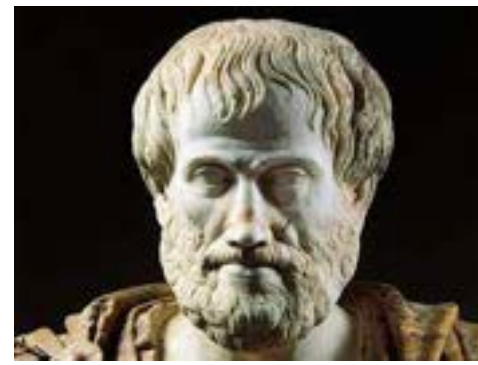
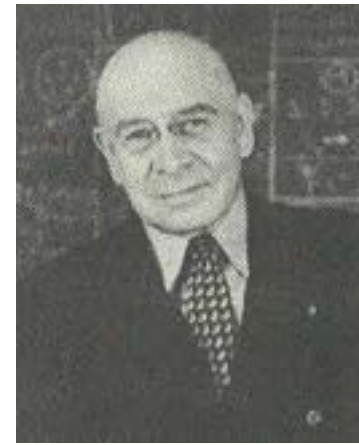


Menu



Menu

explore



play



get excited





'This workshop is changing all the time. All you have to do is notice bits or pieces of useful change (and amplify it)'

**An ecology of ...
attending workshops**



'This workshop is changing all the time. All you have to do is notice bits or pieces of useful change (and amplify it)'

