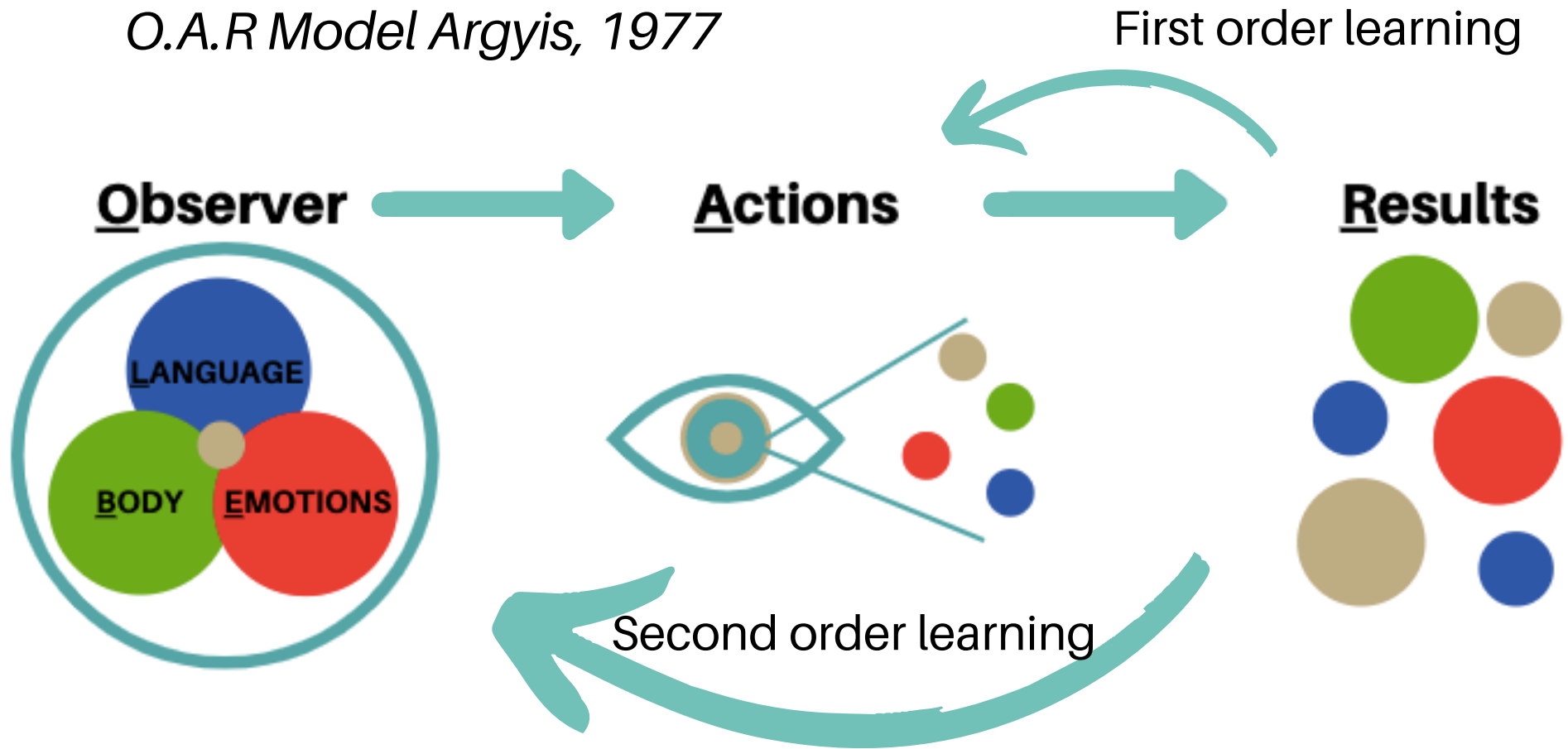


*O.A.R Model Argyris, 1977*



The observer that you are sees certain opportunities for action and therefore limits what results are possible for you. How we observe the world is made up of three inter-related domains; the Body, Emotions and Language.

When we reflect and expand the observer we are, our opportunities for action expand with us and therefore our possibility for different results. When we shift the way we see the world, the problems, solutions and possibilities shift with us.

*"We do not see things as they are, we see them as we are"*

For example, I don't have enough time to exercise. When I do have time I am too tired and have other responsibilities (family, work etc.).

Language- I don't have time, I have other responsibilities

Emotion- frustrated, dissatisfaction, denial, indifference

Body- tired, contracted, not flexible , victim

If I change the language: Exercise is important to me

If I change the emotion: Optimism, kindness, care, confidence

If I change the body: Stable, open, tall, grounded

Possibilities for action change and the opportunity for different results change too.



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