

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

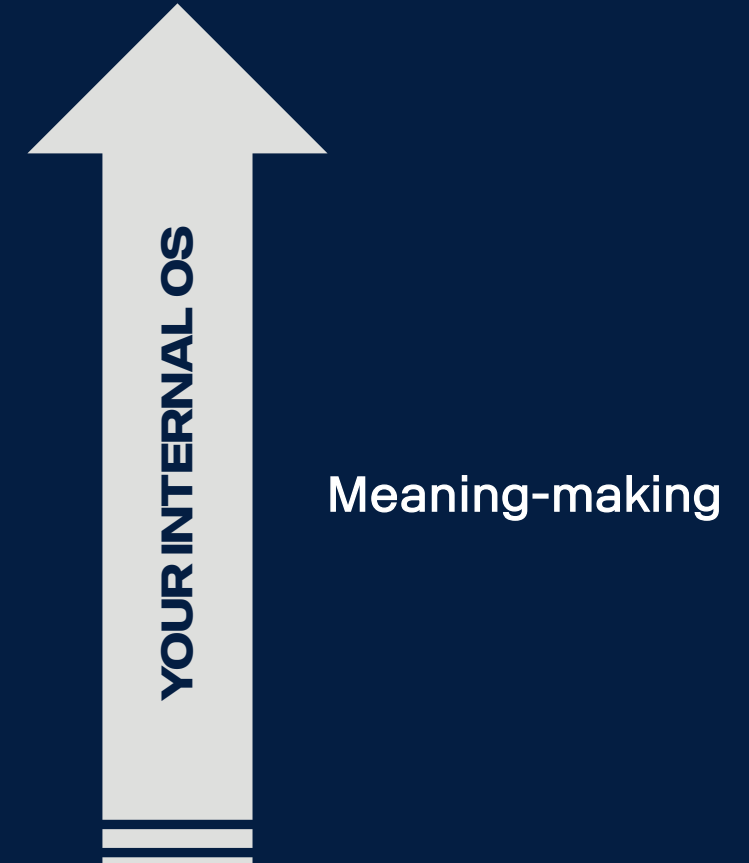


Adaptive

Complex challenges

mindset shift

VERTICAL & HORIZONTAL DEVELOPMENT





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

SHORTCUT

TANGIBLE

SELF AWARENESS

CURIOSITY

REFLECTION

PRACTICE



A close-up photograph of a woman with blonde hair tied back, wearing a dark blue blazer. She is holding a bright yellow plastic cup to her mouth, with two white elastic straps looped around her face and the cup. She is looking directly at the camera with a focused expression. The background is a plain, light-colored wall.

IT STARTS WITH ME

I ALWAYS PRACTICE SOMETHING