Toolkit Title

Build Range with Body Dispositions

Purpose of Toolkit

To offer perspectives of different relational styles that are useful in various situations and people you meet

Toolkit Methodology and Application

See attached.

Case Study or Example

See attached.

Acknowledgements and Sources

See attached.

Toolkit Category

Organisation Development

Keywords

Organisation Development, Flexibility, Resolution, Stability, Openness, Intrapersonal Interpersonal

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BUILD RANGE WITH BODY DISPOSITIONS

#advanced #intrapersonal #interpersonal

Body disposition is the most visible expression of who we are. Flexibility, Resolution, Stability and Openness are 4 Archetypes we commonly embody. While we may have a preference, we can choose to learn and exhibit somatic range to interact with people in different circumstances.
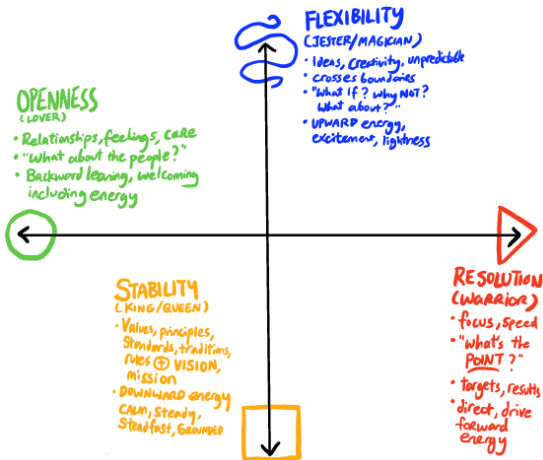
BUILD RANGE WITH BODY DISPOSITIONS

<u>When to use:</u> All the time! Different relational styles are useful in various situations and people you meet. It can also be used to improve team dynamics e.g. how best to leverage on each other's strengths.

<u>How to use:</u>

All of us have a certain preferred pattern of seeing and experiencing life. Some of is prefer to be:

▶ **RESOLUTE**: we like moving forward, moving fast, getting from Point A to B efficiently.

● **OPEN**: we like opening up to new people, embracing relationships and accomodating feelings.

▮ **STABLE**: we like finding stable ground, keeping things calm and steady through attention to rules, principles, values & vision.

§ **FLEXIBLE**: we like looking out for new ways of doing things, mixing things up to experiment, reaching up for exciting possibilities and just being different.

<u>Reflect:</u>

- What's your preferred pattern? What's your least preferred?
- What have you gained most through that pattern?
- How would you rate your ability/comfort level at demonstrating these behavioural patterns in at work?

Note: No single style is superior. Each has strengths and weaknesses. Every archetype is needed. We should not to use this to **stereotype** ourselves or others, but to **develop range** in ourselves as well as our teams and our larger system.