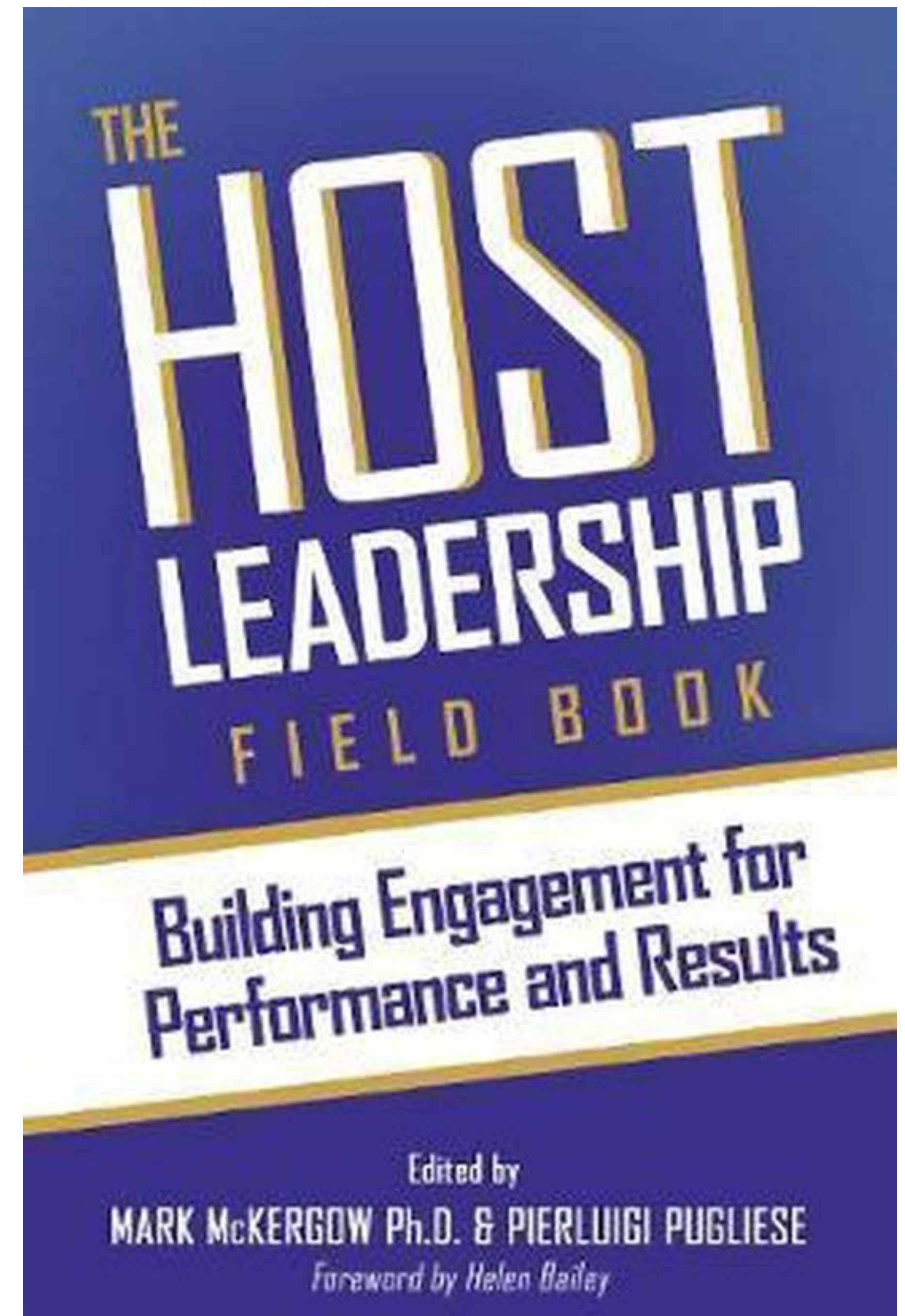
The elegant art of noticing



*Utilising what happens to improve
the quality of interactions*

Review process: SFiO

Wim Sucaet (2019)



The concept 'utilising' (Milton Erickson)

Utilisation is much more than a simple language pattern. It may be the central principle of Erickson's approach to therapy; that a client's unique patterns of self-expression are recognized and utilised as the basis of therapeutic trance development.

The lady with the African violets
a tale about Milton H. Erickson





ONCE
-UPON A-
TIME



SF inside

Chain of natural positive responses

*It does not matter if they use SF in the “right way” or not. What matters is the bicycle is moving smoothly or not. And you can see if the bicycle is moving smoothly or not by checking if there is any CNPR phenomena **observed**.*



