

START A POSITIVE REVOLUTION

Gunnel Ryner



Gunnel Ryner has a passion for releasing and developing human potential – in individuals, groups and organisations. She has studied Behavioural Sciences, holds a BA in Pedagogy and has extensive professional experience as an HR Manager, Office Manager, Project Manager, Coach and Trainer.

The lecture START A POSITIVE REVOLUTION is based on several scientific studies clearly showing that the positive starting point creates radically better results in comparison with its opposite – the negative. Learn what the company ProCare did to break a downward trend with decreasing customer satisfaction and get the amazing result of 95% completely satisfied customers. The methodology Appreciative Inquiry that Gunnel uses, can be applied from individual to group level. You get several concrete examples of how to practically apply this knowledge to create better results, e.g. to make a “Flip” or to “Explore your successes”. Since Gunnel is also a coach, she includes a series of questions to support you and your team on your journey towards success. If you choose to shift your focus and give more attention to what is positive, even when the negative is present, you will experience revolutionary results.

The goal of the lecture:

- Knowledge of how a predominantly positive starting contributes to success.
- Practice to find and develop your strengths.

Ideas for coaching questions:

1. Choose a challenge that you face. Then make a positive reformulation of the problem. In other words - What do you want instead?

2. Do you dwell on your misfortunes and mistakes? What would it mean for you personally and for your results if you began to "dwell your success", what you have done well?

3. Choose something that you think you've done well lately. What was it you did that contributed to the success? *Why was it so good?*

4. Make a simple analysis in the coming weeks, where you form an opinion about and how positive/negative you are self is and also how positive/negative your team is. What is the relationship between plus and minus? Do you need to shift focus to achieve your goals?

5. Select one in your team. What kind of strengths does he/she has? How can you encourage from this?
