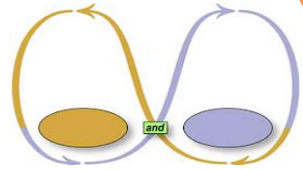


Polarity Thinking: Using Paradox for Professional and Personal Effectiveness

Liz Monroe-Cook and Clare Dus

Paris, April 23-25, 2015



Description

What if a whole class of issues exists that are inherently “unsolvable” regardless of our best attempts to solve them? **As Polarity Thinking practitioners we assert that these paradoxical issues not only exist, but also present exciting opportunities to be creative, to develop sustainable solutions and to help ourselves and others to be more effective in complex situations.**

You have tacit wisdom about leveraging polarities even if you have never heard the name. We will give you tools to enhance this natural ability to, as F. Scott Fitzgerald said, **“hold two opposed ideas in mind at the same time and still retain the ability to function.”**

Objectives

In this workshop, you will learn how to use Polarity Thinking as a mindset and toolset for complex issues. You will distinguish between “either-or” problem solving and “both-and” thinking. **Polarity Thinking is a proven method for utilizing the power of a universal phenomenon fundamental to human experience.** You will explore how to balance dynamic tensions such as “head and heart,” “analysis and action,” “activity and rest” and—one of creativity’s fundamentals—“diverge and converge.”

Through discussion, activities and Polarity Mapping, you will identify interdependent factors that are constants and indestructible, and learn how to use them in a deliberate process. You will find that Polarity Thinking has a **wide range of applications, for example, organizational planning, consulting, coaching, conflict management, team performance and individual development.** You will be able to apply your insights to personal and professional situations as you choose.

Training method

We will alternate sequences on content and exercises, cater to all learning styles and vary group formats (plenary, small group, individual).

Target

Anyone interested in boosting the effectiveness of their leadership and/or honing their people development skills; managers, coaches, trainers, facilitators, etc.

Overall objective

Raise awareness of polarities that are at play in people and groups and learn how to leverage them to meet goals.

Location

Paris

Consultants-Trainers

For this workshop, Worlding is inviting two world-class facilitator-trainers to share the theory and practice of Polarity Thinking with a small group of English-speaking professionals in Paris. The session and handouts are in English. **Olwen Wolfe** from Worlding will participate and help adapt key words to European culture if necessary.

Elizabeth Monroe-Cook, Ph.D.



Liz is a consulting psychologist who provides group facilitation, training, and coaching. She brings particular expertise with the cognitive and emotional aspects that affect our professional lives and workplaces. She helps individuals and teams to use Polarity Thinking, creative thinking skills and many other approaches and methods to enhance their effectiveness and achieve their goals.

In addition to her work with the polarities of creativity, she finds rich applications of Polarity Thinking in the administration and use of the Myers-Briggs Type Indicator (MBTI). She is one of 30 people currently certified as Polarity Thinking Masters.

Clare Dus



As a Vice President of Innovation and Technical Development on the Sensory Spectrum consulting team, Clare designs and executes technical approaches to product evaluation. Clare is a trained facilitator in Creative Problem Solving. Recent work has resulted in her applying Polarity Management to understanding consumer challenges; she also uses polarity thinking in her responsibilities for leadership development at Sensory Spectrum and in her volunteer work with youth.

Clare has a Bachelor of Science in Food Science from Rutgers University, NJ, is an active member of the Society of Sensory Professional and is a Board Trustee for the Creative Education Foundation. She is a long-time leader and presenter for the Creative Problem Solving Institute and a participant in the Polarity Management Mastery program, established for individuals who have a demonstrated commitment to and skill for applying PM in a wide array of settings.

Budget for the 2,5 day session

- **1700 € HT** for companies with 10 employees or more
- **1000 € HT** for independent professionals and companies with under 10 employees

Venues, breaks and handouts are included, meals are not.

Information on content: **Olwen Wolfe**, olwen@worlding.com

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