

INVITECHANGE PRESENTS...

BE.  
CHOOSE.  
CAUSE.

LEAD WELL  
DO GOOD  
DRIVE CHANGE

VIRTUAL CONFERENCE

SEPT. 9-11, 2020

 invite CHANGE.  
Be. Choose. Cause.

[WWW.BECHOUSECAUSE.COM](http://WWW.BECHOUSECAUSE.COM)



@BECHOUSECAUSE

# De-Cluttering: Creating Space for a Cause

Ingrid Pope

Creating Space

11<sup>th</sup> September 2020

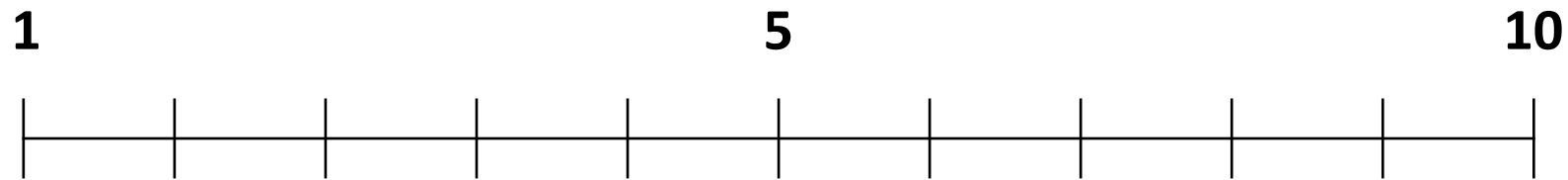
# CCEU code: part 1

Core Competencies covered (from updated ICF Model):

- 5. Maintains presence
- 7. Evokes awareness
- 8. Facilitates client growth

# Setting the scene

How cluttered are you right now?



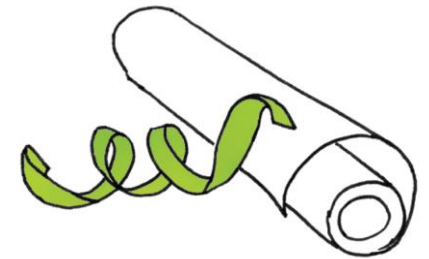
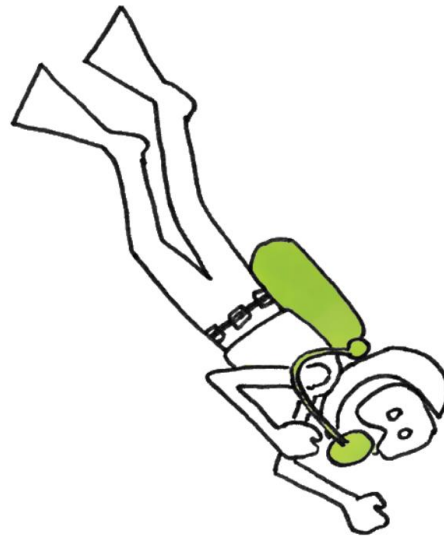
it's all under control

I'm drowning in it



Let's take a moment.

# What we'll be doing today



# How my de-cluttering path came about

- I have always had an interest in organizing
- 16 years in corporate IT
- Our ever-changing and faster spinning world
- My coaching practice and on-going research

