

Thriving Workplace

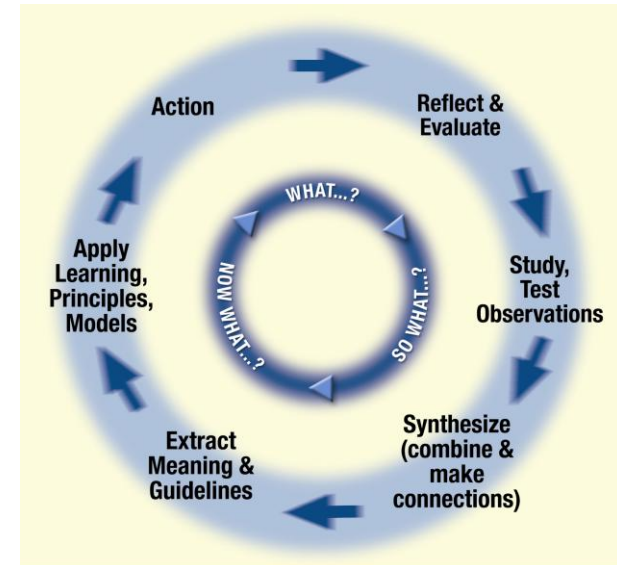
How Are You Doing (*since you last got off the treadmill*) . . . ?

1: Identify your PERSONAL REFERENCE-POINTS for monitoring progress

- Implementing significant change
- Reaching pre-determined targets
- Getting/staying on top of things
- Accepting things the way they are; or fitting in
- Challenging and changing the way things are
- Finding/forging your own way; or doing things your way
- Reducing cynicism and scepticism
- Enjoying your situation
- Tolerating an unsatisfactory situation/making the best of a bad situation
- Balancing doing/thinking, action/reflection, task/process
- Balancing stress and wellbeing; work and rest-of-life
- Reducing urgencies and crises
- Increasing attention to the really important priorities
- Challenging inefficiency and waste
- Increasing your capacity
- Being more effective
- Being better focused
- Confronting conflict and differences
- Advancing your career
- Identifying a new career
- Developing greater competency
- Increasing the rate of improvement
- Balancing competing needs and pressures
- Making continuous, incremental change
- Aligning your actions with your espoused values/living up to stated ideals
- Developing constructive relationships

Other:

The Action-Reflection (experiential learning) Process



2: WHAT are your observations/assessments of progress towards your personal reference- points?

3: SO WHAT insights, conclusions, connections, guidelines, generalisations or rules-of-thumb can you draw from those observations/assessments? What are their implications?

4: NOW WHAT needs to happen if you are to apply that learning and those insights to your immediate, mid-term and long-term intentions?