Solutions’ is an exercise that evolved from The Transformational Game, and Frameworks for Change. (<http://www.findhorn.org>)

The purpose of the exercise is to encourage powerful personal insights, and to create resilience that helps people to navigate challenge and change.

Despite the short evening session Nadine was able to have us experience the impact of the process which would typically take several hours. Intuitive Solutions is a tool based process that helps people to identify the cognitive, behavioural or attitudinal factors that are promoting or impeding decision making and commitment to implement a specific change in their lives.

The exercise is based on a tool which includes three sets of cards accompanied by a series of questions to help the individual think through a specific challenge.

The tool can be used for individual effectiveness, but can also be used for teams. The cards include statements that can be described as ‘insights’, setbacks and mentors. Insights are supportive and sometimes provocative statements that provide insight into the challenge you have selected to work on.

1. Insight statements include:

- You follow through on your commitments
- You resist the temptation to gossip

2. Set back statements include:

- You are set back by your envy in the present situation

3. Mentor cards include

- Strength
- Beauty
- Balance
- Obedience

The entire process involves:

1. Select and insight card
2. Select a set back
3. Select a second insight card
4. Select a mentor card

5. Step back and reflect

The overarching philosophy is that people choose (or are chosen by) the card that they need at that time. It is up to the individual to reflect and experience the insight and how it relates to your personal challenge. In the event that a person does not see the connection or insight the role of the facilitator is to help them through that reflection. If the person really cannot make any useful connection, the person can be allowed to select a second card; however this is not done too readily.

Questions for insight which the participants have to consider include the following:

- What does this card mean? What are your thoughts, meanings, messages?
- Think about a recent situation where this has been the case for you?
- How does this relate to your current challenge?

Questions for setback

- How does this setback limit you in relation to this challenge?
- What types of circumstances block your progress?
- What signs alert you before being setback?
- How would life be different if this setback no longer occurred?

The second selection of an insight card allows people to affirm and reinforce the positive influence.

Questions to ask at this stage include:

- Does this insight indicate a direction or an action you might take that would change the outcome of the setback dynamic?
- Can the insight help you address the setback?
- Have you made a decision that may be limiting the way you are thinking?
- How does this insight affirm your resourcefulness?

The penultimate stage involves selecting a 'mentor' card. The mentor card refers not to a different person but to some internal quality that we all possess that if called upon consciously can help us transform challenge into intentionality.

The final phase is to 'script' the details of the entire process so as to concretise the intention.

The process is very much based on Neuro linguistic programming and any one trained in NLP techniques will recognise the setting outcomes, seeking flexibility in capabilities and concretising intentions.

In general the group felt it was a powerful tool and that even in such a short introduction demonstrated to positive potential for supporting personal change.

Our questions and concerns centred around the ability and maturity of a facilitator to be able to handle the potential emotional fall out of such deep reflection.

Several of us could imagine the power in using the tool for a team experience but felt that we would need to prepare and plan carefully the process of agreeing how to facilitate the consensus required to facilitate a common understanding or implication of the specific insights.

All in all we enjoyed the evening. It created lots of insight both in terms of our own personal challenges but also our potential application of the tool as facilitators.