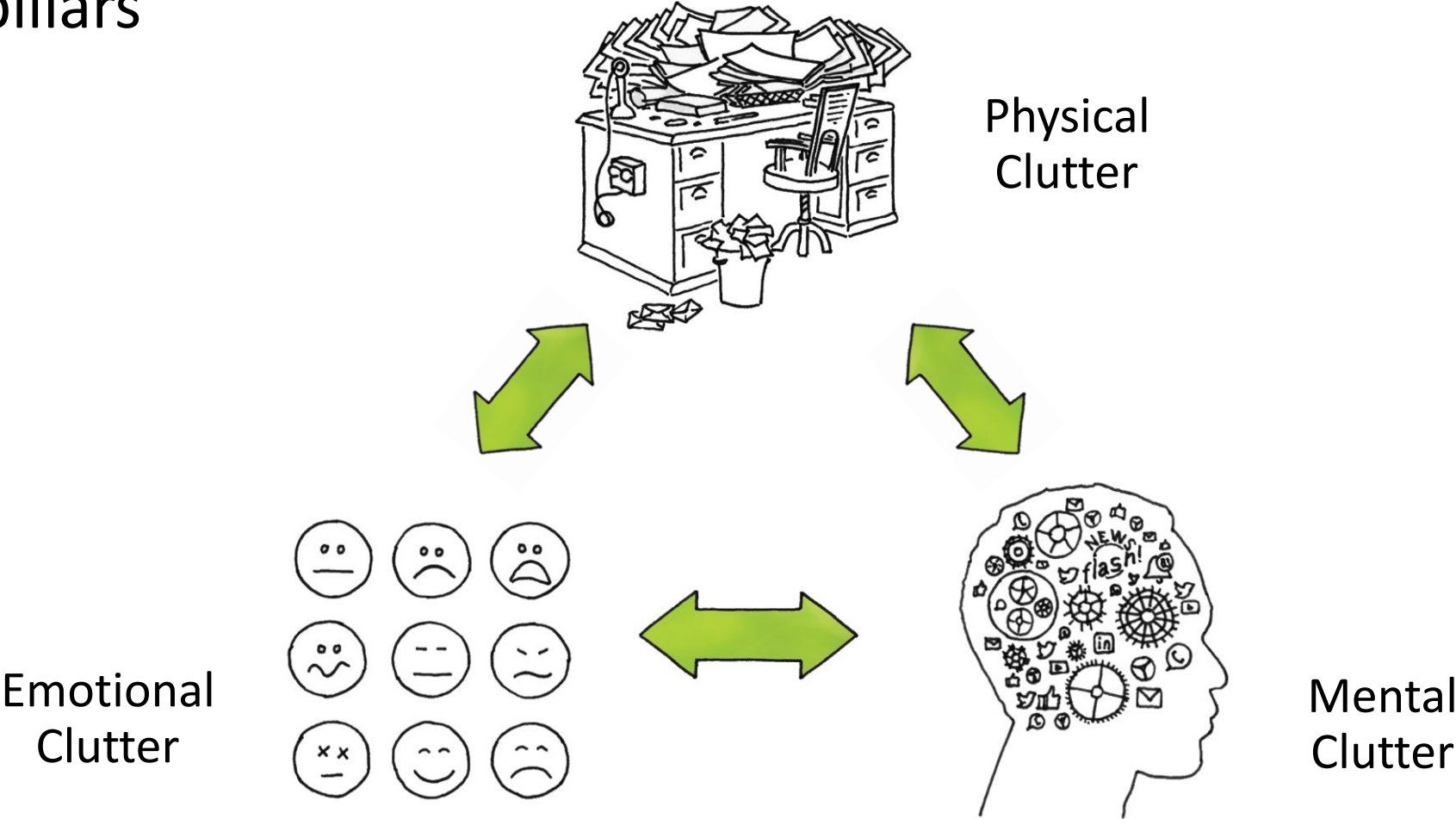


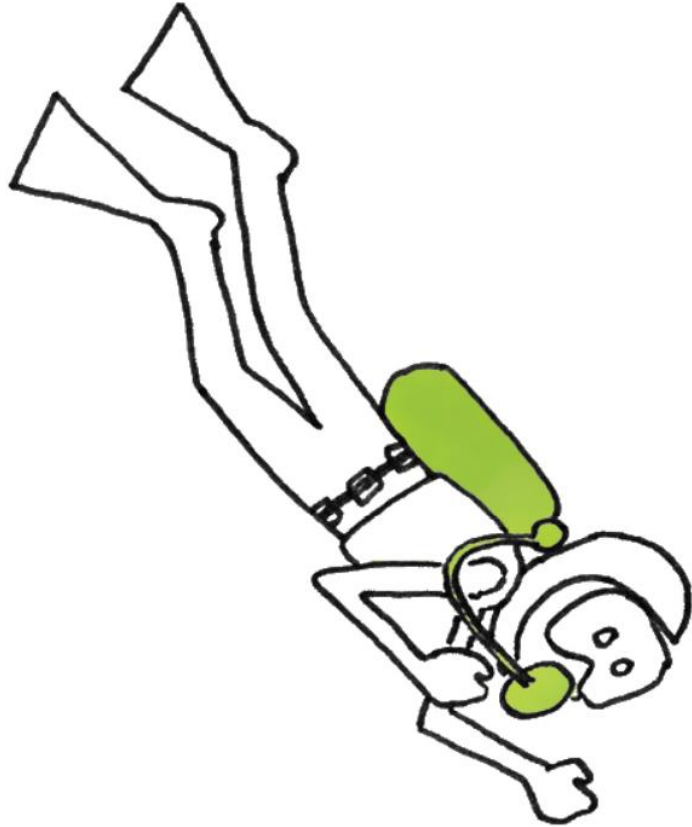
What happens for you when you see this?





