

F.U.R.P.A. Follow-Up Reinforcement Practical Application

What?

...So What?

...Now What?...

There are those who
learn deeply, and
effect change with
greater impact, speed
and effectiveness – at
a lower cost...

What do they do?

A.R.I.A. (NeuroLeadership Institute)

Awareness: *What?*

- *What is happening here* that is most interesting, relevant, disturbing – to you?
- What is most capturing your attention?
- **Pay attention to what you are drawn to...and follow that...**
- **Where attention goes, energy follows...**

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Reflection: *So What?*

- *So what* about what you've been most aware of?
- What is significant, meaningful, relevant – to you – about what you're noticing?

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Insights: *So What?*

- Based upon what you're most paying attention to...what is most charged about that?
- What are the implications of what you're becoming aware of?
- What is becoming more clear...more interesting...?
- What higher-order questions are now asking to be explored?

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Actions: - *Now What?*

- What actions does this lead you to take?
- How can you *simply get started well*: What small, seemingly insignificant but very essential actions might you take from here, to bring your awareness, reflections and insights...to life?

What can you do to learn deeply, and effect change with greater impact, speed and effectiveness – at a lower cost?

Adopt a Brain-Friendly Approach:

- Optimize Learning
- Advance Change