Chain of natural responses in physics



NICK'S DRUM LESSONS  "Let's Dance"
Single Version 4:09
David Bowie

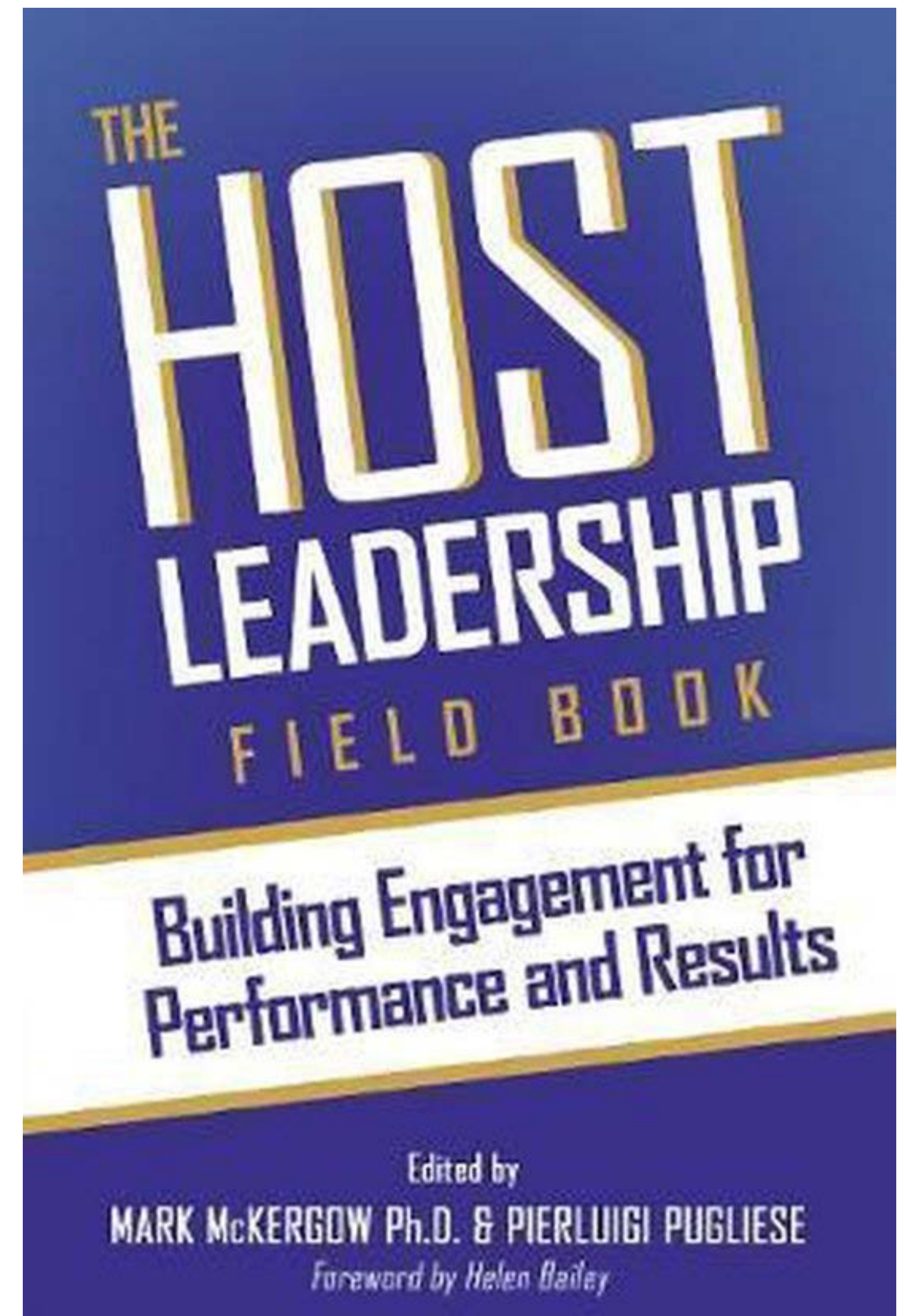
Intro



Step forward or step back?

4 positions:

- in the spotlight
- with the guests
- in the gallery
- in the kitchen



“An unrecognized difference (since it goes by unnoticed) will not receive the amplification needed and will remain a difference that does not make a difference.

A simple difference, often just some doubt, can be enough to begin changing a lifelong pattern or way of thinking.”

(de Shazer, S. (1986). Minimal Elegance. The Family Therapy Networker, Sept./Oct., 57-60).



“The difference that makes a difference is a way in which to define something in terms of its relationships instead of isolating it with a name.

