

SESSION ONE REVIEW

New thinking skills

The power of distinctions in language
The power of paradigms (vicious circle) and ways to transcend them
Distinguishing “What is so” or what happened from our interpretations
The Vicious Circle of event, interpretation of event, generalization to similar event in the future, reinforcing interpretation – leading to life “is” some way “because” and living in a past-based “story”
Be-Do-Have (the source of action)
Thinking “outside the box”, creating the possibility for breakthroughs

New cognitive maps for analyzing reality

Integral/developmental map

- 4 perspectives/one reality,
- 5 levels of development

New skills in self-awareness and self-management (to build Emotional Intelligence)

- listening and automatic filters of attention
- listening to the listening
- pro-active listening
- complaint to commitment
- blame to personal responsibility
- acknowledgement and appreciation
- complete/finish –

New skills in managing conversations to facilitate accomplishment

From Background of relatedness to completion and acknowledgement

Created Breakthrough Initiatives In Order To

- a) practice all the above
- b) make a difference in the function of our CCM.