



HUMAN SYSTEMS
DYNAMICS INSTITUTE

Design the Life You Want: Radical Inquiry

Live Virtual Workshop
December 1, 2016
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Nothing is intractable.



Today we will explore . . .

- ▶ **What** is the path of personal growth and development?
- ▶ **So what** power do you have at moments of personal transformation?
- ▶ **Now what** will you do to make choices that create the life you want?



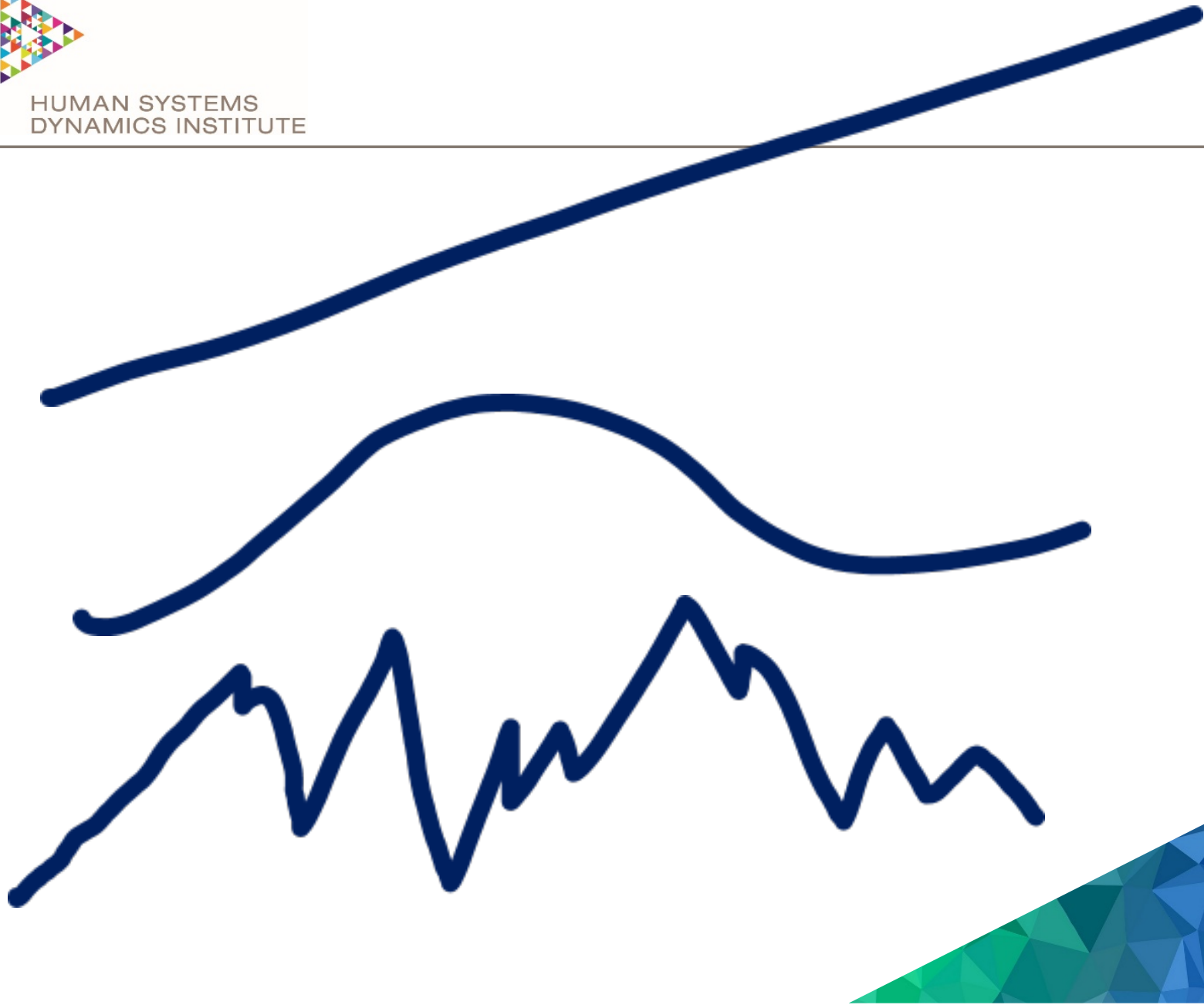
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What is the path of personal
growth and development?



