

PARADIGMS AND PRINCIPLES OF EFFECTIVENESS

Paradigm Shifts

Think of a time in your life where you experienced a Paradigm Shift (e.g., you experienced a role change, witnessed a dramatic event, or learned new information).

1. What was the event or circumstance?
2. What did you learn that changed your paradigm? (SEE)
3. How did that Paradigm Shift affect your behavior? (DO)
4. What results did you get? (GET)
5. Which principles of effectiveness applied?

