

High Wire - Personal Leadership

Objective

To explore and validate the risks and rewards of taking a challenge.

Teaching Point

Practising exploring and validating the risks and rewards of any challenge can both motivate and help us calculate the feasibility of success. It also gives us the confidence we need to take risks with a greater understanding of how to overcome all the possible obstacles and dissolve unnecessary fear of going into new territory. In this activity we are embracing Robert Dilts' Theory of Neurological Levels as a way of exploring risks.

Directions

This activity can be conducted by an individual or a group (just change the language as required). Download 'High Wire Exploration Sheet' and 'The Obstacles' from www.digital.cafestylespeedtraining.com. Choose a volunteer who has a challenge that they are concerned or uncertain about and would like to explore. That person is The Challenger.

1. The facilitator lays out the Obstacle cards and the Challenge Card on the floor in a line about 1-2 feet apart, in the following order Environment, Behaviour, Skills & Capabilities, Beliefs, Values, Identity, Challenge.
2. The Challenger stands at the front of the first Obstacle (Environment).
3. The facilitator begins the activity by asking The Challenger the 'Validation Questions' from the High Wire Exploration Sheet.
4. The Challenger steps onto that Obstacle.
5. The facilitator then asks the relevant questions from the High Wire Exploration Sheet, giving time to them to process the question and think about their answers if need be.
6. Once The Challenger is satisfied that they have fully explored that Obstacle, the facilitator moves them on and repeats as above through all of the Obstacles in the line.
7. They may move back and forth exploring further should they need to before finally stepping on to the Challenge card.
8. Once all of the Obstacles have been explored, the facilitator asks The Challenger 'Given all of the information you have available to you now, when you are ready, step into the Challenge'.
9. Once The Challenger is standing on the Challenge card, the facilitator asks them 'What is different about the challenge for you now?'

Obstacles - High Wire



Identity

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Obstacles - High Wire

A silhouette of an elephant standing on a rocky ledge against a blue background. The elephant is facing left, with its trunk hanging down. The rock it stands on is textured and appears to be part of a cliff or a high wire structure. The overall scene is set against a gradient blue background.

Behaviour

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Obstacles - High Wire

VALUES

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Obstacles - High Wire

An aerial view of a high wire obstacle course. Several jets are flying over a series of blue and purple obstacles, leaving white smoke trails. The jets are positioned at various heights and angles, suggesting a complex and challenging course. The background is a clear blue sky.

Skills & Capabilities

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Obstacles - High Wire

A close-up, high-contrast photograph of a tiger's face. The tiger's eyes are a striking yellow, and its fur is a mix of black, orange, and white stripes. The word "BELIEFS" is written in large, bold, white capital letters across the center of the tiger's face.

BELIEFS

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Obstacles - High Wire

A painting depicting a high wire obstacle course. A large, light-colored rock formation dominates the center, with a dark, silhouetted figure of a person walking across a thin wire on top. To the left, a green tree stands against a blue sky. The foreground shows a wooden fence and a dirt path. The overall style is impressionistic with visible brushstrokes.

ENVIRONMENT

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Obstacles - High Wire

CHALLENGE

A person is walking a tightrope high above a large, powerful waterfall. The scene is captured in a high-angle, low-light setting, emphasizing the scale and danger of the challenge. The water of the waterfall is dark and turbulent, contrasting with the bright sky. The tightrope is a thin, dark line stretching across the frame, with the person positioned near the center. The overall mood is one of intense focus and risk-taking.

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High Wire Exploration Sheet

Validating the risk of the challenge

1. What's the challenge?
2. Is it a challenge that you want to own or need to own?
3. What does the best outcome of the challenge look / feel like?
4. Do you have a plan / need a plan?
5. Do you have a plan B / need a plan B?

1. Environment

- Does the current environment support the challenge?
- If not, what needs to change in the environment to ensure it does support the challenge?
- Are you satisfied and ready to move on now?

2. Behaviour

- Does your current behaviour / habits support this challenge?
- If not, what new behaviours / habits do you need to adopt / practice to support the challenge?
- Who else's behaviour do you need to rely on to support this challenge?
- If somebody/s else, does their current behaviour support this challenge?
- If no, what needs to happen to change it?
- Are you satisfied and ready to move on now?

3. Skills and capability

- What skills and capabilities do you bring to this challenge?
- What other skills and capabilities do you need to acquire in order to ensure the success of the challenge?

- How are you going to acquire them (personally or enlisting others).
- Are you satisfied and ready to move on now?

4. Beliefs

- Do you believe that you can succeed at this challenge?
- If not, what do you believe that could prevent you from succeeding at this challenge?
- What useful beliefs could you adopt that would assist you in succeeding with this challenge?
- Are you satisfied and ready to move on now?

5. Values

- What is important to you about this challenge?
- And...what is important about that?
- How does the success of this challenge impact on yourself or others?
- How comfortable does this challenge sit with your personal values?
- Are you satisfied and ready to move on now?

6. Identity

- By taking on the responsibility for the success of this challenge, what does / will this say about you as a person?
- By taking on the responsibility for the success of this challenge, what will other significant people think about you?
- When you have successfully completed this challenge, what will this say about you?
- When you have successfully completed this challenge, what will other significant people think about you?