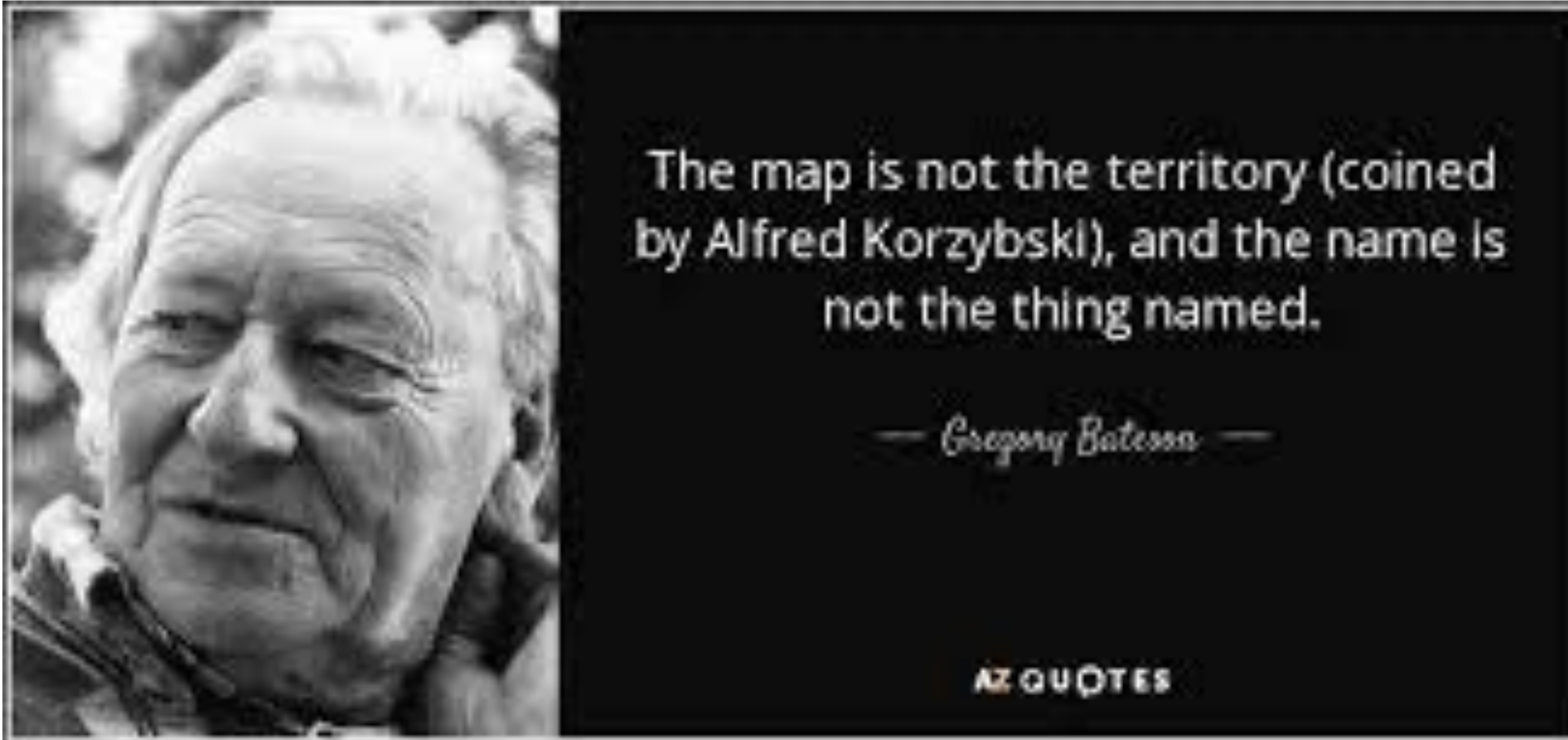
What is the pattern that connects ... was never been meant to be answered because the patterns are changing constantly.

An ecology of mind

Gregory Bateson



An ecology of mind



The map is not the territory (coined
by Alfred Korzybski), and the name is
not the thing named.

— Gregory Bateson —

AZ QUOTES

How to train your noticing muscle ...

- What did I notice lately ... that I'm intrigued about?
- What else?
- How do these things relate to each other in a way that is useful to you?



The first question is derived from the three questions to lead a good life from Luc Isebaert.

My way of being a host leader

I support people by being genuinely curious about the bits and pieces of the great stuff they (and other people) do and invite them to explore several 'maps of reality' ... as elegant and joyful as can be.



What you see is what you get!

We only see what we look at.
To look is an act of choice.

We never look at just one thing; we are always
looking at the relation between things and
ourselves

The relation between what we see and what
we know is never settled ...

