

What the bleep was I thinking?

Presented by

Jack Tollefson

Founder, Visible Thinking Tools

jack.tollefson@visiblethinkingtools.com

253-970-1164

www.visiblethinkingtools.com



Everybody has those moments...



when they realize: What the bleep was I thinking?

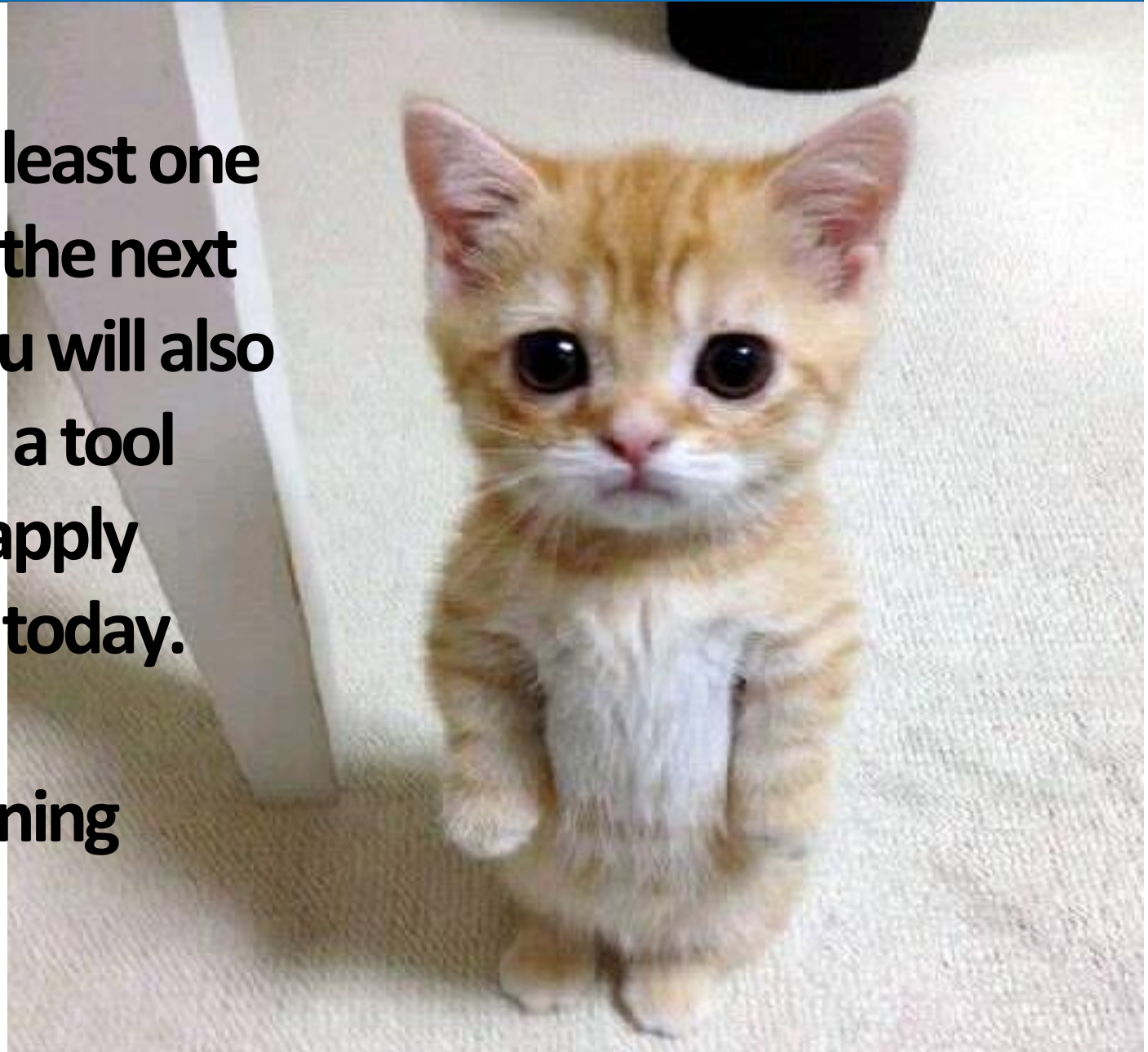
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My promise to each of you

You will gain at least one valuable skill in the next 60 minutes. You will also leave here with a tool that helps you apply what you learn today.

It's the way training should be.

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Let's try something a little different...



Let's jump to a solution and then look back, maybe.

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A tool that visualizes work and improvements

creates a Holy Grail,
a place for mindfulness...



A place that has been hiding right in front of us all along.

