

Bumblebee Theory

***The Glass is Half
Full –***

***Shifting Perception to
Achieve Results***

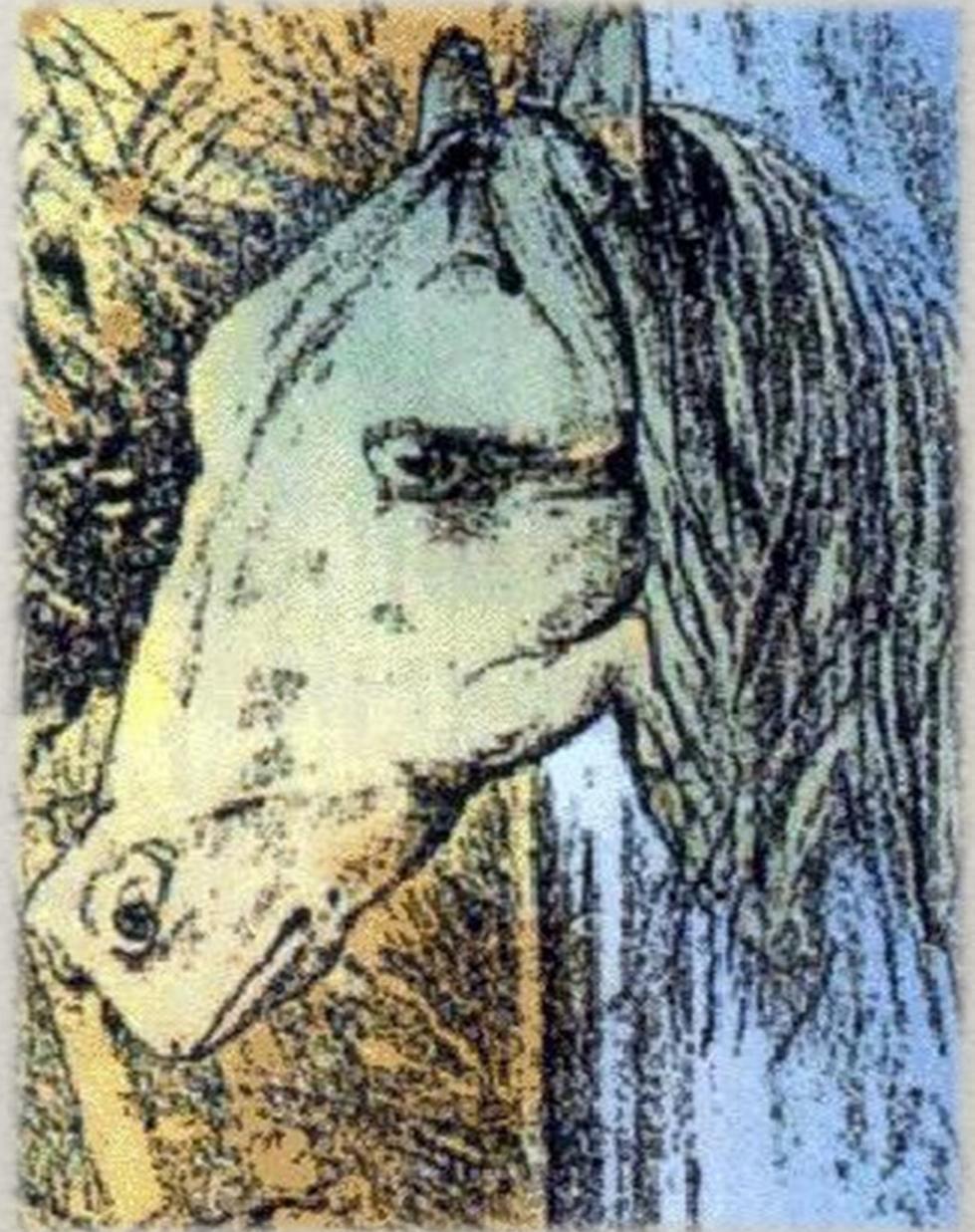
***Margaret A. Johnson, P.E.
Ideal Training, Inc.***

***www.ideasandbeyond.com
(281) 648-0380***



What do you see?

“When you *change* the way you see things, the things you see *change*.”



The Plan

- ✿ Examine thinking patterns
- ✿ Change the way we see ourselves, others and situations



How Do You See Yourself?

Personal

(e.g. confidence, analytical skills)

Relational

(e.g. compassion, listening)

Situations

(e.g. mistakes that offer learning, upbringing)



