

Appreciative Inquiry Webinar - Quick Reference Sheet

Introduction

Before someone can begin to utilize Appreciative Inquiry, they must first know what it is and what it means.

There are many techniques and practices that can be used with appreciative inquiry that anyone can use in their lives. Learning about appreciative inquiry not only benefits the employee, but the entire company. It helps address ways to encourage positive ways of thinking instead of using negativity or even criticism.

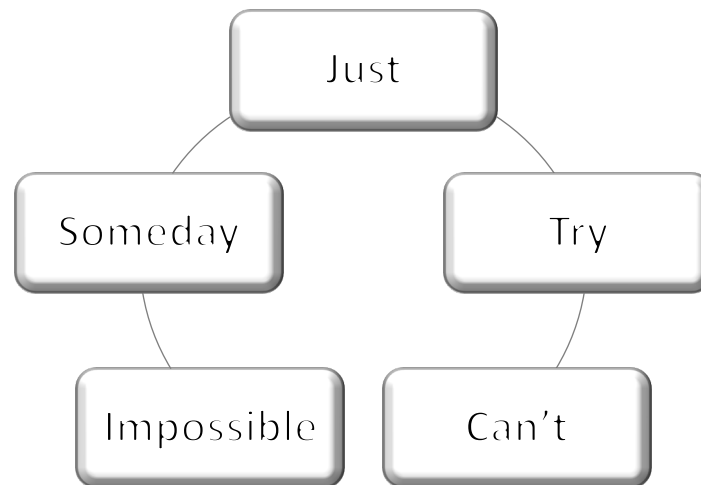
Appreciative Inquiry

- Seeing the Best in People
- Positive Thinking
- Utilizing Strengths
- Valuing Ideas and Opinions
- Generating a Better Future

Changing The Way We Think

One of the simplest ways to relieve stress and feel better about ourselves is to change the way we think about things in our lives. Having a positive attitude allows a person to change their own lives because it shows that they have an understanding of their surroundings and feel confident enough to use them to their advantage. But if we hide behind negative thoughts and allow our environment to make us sad or depressed, we may never have the drive to reach for our goals and ambitions.

Limit or Remove Negative Phrasing



Build Around What Works

- Encourage growth
- Recognize everyone's strengths
- "If it isn't broke, don't fix it."

Shifting From "What's Wrong to What's Right

- Avoid the "all or nothing" thinking – deciding a situation only has two sides.
- Realize the difference between being right and being happy.
- Avoid over-generalizing a situation – focus on details.