

Perceptual Positioning

A method for re-framing and accessing more points of view than you normally would

A: Myself

What are my goals in this situation?
What am I trying to achieve?
What is important to me in this situation?
What am I paying attention to?
What am I doing to achieve my goal?
How do I view the other person & how would I describe them?



C: Impartial Observer

What do I see in this relationship / situation?
What do those two people agree about?
Where is the conflict?
What advice would I give myself in position A?

B: Other Person

What are my goals in this situation?
What am I trying to achieve?
What is important to me in this situation?
What am I paying attention to?
What am I doing to achieve my goal?
How do I view the other person (that is myself) & how would I describe myself from this position?

Top tips:

Remember to physically move / reposition yourself as you move around - try it with three chairs.

Go around the cycle more than once.

You can do this by yourself or have someone use the questions to coach you through the positions.



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