Idea Smashers

☀️ Like

☀️ Concern

☀️ Suggest

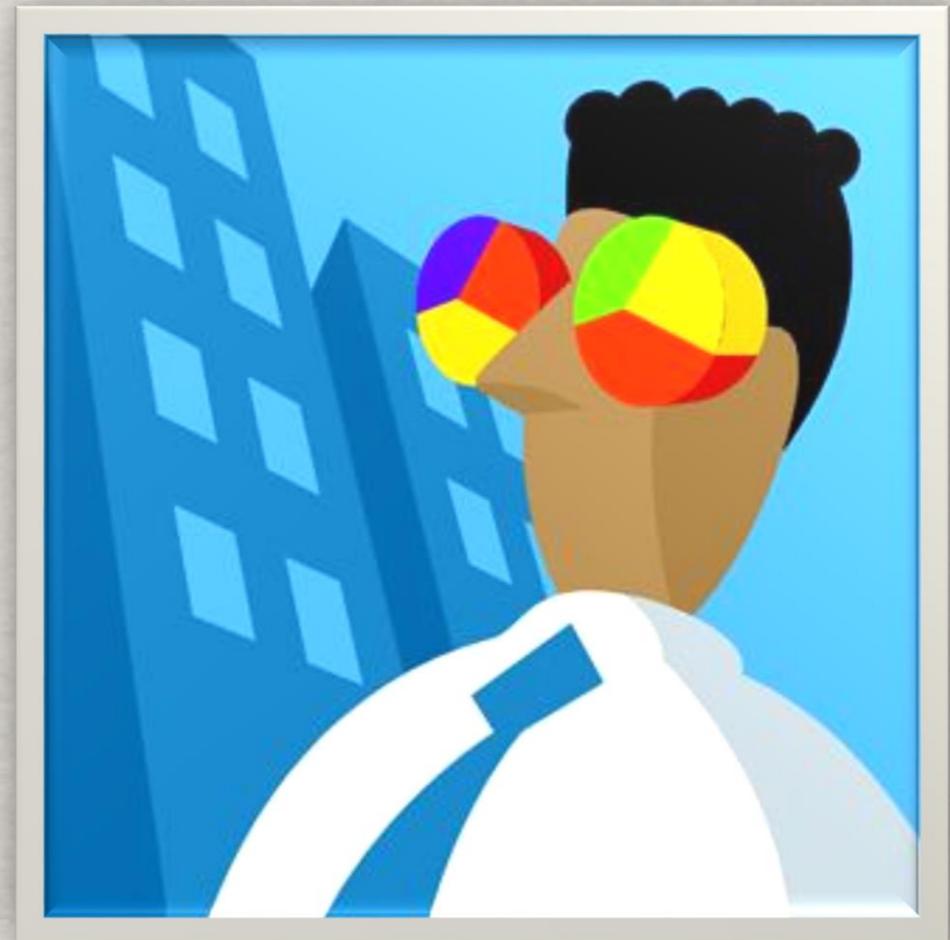


LCS

1	2
<i>voice-activated</i>	<i>lipstick</i>
<i>invisible</i>	<i>sunglasses</i>
<i>edible</i>	<i>airplane</i>
<i>recyclable</i>	<i>flashlight</i>
<i>unbreakable</i>	<i>house</i>
<i>self-cleaning</i>	<i>bottle</i>
<i>expandable</i>	<i>laundry</i>

SELF TALK

- **What don't you want?**
- **What do you want?**
- **Where is your focus?**





The Way We See Others

Ladder of Inference

^ Take actions based on beliefs

^ Adopt beliefs about the world

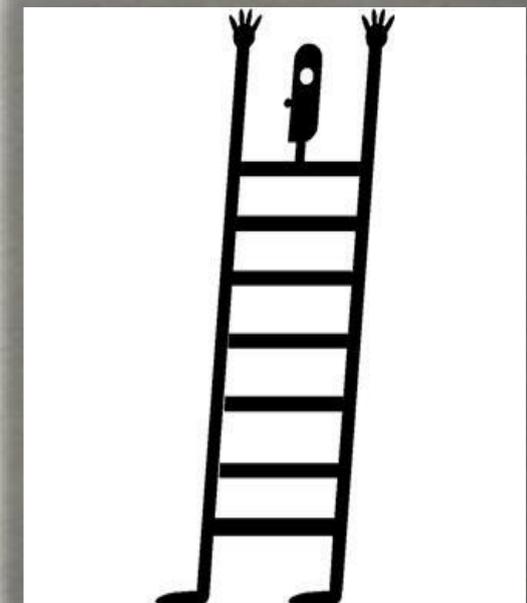
(our beliefs affect what data we select next time)

^ Draw conclusions

^ Make assumptions based on meanings we add

^ Select data from what we observe

^ Observable data and experiences





The Way We See Situations

Pike Syndrome

- ✿ Ignoring differences in situations
- ✿ Assuming complete knowledge
- ✿ Over-generalizing reactions
- ✿ Rigid commitment to the past
- ✿ Refusal to consider alternatives
- ✿ Feeling victimized by one's environment
- ✿ Failing to test one's perceived constraints

Risk Taking

- ✦ Clarify a goal
- ✦ Evaluate ways to accomplish the goal
- ✦ Consider your risk taking tendencies
- ✦ Increase the reward/risk ratio
- ✦ Take action



As we *change*
our thoughts,
we *change* our
minds,
we *change* our
world.



*Working with people
to unleash their creativity
and remove barriers to their success!*

*Credentialed Executive/Corporate/Life Coach
Professional Speaker
Corporate Training
Author – From SOS to WOW! –
Your Personal Coaching Adventure*

***Margaret A Johnson, P.E.
Ideal Training, Inc.***

www.ideasandbeyond.com

(281)648-0380

blogspot.com/igniteyourideas.com

