

# **Flex-Ability can emerge with context shift**

**Agile-minds must be able to accommodate and adjust to paradox. We must be able to appreciate and flow with both existing and emerging contexts in an ever evolving world. All of these skills are needed in a changing environment:**

<b>Fixed Frames</b>	<b>&amp;</b>	<b>Agile (Flexible) Frames</b>
<b>Closed Questioning</b>	<b>&amp;</b>	<b>Appreciative Inquiry</b>
<b>Mind-Set = Fixed</b>	<b>&amp;</b>	<b>Mind-ful = Agile</b>
<b>Problem solving</b>	<b>&amp;</b>	<b>Possibilities Thinking</b>
<b>Distant Relations</b>	<b>&amp;</b>	<b>Trust in Relationships</b>
<b>Judging closes minds</b>	<b>&amp;</b>	<b>Learning opens possibilities</b>
<b>Discussion = Sides</b>	<b>&amp;</b>	<b>Dialogue = Circles</b>
<b>Either/Or, or Yes/But!</b>	<b>&amp;</b>	<b>Both/And! or Yes/And!</b>
<b>Fragmented Vision</b>	<b>&amp;</b>	<b>Vision Shared</b>
<b>Separate Identity</b>	<b>&amp;</b>	<b>Identity in Common</b>
<b>Withhold Information</b>	<b>&amp;</b>	<b>Share information</b>

# **A Flexible Context**

**In a rapidly changing world, the context is always emerging. Humans are learning to become more agile by flexing their thinking. People are paying attention to a flexible context because it clarifies that the world around us is in continual motion and we must be prepared to deal with daily changes. With that understanding people are able to focus their attention on creating a proactive engagement in some preferred activities. As humans focus attention they can achieve more. People who feel adaptive and agile in thought - thrive!**

**Agile-Enterprise attends to a flexible context because it is a core factor impacting our thinking agility everyday. This is a reality that happens to all of us whether we understand it or not. The context is shifting around all of us right now!**

**Traditional management systems and people's conditioned thinking are based on a belief that things are stable, predictable and unchanging. Today's world isn't like that at all. This is why workers today find it is so difficult to understand how, where and why things are moving so quickly. People are trained to see things as fixed and unchanging. Awareness of a flexible context can help create options.**

**We are now living on the edge-of-change yet most of us do not realize what happens as things continually emerge around us. Panic, anxiety and resistance to change are often the result. We can develop essential skills for understanding life and thriving in today's world by paying attention to context. If we are able to also flex the context, we can better cope with life, moving on to achieve great things. People who learn to adapt can begin to thrive in an evolving environment.**

**Context flexing is becoming an essential skill because the existing conditions are always in flux and ever-changing. While the current environment is always emerging, people must be agile and able to continually reframe or adapt within the evolving context to be able to understand what is happening around them.**

**We can be mindful and develop this skill of flexing the context when we learn to:**

- 1) be aware, think about and notice the surrounding context in motion**
- 2) try to keep pace with environmental shifts – practice flex thinking**
- 3) continuously explore options and fresh possibilities and adapt as needed**
- 4) anticipate a direction and notice the flow of coming patterns and trends**
- 5) consciously shift attention patterns to future possibilities**
- 6) refocus your thinking along with the emerging context and**
- 7) flow and flex within and between moves as traditional ideas diminish and new thinking patterns emerge.**

# Agile-Thinking

**We can learn to flex the context, develop core skills and open up new possibilities for agile-thinking by paying attention to many of these conditions in daily life situations:**

<b>Co-existing</b>	<b>&amp;</b>	<b>Co-creating</b>
<b>Connecting</b>	<b>&amp;</b>	<b>Trusting</b>
<b>Inquiring</b>	<b>&amp;</b>	<b>Appreciating</b>
<b>Dialoging</b>	<b>&amp;</b>	<b>Learning</b>
<b>Listening</b>	<b>&amp;</b>	<b>Responding</b>
<b>Collaborating</b>	<b>&amp;</b>	<b>Relating</b>
<b>Thinking</b>	<b>&amp;</b>	<b>Feeling</b>
<b>Exploring</b>	<b>&amp;</b>	<b>Dreaming</b>
<b>FleXing</b>	<b>&amp;</b>	<b>Adapting</b>
<b>Becoming</b>	<b>&amp;</b>	<b>Being agile!</b>

## **\*\* Assumptions of Appreciative Inquiry (can help us understand how a context can flex)**

**What ever you pay attention to -- GROWS!  
(change can be both positive and/or negative)**

**Expectations shape our perceptions of reality**

**Reality is created in the moment  
and we each have our own.**

**Attention density (reinforcing of attention patterns)  
can result in changes that can emerge as a new identity.**

**In every society, organization, or group,  
something works.**

**The act of asking questions of an organization or group  
influences the group in some way.**

**People have more confidence and comfort  
with change and a journey to the future (the unknown)  
when they are free to carry forward  
parts of the past (the unknown).**

**If we carry parts of the past forward,  
they should be what is best about the past  
(focused on our strengths).**

**It is important to value both similarities and differences.**

**New terms and language can open up fresh thinking**

\*\*Adapted from: "The Thin Book of Appreciative Inquiry" by Sue Hammond  
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