

Focus



What support you to be able to focus?

START: What is your role and responsibility? What is important? What do you want to tell? How can you formulate exactly this short and simple? Which reactions do you intend to evoke? What do you want get changed? What is your goal? Whom do you need? How does your timeplan look like? What is the Impact? What is the next step?

STOP Paying attention to assumptions and to hidden agendas, to details and to explanations

First solution oriented step when tapping into conflicts: step back and look for the common target..