

TOP 20 TRAINING

MAKING A POSITIVE DIFFERENCE THROUGH SOCIAL-EMOTIONAL DEVELOPMENT.

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THE FRAME: What Perceive is What We Receive

The Frame: How we **SEE** something influences how we **FEEL**.
How we **FEEL** influences what we **DO**.
What we **DO** influences what we **GET**.
What we **GET** reinforces how we **SEE**.

When not getting what we want to be getting:

Bottom 80s:

1. Change nothing.
2. Change what we do.
3. **Blame:** Gets activated by our **need to be right**.

Top 20s:

Get **Curious:** Change how we see it.

Four Ways to See More or Differently:

- A. Create a crisis.
- B. Ask someone else how he/she sees it.
- C. Change roles.
- D. Say "Maybe."

FOR STUDENTS

- **Make Frames**
- **Frame Confusion**
- **Frame Relevancy**