# The 3 pillars





## Deep dive: Mental clutter and our finite resources

# Mental clutter and our finite resources

“Every **status update** you read on facebook, every **tweet** or **text message** you get from a friend, is competing for **resources** in your brain with **important things** like whether to put your **savings** in stocks or bonds, or how to best **reconcile** with a close friend you just had an argument with.”

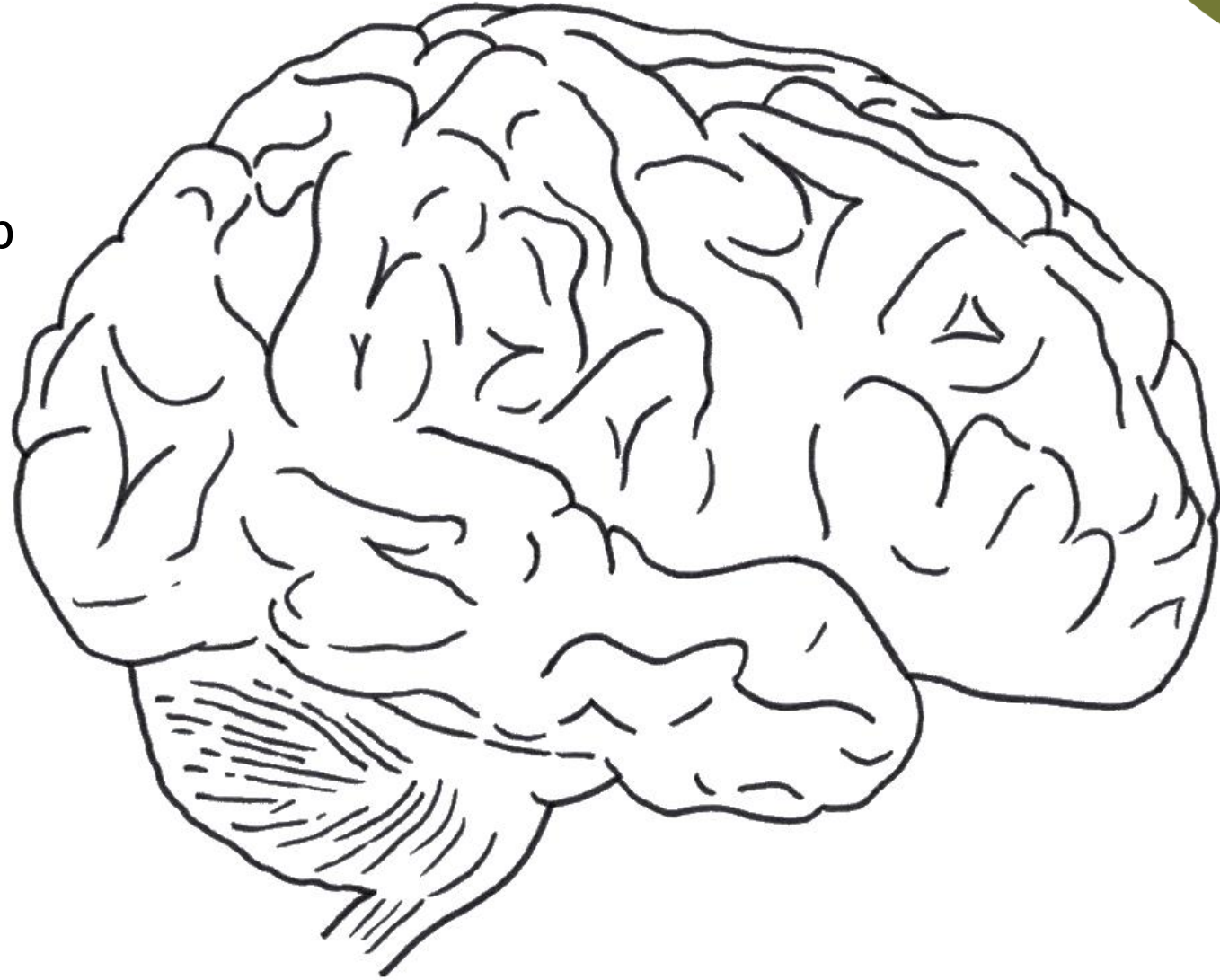
Daniel Levitin





## The Brain SPA

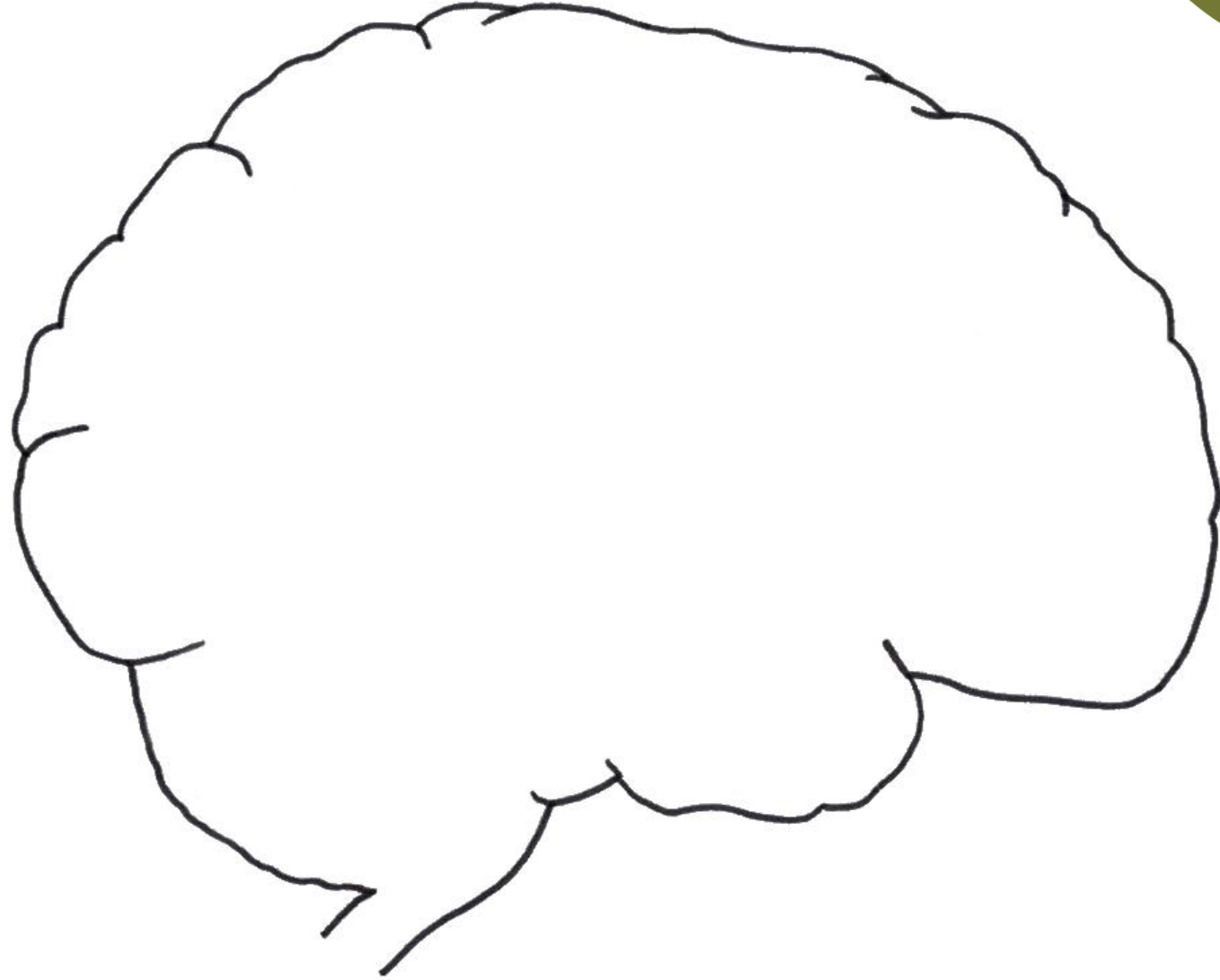
- I developed a 5-step de-cluttering method
- we will cover the first 3 steps





