

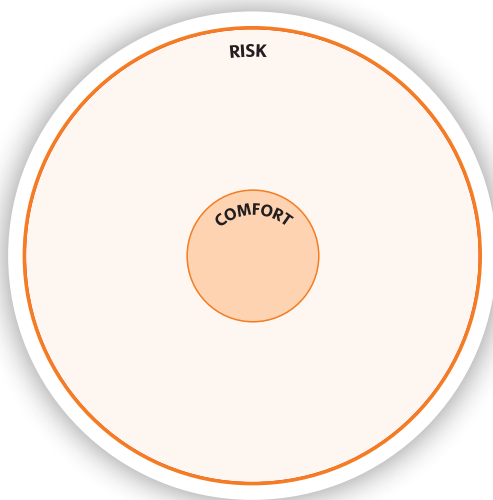
How to remind yourself what you have learned

Included below are some of the key learning points of the models and frameworks you used during the programme.

We have included some suggested coaching questions that you may like to ask yourself to ensure that you are actually putting your new skills and behaviours to use developing yourself and your team.

Comfort and Risk Zone

Helps you to develop and grow by pushing the boundaries of where you feel comfortable.



! Key Learning Points

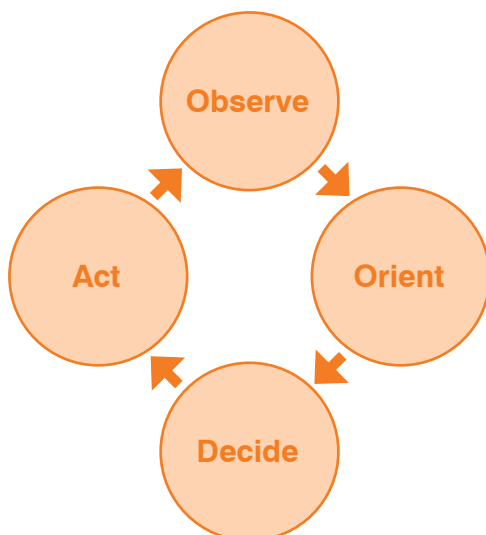
- Protective frames allow us to exist in the risk zone, even thrive and enjoy it – the perceptions are safety and confidence.
- Confidence frame is knowing that you ultimately have what it takes to succeed – the skills.
- Reframing can help you to get a sense of perspective.

? Coaching Questions

- When was the last time you stepped out of your comfort zone?
- What have you achieved recently by stepping out of your comfort zone?
- What actions have you taken to make yourself step out of your comfort zone?

Effective Decision Making

Helps you to embrace challenge and change by being accountable for your actions.



! Key Learning Points

- Outlines a four point decision making loop that supports quick and effective decision making.
- Observe – collect the information.
- Orient – analyse the information you have.
- Decide – determine what to do.
- Act – follow through your decision.

? Coaching Questions

- When was the last time you used the OODA Loop to help you make a decision?
- How has being able to make more effective decisions impacted on your work load?
- When was the last time you shared this process with your direct reports?