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Questions for You

- ▶ When was the last time your life took a turn?
 - ▷ 5 years ago?
 - ▷ 1 year ago?
 - ▷ Less than 1 year?
 - ▷ Last week?
- ▶ What was the nature of the shift?
 - ▷ Physical?
 - ▷ Personal?
 - ▷ Professional?
 - ▷ Economic?
 - ▷ Other?



At those turning points . . .

- ▶ Become conscious
- ▶ Breathe
- ▶ Connect
- ▶ Remember
- ▶ Reflect
- ▶ Inquire
- ▶ And . . .



Use your power of personal transformation!





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So what power do you have at
moments of personal transformation?



Rules of Inquiry

- ▶ Turn judgment into curiosity
- ▶ Turn conflict into shared exploration
- ▶ Turn assumptions into questions
- ▶ Turn defensiveness into self-reflection





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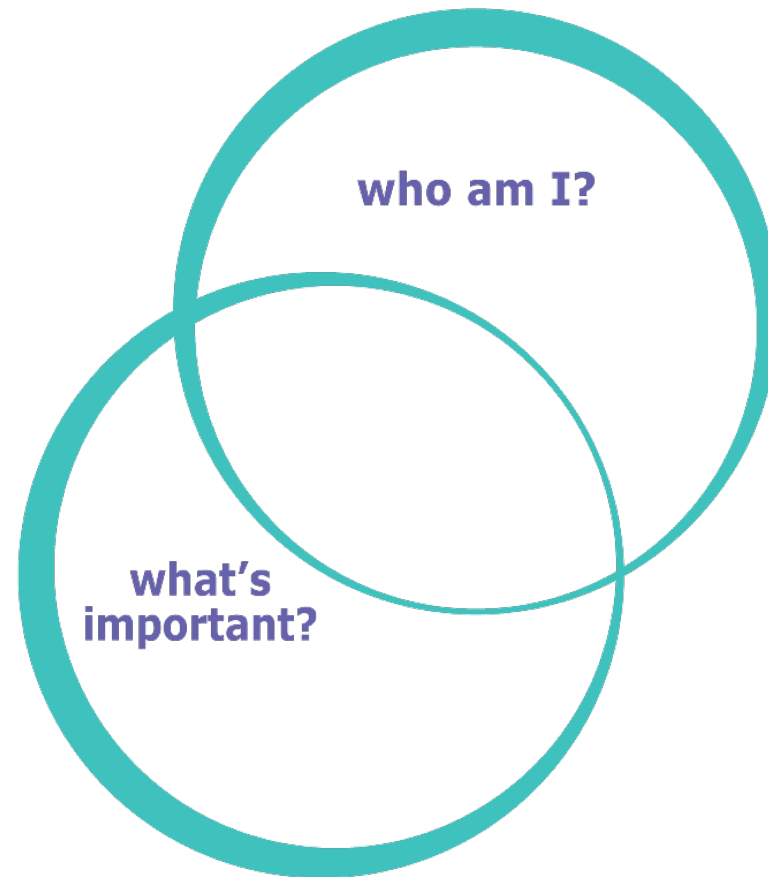
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who am I?

