

being

FIRST APPRECIATE STEPS FOR YOUR NEXT CONVERSATION

What were your BETTER MOMENTS in this crisis?

Even if we didn't choose it, what do you APPRECIATE about the crisis?

What did it ENABLE you to DO, BE or DISCOVER that you wouldn't otherwise?

What would YOU KEEP from it?

What were you able to ACHIEVE despite the situation? How? What or who helped you achieve it?

What CAN you do now? Who else is able to do remarkable things around you?

What STRENGTH and RESOURCES are available right now?

shifting from crisis to success with the PRINCIPLES

positive / generative

Wholeness
We involve all people that are relevant to any situation
whose opinions must be heard?
who are you currently talking to?

poetic
Our interpretation of the story/the reality we've chosen
Which story could generate some fresh thinking?
What stories do you pay more/less attention to?
What choice have you made how you interpret the situation?

Social Construction
We make meaning through conversations
what conversations are you having about your situation?
what other conversations could you have?

the tragic
the ordinary
the extraordinary
it's not about those wonderful moments!

What helps you re-centre on a generative mindset?
How can you adopt a stand of appreciation as you make sense of what you and others are experiencing?

appreciative steering through emergence

How can you shine a light, ignite or further amplify the positive sparks around you?

Being comfortable with the unexpected
Re-Centring on the Generative
Amplifying the sparks

What keeps you grounded/centered in uncertainty?

What are you and others curious about?
Where do you spot sparks of hope, life, energy or strength around you?

appreciative sensing with curiosity

Continuous looking for resources, strength & hope
Staying in inquiry mode
Sensing where the energy is

What energizes you and others?

Creating an inclusive and generative space

How can you open up and welcome what others KNOW, CAN DO or HAVE?
What CAN you DO?
What do you KNOW?

What resources do you HAVE?
Building on diversity

simultaneity

change happens as soon as you ask a question

we tap into the positive core

How are they doing?
Who is doing something exceptional something different?

RELEASE OF

resourcefulness

creativity

confidence

engagement

THE BEST OF THE HERE & NOW

THE MOST INSPIRING FUTURE

shifting attention to

3 POWERS

RESSOURCES

STRENGTHS POSSIBILITIES

Offering a different lens to look at the situation

the real voyage of discovery consists not in seeking new landscapes, but in having new eyes
(Marcel Proust)

LEADING THROUGH CRISIS WITH

Appreciative Inquiry

a conversation with David Shaked

www.ANWENDTbar.de

conversations

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approach to strength-based change

YouTube Channel

Quality & Equality

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