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HOLISTIC TREATMENTS IN BUSINESS - I.

Introduction to Systems Thinking



Be careful with this message.
It contains information that
might change your life.

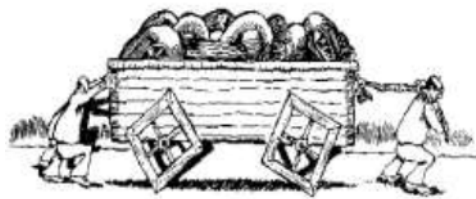
Being a breadwinner and a mother of 4, I have worked as an English teacher, a global educator, a personal development trainer and a coach for 20 years.

Taking a closer look on the nature of barriers delaying goals, working out a better and faster way to get to the destination excited me most. This professional history of mine, my husband's early death, the challenges of my four daughters' upbringing and my original curiosity drove me into passionate studies of various communicational and personal developmental methods.

Look at some photos of you. What is there?... And what is NOT there?... What is harsh, extreme, eye-catching?... What is hidden, what is covered?... What would it be like if they turned into a film? ... And what if you could transform these two-dimensional pictures into 3D?...

If you connect the dots of your answers you can realise the latent and dormant leitmotif that you might have been unaware of. This is what has been writing the script of your life and business defining your successes as well as your failures. You might attribute the good and bad luck to the ebb-and-flow of economic cycles, but admittedly, they derive from your mental, emotional, and behavioural models. "If we continue to believe as we have always believed, we will continue to act as we have always acted. If we continue to act as we have always acted, we will continue to get what we have always gotten." - says Marilyn Ferguson. So, now, let's see

SYSTEMS THINKING



stepping back and looking at the bigger picture may reveal insights that otherwise we would miss

where to go and what to change if we want to get something different.

We live in living systems. Living systems are utterly complex, and if we don't know how systems work, we might be changing certain elements of it amateurishly, yet will not get the desired outcomes. You know the joke: The mechanic comes to repair a washing machine, and in a minute he can find out what to do. With his hammer he bangs on a screw and charges \$100. - "One hundred dollar for a one-minute work?" - he is asked. - "Yes, because I know where to look for the fault in the system, I unmistakably identify it, and I know how to fix it with the least effort to get a long-term, stabilised result. You'll pay not for my physical effort but for my expertise."

So, when looking for changes what we are looking for is the leverage point, where with the least effort and time we get our desired, long-term outcome. You do this when for example playing chess: you are constantly scanning the alterations on the chessboard to see where this leverage point is: where the main element (i.e. the king) can be trapped.

But first, when we speak about systems,

we must clearly see what they are. In the society there are "education system", "justice system", etc.; in biology: "nervous system", "cardiovascular system", "digestive system", etc.; and in nature: "ecosystem". So, the "WHOLE" comprises systems, and systems comprises elements. Your business is also a "system", of which certain elements primarily defines the game of the chessboard, while other elements have not a lot of influence on it. Undoubtedly, the more chess pieces (i.e. elements) are on the board, the more complex the game is.

Systems Thinking has developed into a science, of which one critical discovery points out an important feature; so-called: "tipping point". Nothing lasts for ever: not even stable systems. Below the surface the patterns - the behaviour of the elements - keep repeated but their small changes can lead to the tipping point, that forms another completely different pattern. This is like the moment water crystallises into a solid, the last drop that makes the glass overflow, or the last straw that breaks the camel's back.

We are looking for the leverage points and the tipping points in our systems to get different results.

Changes can take place at conscious and at subconscious level. The latter one can take time and pain, where we call the result: "Fate". Conscious changes requires responsibility, ownership, awareness, and taking the role of a Co-Creator.

(To be continued next issue)

You can still call me!