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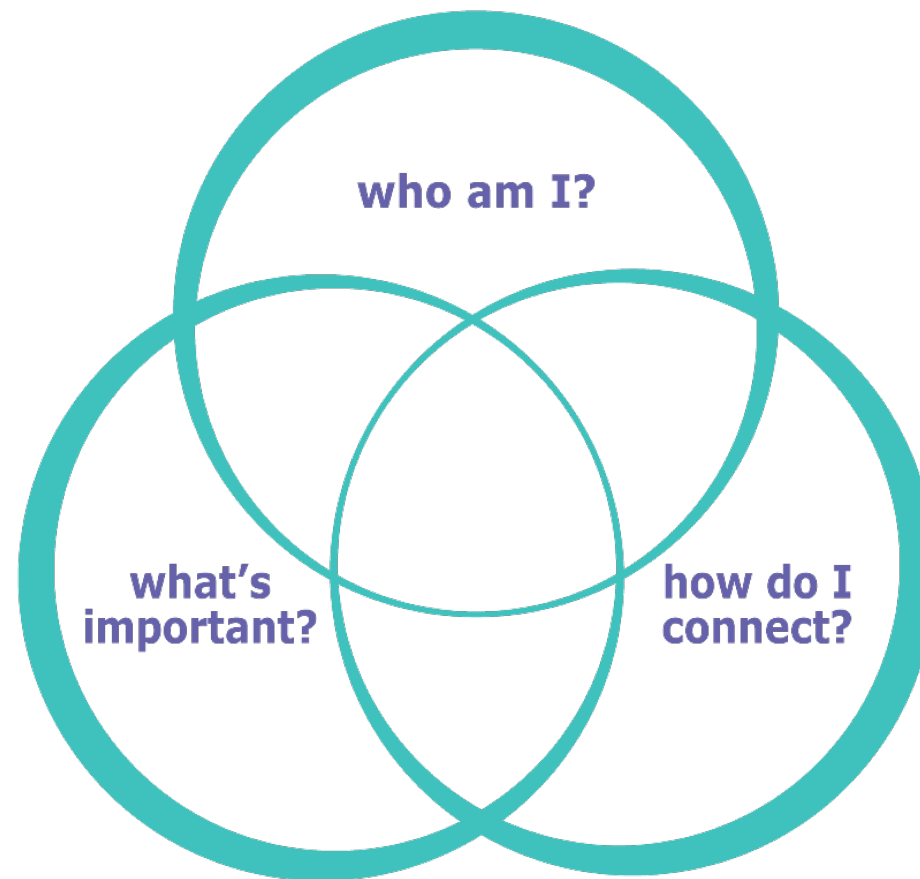


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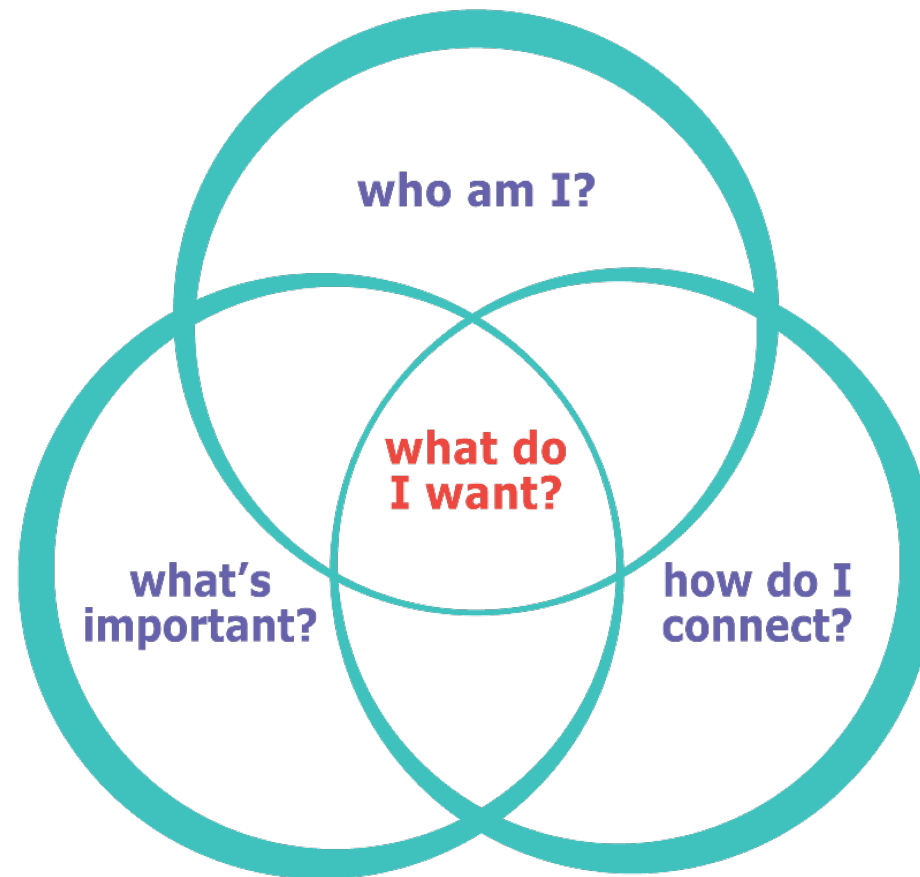