# The Brain SPA

1. **S**urvey





# The Brain SPA

1. **S**urvey

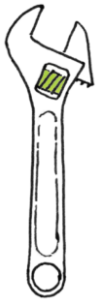




# The Brain SPA

## 1. Survey





# The Brain SPA

## 1. Survey

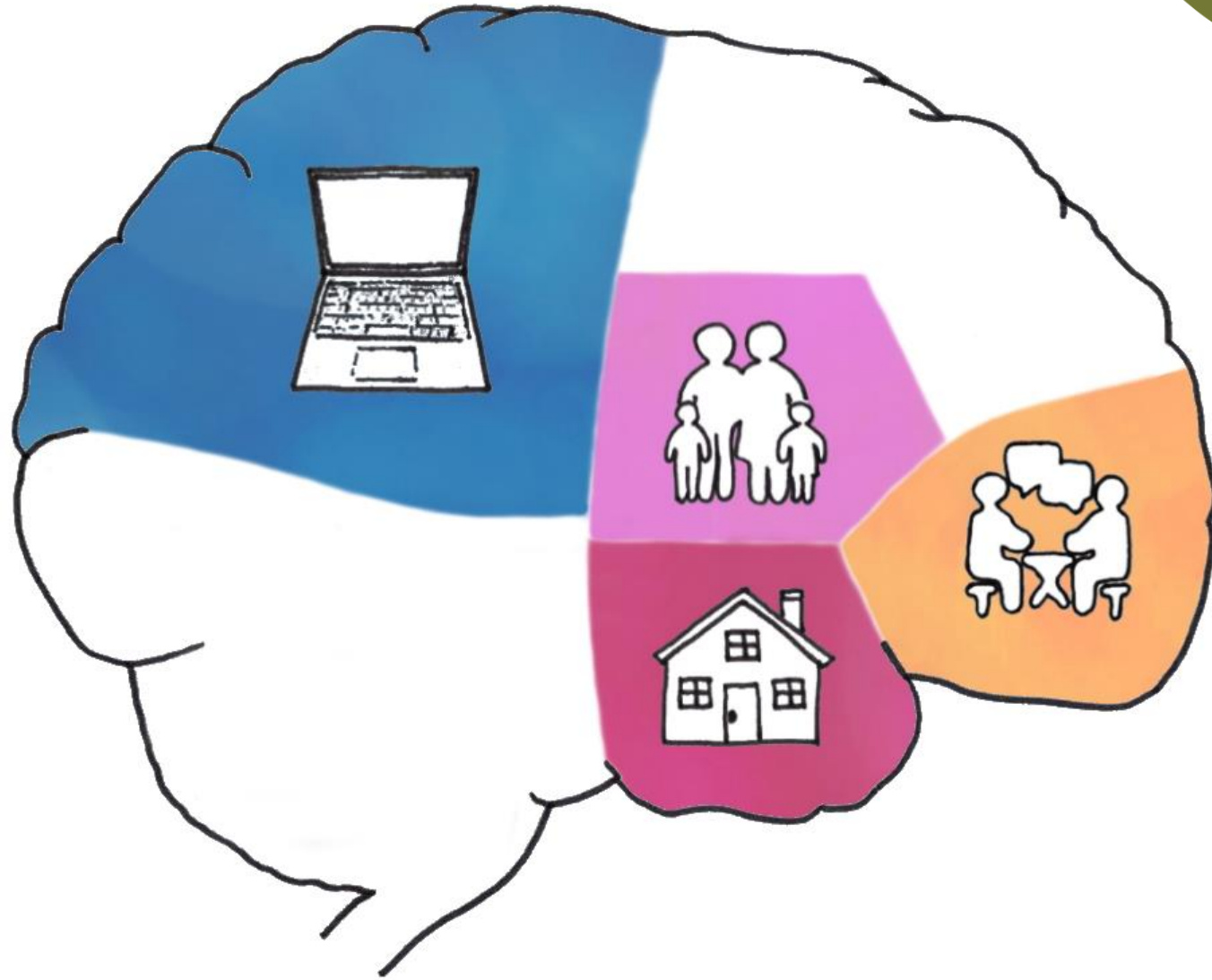


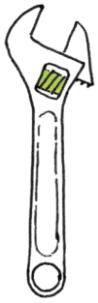




# The Brain SPA

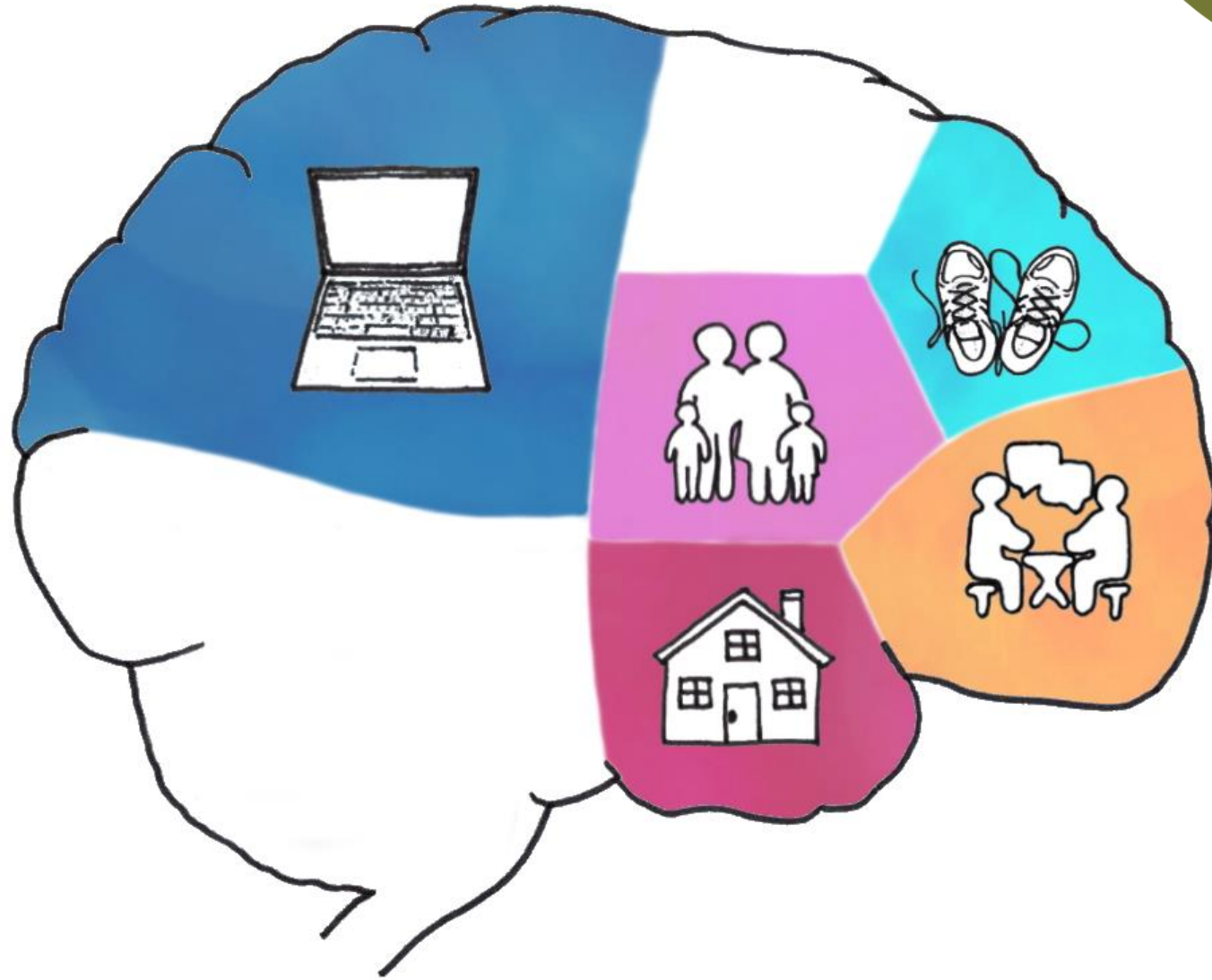
## 1. Survey

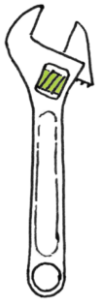




# The Brain SPA

## 1. Survey





# The Brain SPA

## 1. Survey

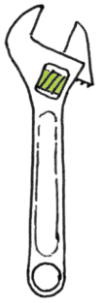




# The Brain SPA

## 1. Survey





# The Brain SPA

## 1. Survey

- What are the different areas currently in your mental landscape?

(write these down for yourself)





