

Yoga and the hokey-pokey...how to build a culture of change from the ground up



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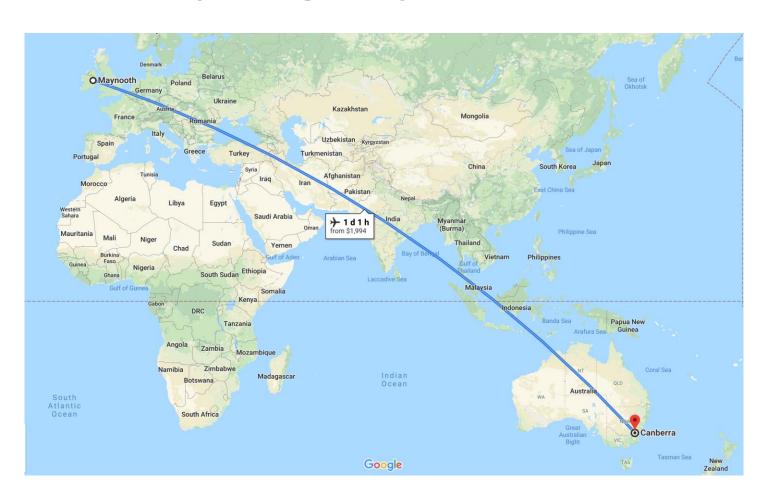


Why are we here?



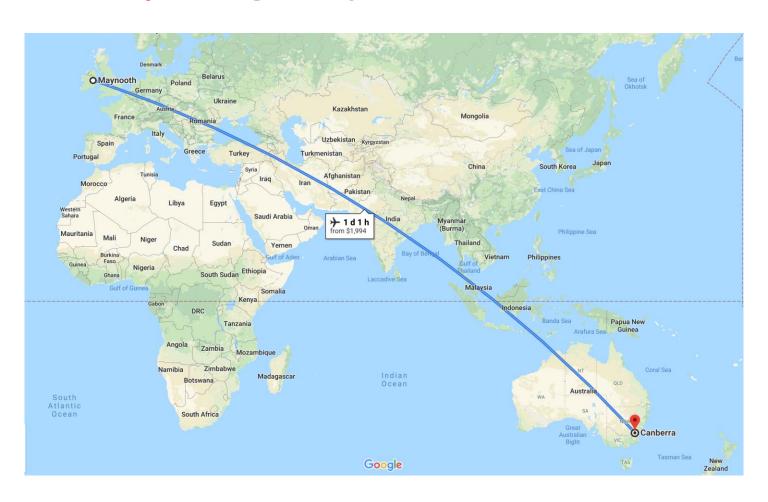


It's a bloody long way...





It's a very long way...





Ice-breaker - get to know your neighbour





Ice-breaker - get to know your neighbour

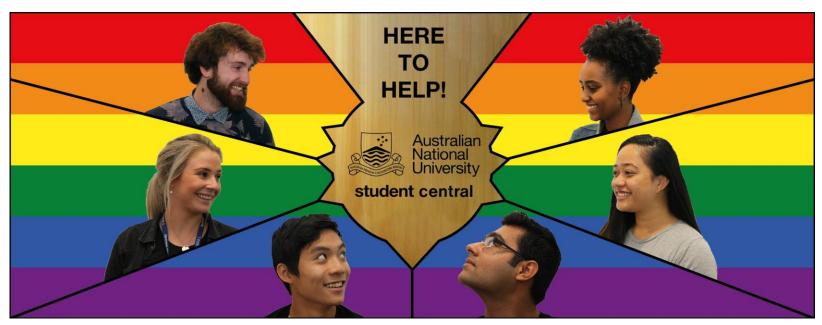




Here's the story...









Know yourself...

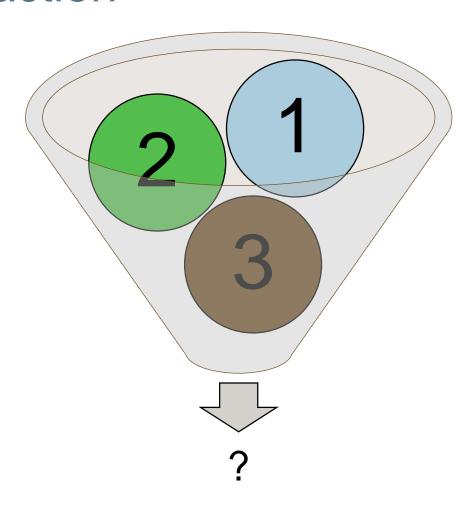
I know about I don't know about me me **BLIND OPEN** (Public Self) (Naïve Self) HIDDEN Unknown (Private Self) (Undiscovered Self)

Others know about me

Others don't know about me



Time for action





Measures of success





Recommended reading

- Mindset by Carol Dweck
- What Matters Now by Gary Hamel
- First, Break all the Rules by Marcus Buckingham and Curt Coffman
- LinkedIn...no, really!

Any other suggestions?



Questions

