

Toolkit Title

Shift Yourself as an Observer

Purpose of Toolkit

When you need fresh perspective on personal challenges

Toolkit Methodology and Application

See attached.

Case Study or Example

See attached.

Acknowledgements and Sources

See attached.

Toolkit Category

Organisation Development

Keywords

Organisation Development, Observer, intrapersonal, interpersonal

Name and Email of Project Contact Person(s)

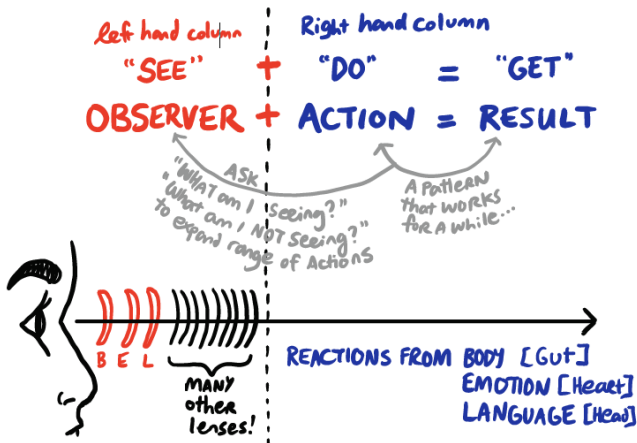
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SHIFT YOURSELF AS AN OBSERVER

#foundation #intrapersonal #interpersonal

Observer + Action = Result is a framework you can use to shift your behaviours to get what you want. In essence, we usually do an action to get a certain result. When what we do no longer gets the results we want, take on the role of an Observer to note how we relate to the other person or situation. We view the world through 3 key lenses (Body, Emotions and Language).



"We see the world not as it is, but as we are."

SHIFT YOURSELF AS AN OBSERVER

When to use: When you need fresh perspective on personal challenges. You may hear yourself or someone else saying things like, 'How do I do it?', 'I don't know what else to do' or 'We've done everything we know and it is still not working. I don't understand.' This foundation will enhance decision-making skills and strengthen your ability to make an impact in leadership.

How to use:

The moment when we are stuck is our invitation to take a step back and ask ourselves:

- What am I seeing? What am I NOT seeing?
- Why do I observe what I observe?
- Who am I as an Observer such that I see and hear things the way I do?

Shifting who we are as an Observer, will enable you to generate new actions. Awareness leads to choice.

For more information about the Observer, see Understanding your Body, Emotions, and Language (Card 6)