Ways of Seeing John Berger



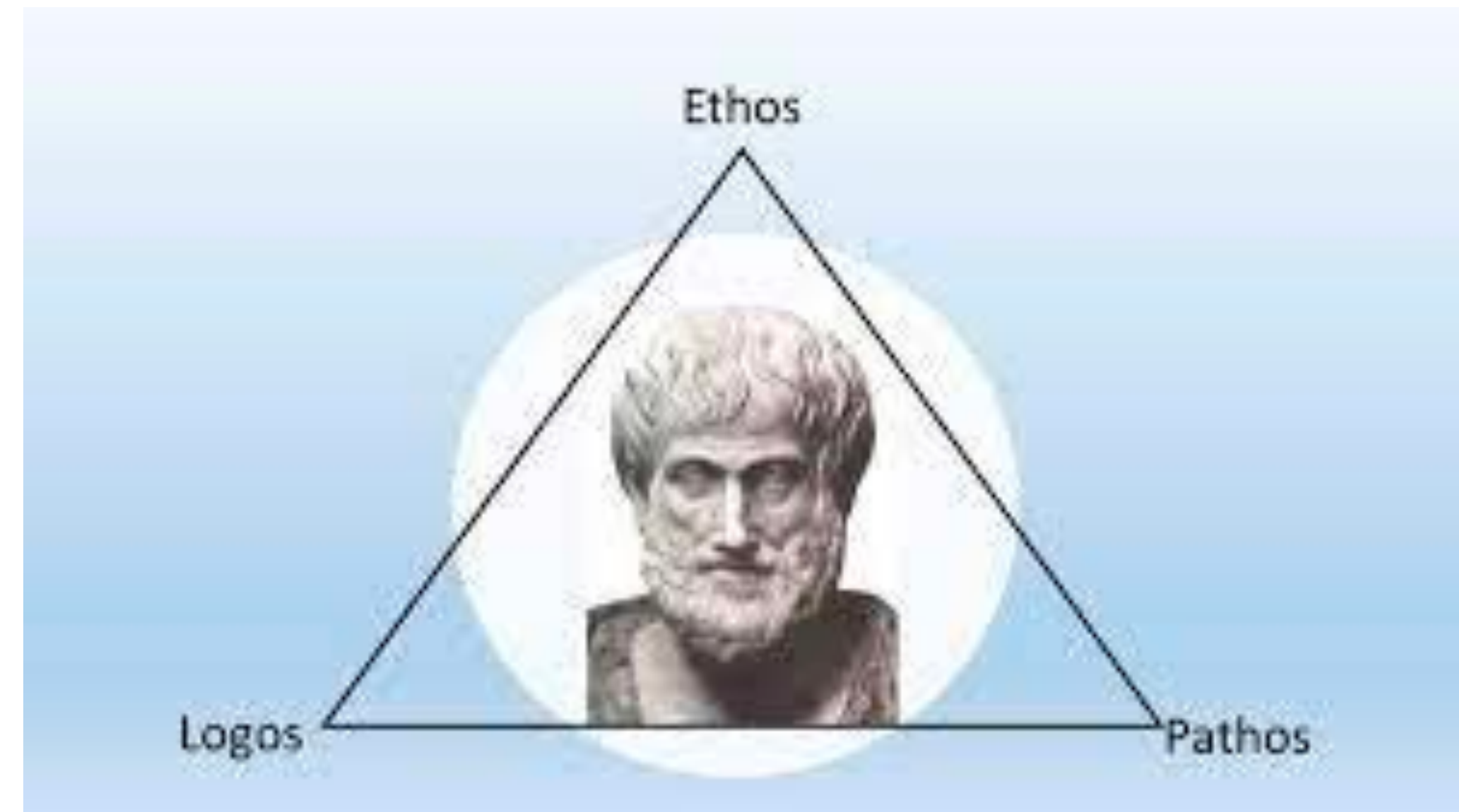
Seeing comes before words. The child looks
and recognizes before it can speak.

But there is also another sense in which seeing
comes before words. It is seeing which establishes our place
in the surrounding world; we explain that world with words,
but words can never undo the fact that we are surrounded by
it. The relation between what we see and what we know is
never settled.



The Surrealist painter Magritte commented
on this always-present gap between words and seeing in
a painting called *The Key of Dreams*.

The way we see things is affected by what we





Kairos:

Think back of a moment that you were spot on!

What made *that moment* so spot on?