# The Brain SPA

1. **S**urvey
2. **P**lan

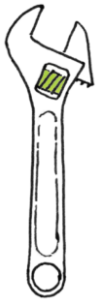




# The Brain SPA

1. **S**urvey
2. **P**lan

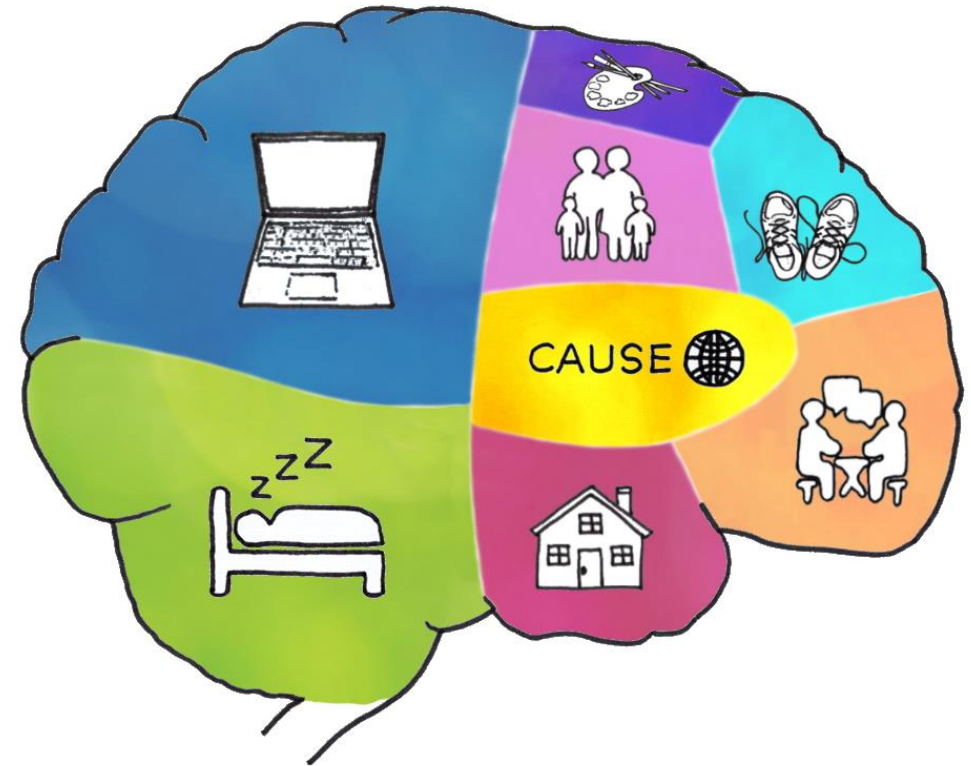




# The Brain SPA

1. **S**urvey
2. **P**lan
  - How could your landscape be re-arranged to create space for a cause?

(discuss in a break-out room)