A new definition of mindfulness



The ability to summons the right mix of mental and brain capabilities to optimize conditions for success in the moment, given one's skill, experience and need.

New modes of mindfulness: Right Now & Best Fit



Right Now.

Just as a runner calibrates things to the heart rate, the mindful worker checks **Doing, Being, Thinking, and Processing** before switching to a new task. And checks the new task for optimum conditions.

Best Fit.

Or to simplify matters the same worker might select an alternative task that is better suited for actual conditions.



MindfulnessObjects: continuous improvement



Aligning mindfulness with work selection

Four important spots
along any flow.

Consider using:

- Appropriateness,
- Readiness,
- Workmanship, and
Satisfaction.

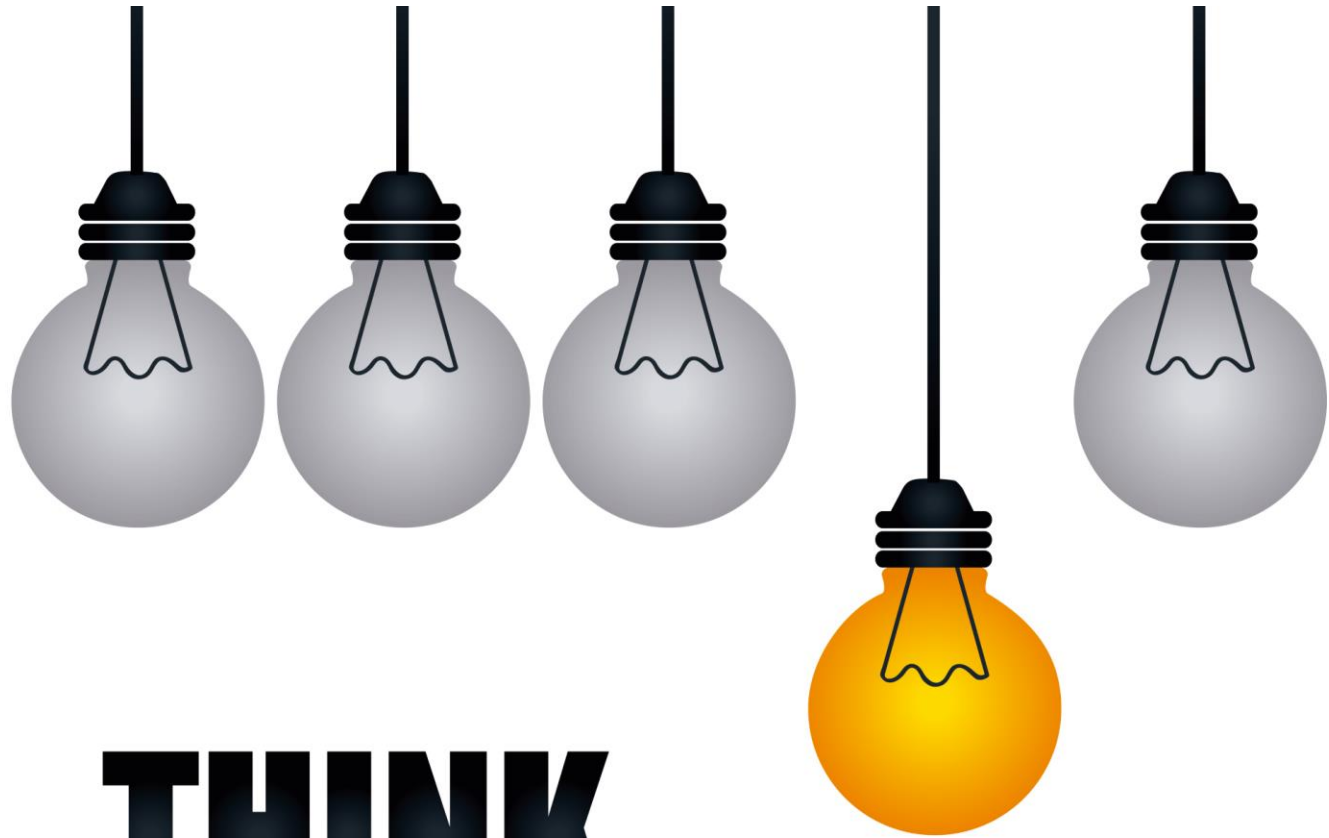


Spot Check: Are we mindful of our mindfulness?



Visible feedback and other impressions





THINK DIFFERENT

Fortunately its also simple, predictable, and ready. Please call to find out how easily and affordably these tools actually are:

Jack Tollefson
Founder, Visible Thinking Tools
Tacoma, WA

253-970-1164