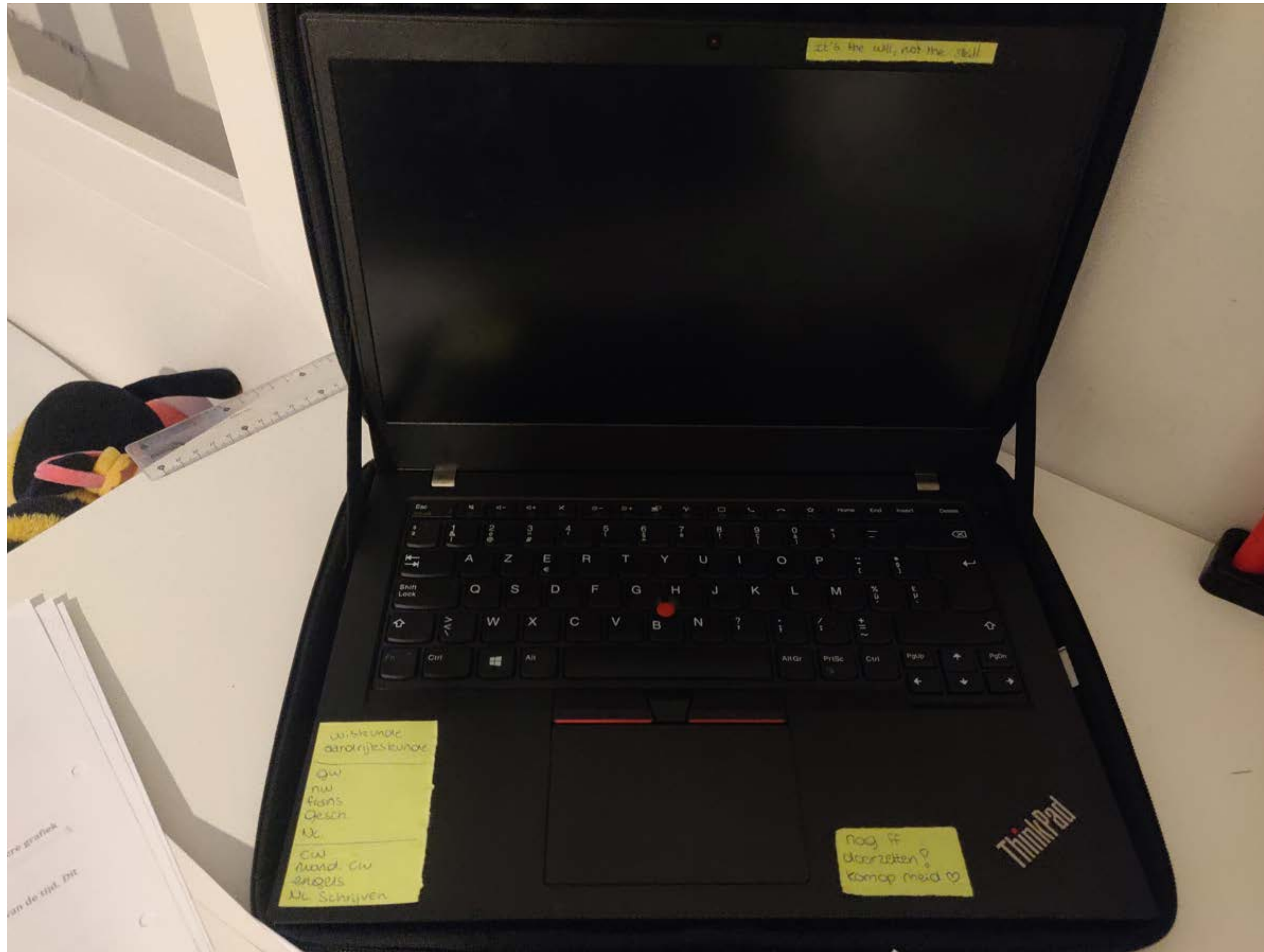


Oikos:

