

HAND-OUT

AREA: SELF CHANGE

USEFUL TECHNIQUES/EXERCISES

<i>Help the client brainstorm/explore ideas and solutions</i>	<i>Designing actions</i>
Brainstorming Brain writing Personal Analogy 7 Thinking Hats (E. De Bono) Contradiction analysis Excursions Free ideas association	Compass Boundary examination Backwards Forwards planning Chunking Productive thinking model PDCA (Plan, Do, Check, Act) model PIPS (Phases of integrated problem-solving) ...

For the explanation see Further reading 3