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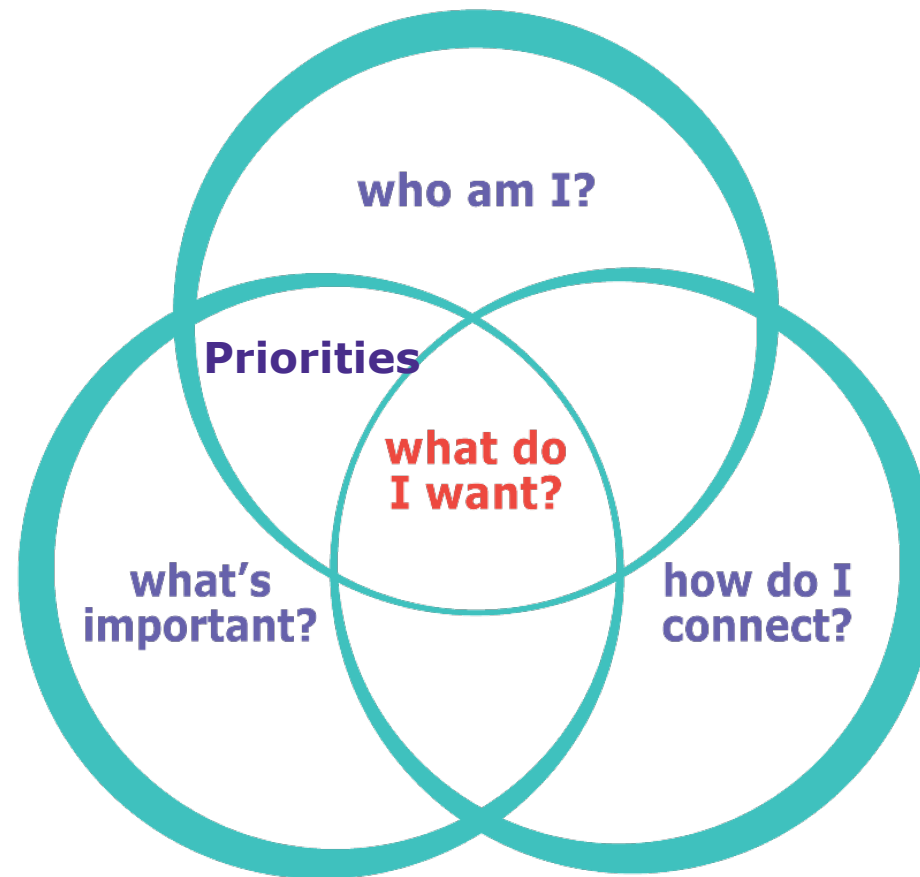


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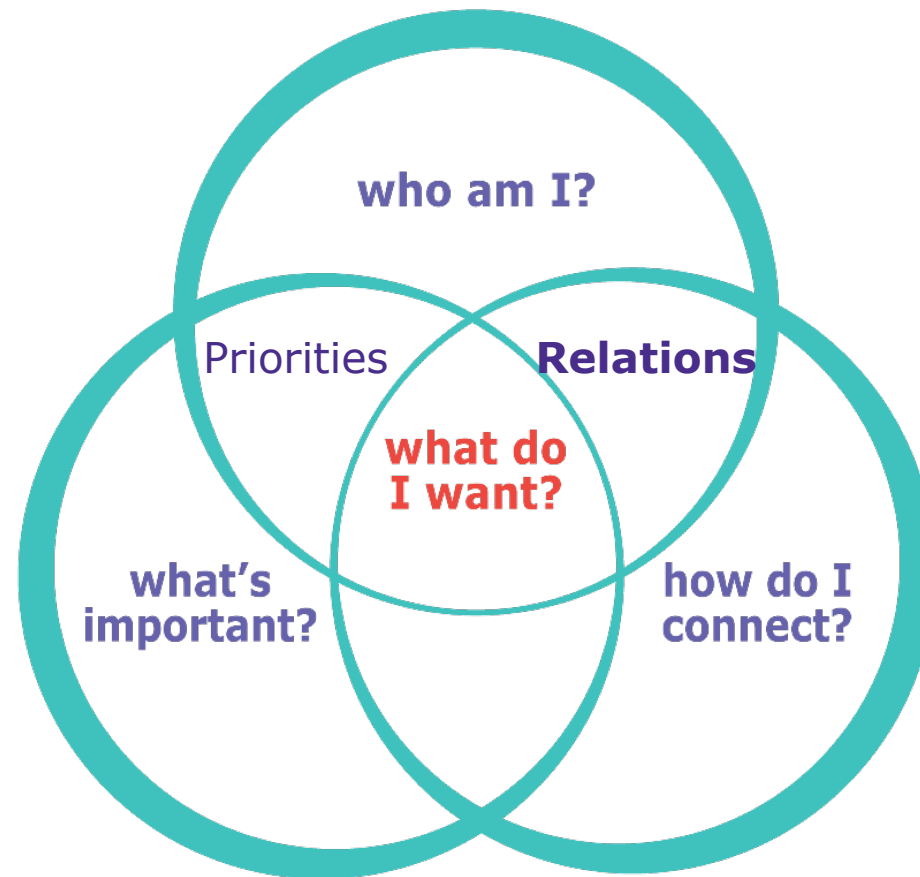