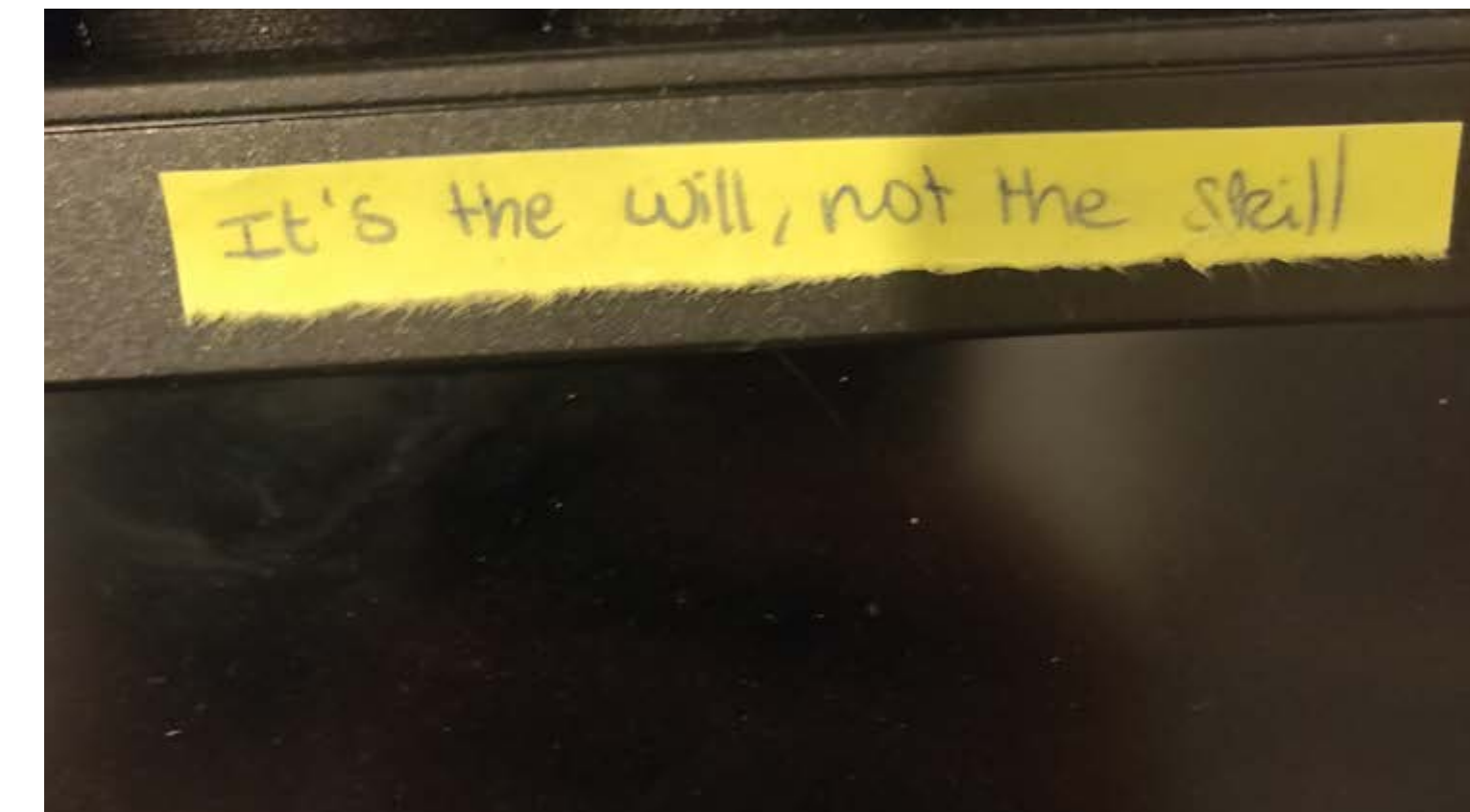
Which surroundings,
conditions are supportive to
be your best self?

the gift of space ...

Being in the 'oikos' ... start noticing



Select ...



and build



**What if we would expand the listening to noticing?
What difference would that make?**

Listen
Select
Build

=>

Notice
Select
Build



Different ways to train our noticing muscle ...

One of the ways I train my noticing muscle = ear training

Phase shifting (Steve Reich)



What are your ways to train your noticing muscle outside the well known 'SF' domain?



It's not only what you do, it's also how you do it
Ministry of silly walks





Be careful of not becoming a Solution Focus ministry of silly talks?

Milton Erikson:
Develop your own technique,
Be your own natural self



The importance of noticing what you choose (want?) to notice ... and naming it what you choose (want?) to name it ...

What you see is what you get!

- Baader–Meinhof phenomenon or frequency illusion: The frequency illusion is the result of two interacting psychological biases — selective attention, noticing things that are (currently) important to us and disregarding the rest; and confirmation bias, looking for information that supports our hypotheses and disregarding information that does not.
- Serendipity: finding valuable or agreeable things not sought for. The more you're open for noticing, the bigger the chance for serendipity.
- The observer effect: the observer influences the observed

★ GETTING A GOOD NIGHT'S SLEEP ★

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.

