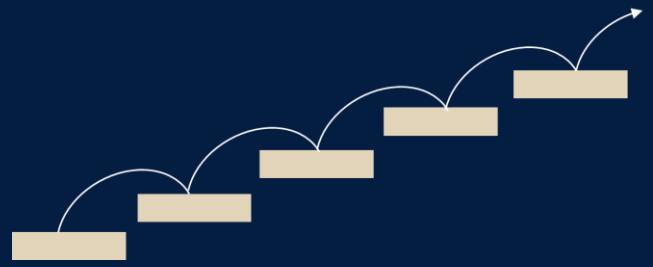
TIME TO UPDATE OUR INTERNAL OS

ULRIKA THELL



Operational

Improving what you are already doing

Transitional

Replacing an old state

Transformative

Requires a mindset, behavior and culture shift

Technical

Complicated challenges

adding/improving skills
training & practicing

Adaptive

Complex challenges

mindset shift

VERTICAL & HORIZONTAL DEVELOPMENT

Performance

YOUR INTERNAL OS

Meaning-making

We do not see things as they are, we see them as we are

Anais Nin

THE INNER GAME
RUNS THE OUTER GAME

I

WE

SYSTEM

AUTOPILOT
REWARD
UNAWARE
TANGIBLE
SHORTCUT

SELF AWARENESS
CURIOSITY
REFLECTION
PRACTICE

IT STARTS WITH ME
I ALWAYS PRACTICE SOMETHING