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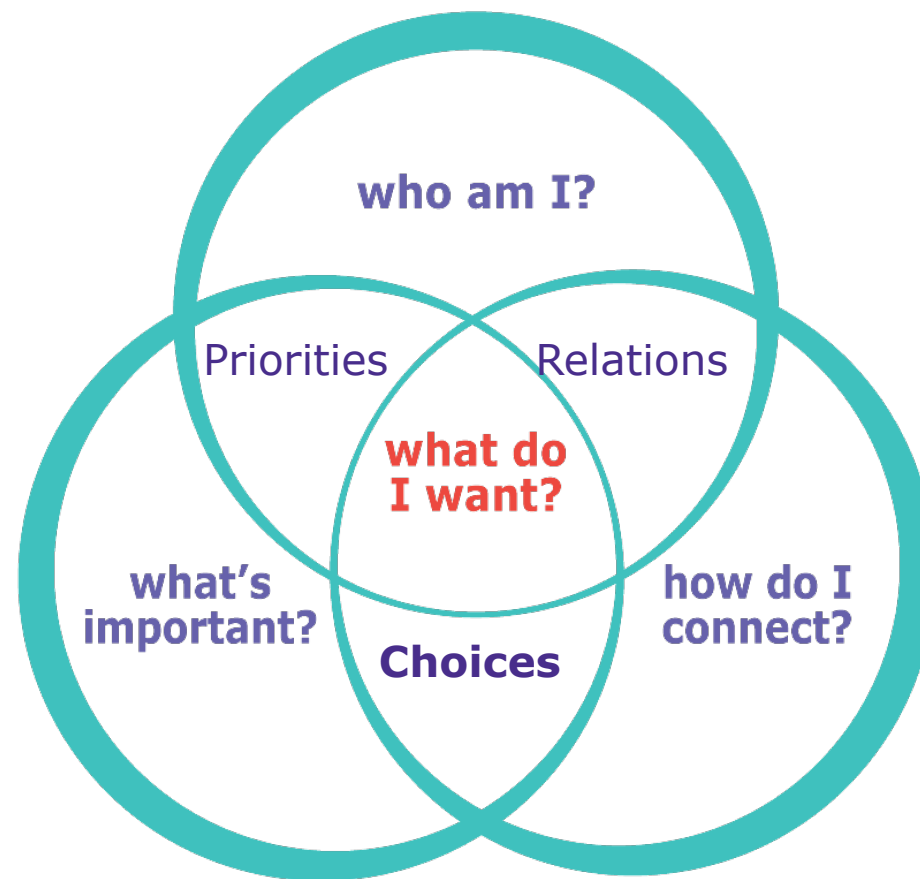


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Now what will you do to make
choices that create the life you want?



Learn more . . .

- ▶ Online at HSDinstitute.org
- ▶ Adaptive Action Labs:

Wellness	In person Ottawa, CA	Dec 9, 2016
HSD Professional Certification	In person & On line Toronto, CA	Jan – June 2017
Leadership in Health Professions Education	On line	Feb – Apr 2017
Adaptive Action Coaching	On line	Mar – Apr 2017
Personal Resilience	On line	Apr – May 2017



Join us for upcoming webinars

December 15 th , 11 am CST (90 min) Quarterly Conference	<i>Hear from several HSD Associates sharing their current HSD praxis</i>
January 2017	<i>No session</i>
February 2 nd , 11 am CST (60 min)	<i>Connect: Patterns of Partnership</i>