# The Brain SPA

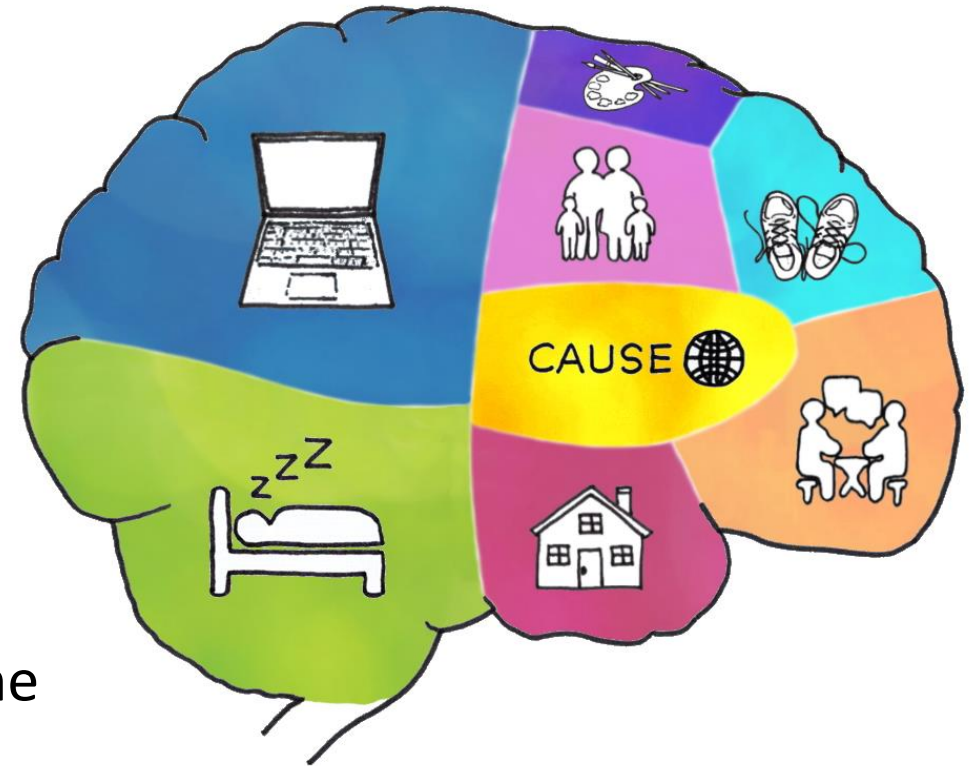
1. **S**urvey

2. **P**lan

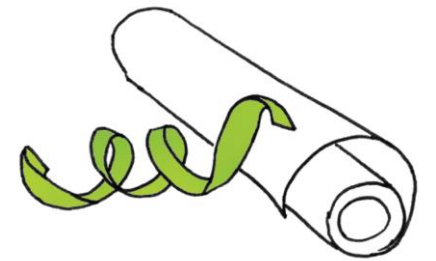
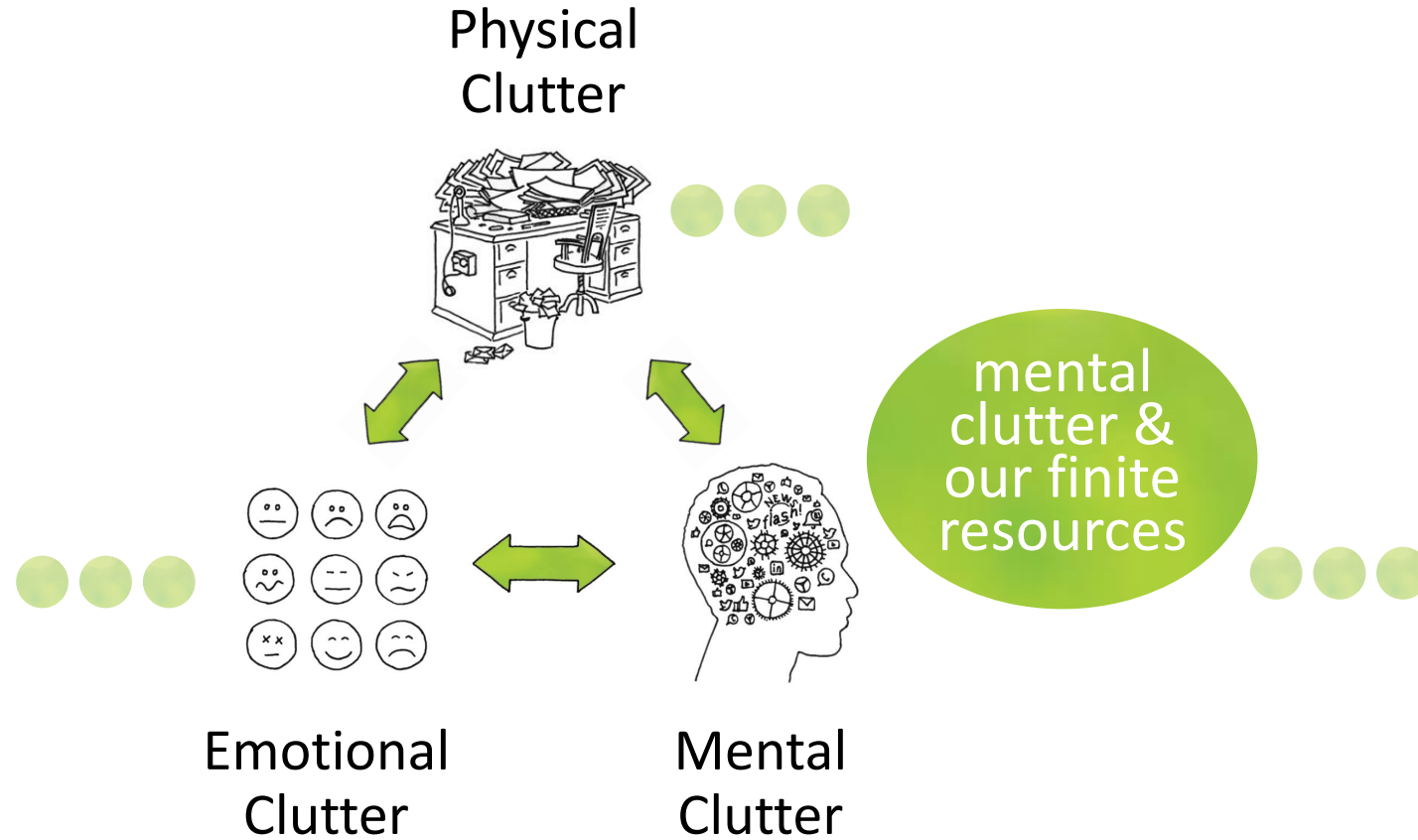
3. **A**ct

- What will you do next to create some space for a cause?
- Who do you need to discuss/agree this with?

(self-reflection)



# Wrap-up: The 3 pillars



CCEU code: part 2



# Ingrid Pope

[ingrid@creatingspacecoaching.co.uk](mailto:ingrid@creatingspacecoaching.co.uk)

[creatingspacecoaching.co.uk](http://creatingspacecoaching.co.uk)