

TENSIONS



The more tensions, the better!

In your meetings, you often hear "That's exactly what I was wondering!" and then wonder why your colleague didn't just bring it up before?

👉 Then you should start working with tensions.

We understand tensions as unused **potential** to improve something. These tensions can be current challenges, grievances, or even a bad gut feeling. In short: everything that actually needs to be discussed. Tensions are always positive: If communicated transparently, they are an opportunity to find and discuss real solutions. This helps our team and our organization grow.

And there's more! You also encourage all team members to think for themselves, invite them to take on more responsibility, and foster trust among one other.

For good meetings it is also helpful to have an agenda that everyone can add to at any time.

Within the meetings, Consent facilitation helps in resolving the tensions.

It is important that every team member can and **DOES** contribute tensions! Dare to use the potential and the collective intelligence of your team.

Check out RESOULseed #28!

Look at our RESOULseeds #10 and #29!



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