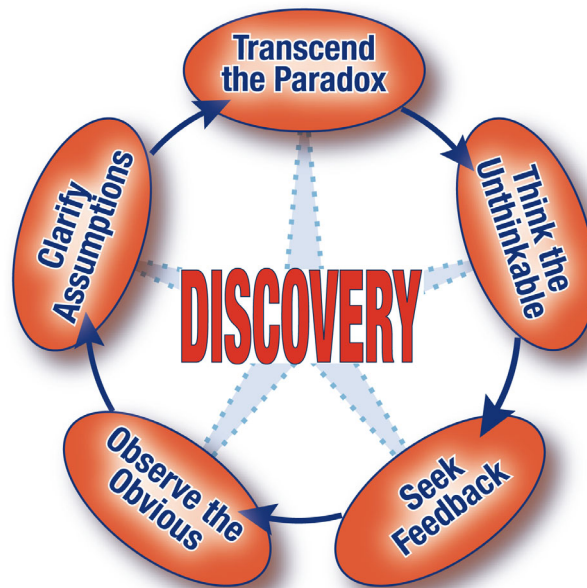


# MentalWORKS™

THINKING FOR RESULTS™

“The mind has exactly the same power as the hands, not merely to grasp the world, but to change it.”

Colin Wilson



## WHAT IS IT?

**M**entalWorks: Thinking for Results addresses the process of discovering and testing our mental constructs—our mental models of how the world works. This enlightening course helps participants explore the nature of their thinking and how to overcome the ways their thought processes can hold them captive. Participants discover how continual learning makes it possible to build more effective organizations while making new and exciting breakthroughs in self-awareness.

By teaching critical thinking skills to help participants “break out of the box” of their own thinking, the program addresses current personal and professional challenges. The two-day (or customized one-day) process mixes theory and practice with a variety of experiential

exercises, video examples, and self-assessment. Each participant also creates a personal action plan to enhance his or her professional development.

## WHY DO WE NEED IT?

To quote a popular song from the past decade, “*Free your mind and the rest will follow.*” We naturally spend most of our waking time more preoccupied with our own ideas or perspectives than with those of others. Although we may receive input and feedback from colleagues, we often hear only those incoming messages that support our own ideas. This filtering might keep us from accepting new or innovative approaches that could positively impact our lives and businesses.

This course helps us examine and emancipate the very thinking that creates our results. By opening our minds, we open up more possibilities for success.

## **WHO IS IT FOR?**

**MentalWORKS: Thinking for Results** is designed for anyone who is interested in expanding his or her capacity to think critically. This, in turn, can enhance self-awareness and help develop crucial skills in decision-making, problem solving, conflict resolution, performance management, coaching, and managing change. This course aids participants to hone their thinking skills in times of uncertainty.

## **COURSE CONTENT**

**MentalWORKS: Thinking for Results** helps participants explore the nature of their thinking and the stories and interpretations that arise from their internal concepts or mental models. (Our internal concepts impact how we see the world and how we respond in given situations.) Participants explore the case for increased creativity and critical thinking skills in the workplace as well as the necessity of being involved in continuous learning to enhance personal capacity.

The course also explores the physiological process of the brain that can short-circuit our thinking and cause us to jump to conclusions, assume the worst, and react without thinking. The nature of our emotions and the values which trigger emotional responses are also considered.

After understanding how we get stuck in “doing” and thinking in ways that hold us captive, participants learn and practice five critical learning skills: ***Seek Feedback, Observe the Obvious, Clarify Assumptions, Transcend the Paradox, and Think the Unthinkable***. They apply the critical learning skills to a variety of personal and professional problems which they identify prior to the course, expanding their capacity to achieve more significant results in their lives.

## **OUTCOMES AND RESULTS**

**MentalWORKS: Thinking for Results** enables individuals to:

- *Understand the nature of their thinking*
- *Identify mental models*
- *Understand common brain traps*
- *Ask critical learning questions*
- *Clarify the values underlying emotions*
- *Identify competing paradoxes*
- *Recognize patterns*
- *Hear incoming feedback*
- *Examine hidden assumptions*
- *Clarify thinking flaws*
- *Set goals to broaden perspective*
- *Garner new insights*
- *Improve opportunities for success*
- *Generate more innovative solutions*



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