



Balanced Wisdom: The Art of Decision Making

In today's world, we often experiencing an 'information overload' and a multiplicity of choices which can hinder our decision-making process.

Evidence of how difficult decision making has become is everywhere in our professional and private lives. Practical wisdom, one of the critical areas of human life, is required to deal with this challenge.

Many different techniques of decision making have been developed, ranging from simple rules of thumb, to extremely complex procedures. The method used depends on the nature of the decision to be made and how complex it is.

Balanced Wisdom: The Art of Decision Making workshop is designed to introduce you to one particular framework that you may find helpful both in your professional and personal life.

This **half-day workshop** will be delivered by Zoryna O'Donnell, MBA, FInstLM - an experienced trainer, coach, mentor and a Master Practitioner of Neuro-Linguistic Programming (NLP).

The workshop will cover the following key elements:

- ✓ Judgement as practical wisdom
- ✓ Kinds of judgements
- ✓ Unconscious bias
- ✓ The attitude of wisdom
- ✓ The Balance Theory of Wisdom
- ✓ Decision making process:
 - Framing the problem/issue
 - Identifying possible options/solutions
 - Gathering information (and knowing when to stop)
 - Weighting up the risks involved
 - Weighting pros and cons
 - Making decision
 - Taking advantage of 'redo loops'

The workshop will equip you with some core knowledge, skills and tools required for making better decisions in your professional and personal life.

Breakthrough Skills Programme™ for Women Discounted Fee - £40+VAT per person.

Standard Fee: £80+VAT per person for open access workshops.

Contact us for information about the dates and venues and to book your place:

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