

3 challenges 4 us

o3 innovative organisations
healthy organisations
conscious organisations

1ST. challenge: the path of play and enjoyment Open Mind, beliefs, creativity and innovation

9 capacities, 9 weeks.



Open Mind
curiosity

2nd challenge: the way of the heart Open Heart, emotions and passions, empathy and love, healthy people, healthy organisations

9 capacities, 9 weeks



Open Heart
empathy

3rd. challenge: the path of consciousness, Open Will, values, courage and beyond, conscious people and organisations

9 capacities, 9 weeks.



Open Will
courage



a programme to accompany integral personal development (wholeness), so that all of us can apply our creativity and generate health in our environment, from the continuum of evolution of consciousness.

workload per week, from 9 to 15 minutes

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day 1, Monday, shared capacity, 3 - 5'.

day 2, tuesday, a picture of the ideal world, 3 - 5'.

day 3, wednesday, a personal world picture, 3 - 5'.

día 4, jueves, una acción voluntaria en el entorno laboral, 3 – 5'

day 5, friday, a voluntary action in the personal environment, 3 - 5'.

repetition schedule (in blocks of 4 weeks)



week 1, 5 days: challenge 1, the path of play and enjoyment

week 2, 5 days: challenge 2, the way of the heart

week 3, 5 days: challenge 3, the path of consciousness

week 4, 5 days: 3 challenges 4 us (integration)

duration of a programme of 3 challenges 4 us:

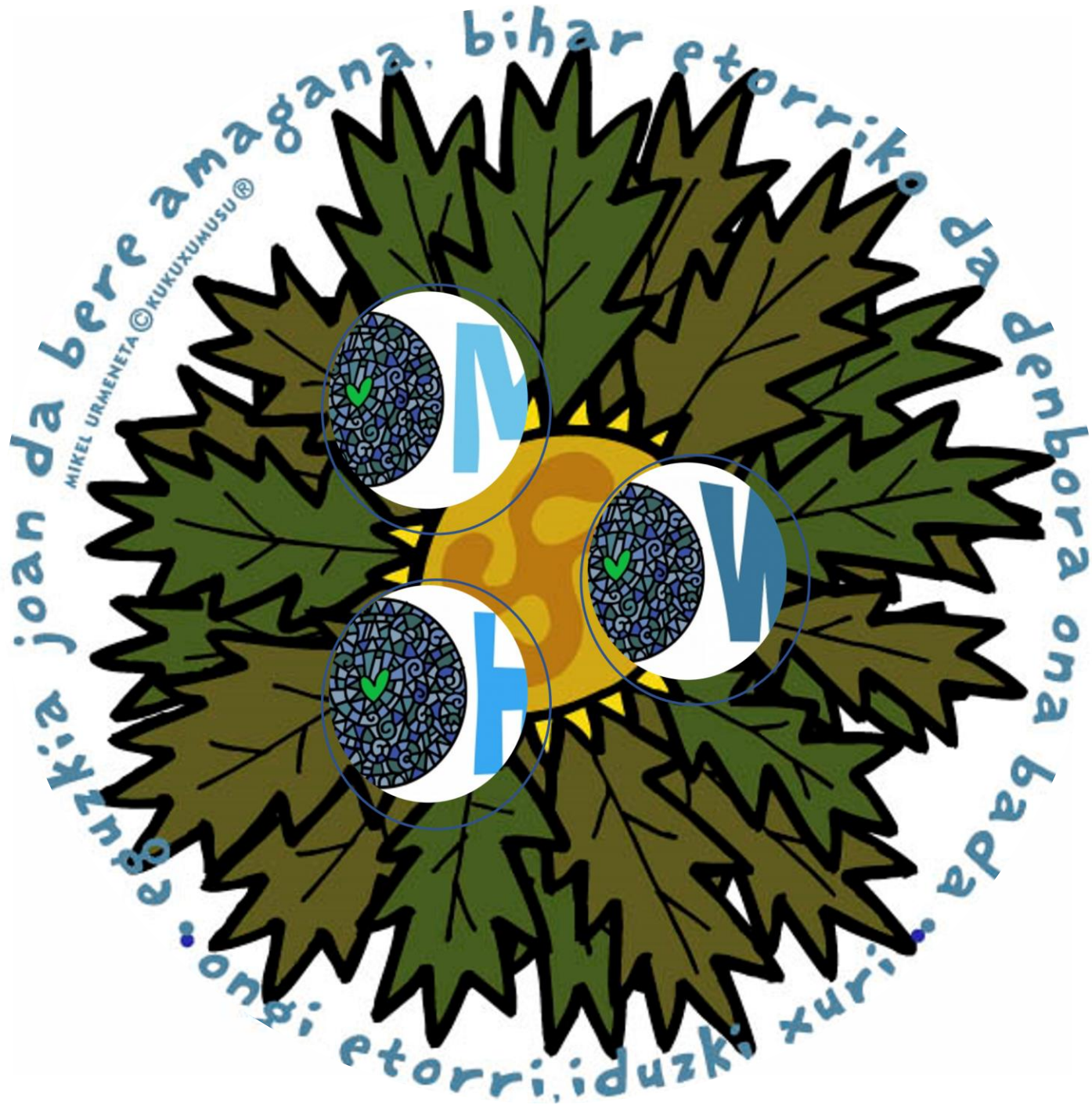
9 capacities * 4 weeks / block = 36 weeks

3 retos 4 us

3 challenges 4 us

repetition schedule
(in blocks of 4 weeks)

03 innovative organisations
healthy organisations
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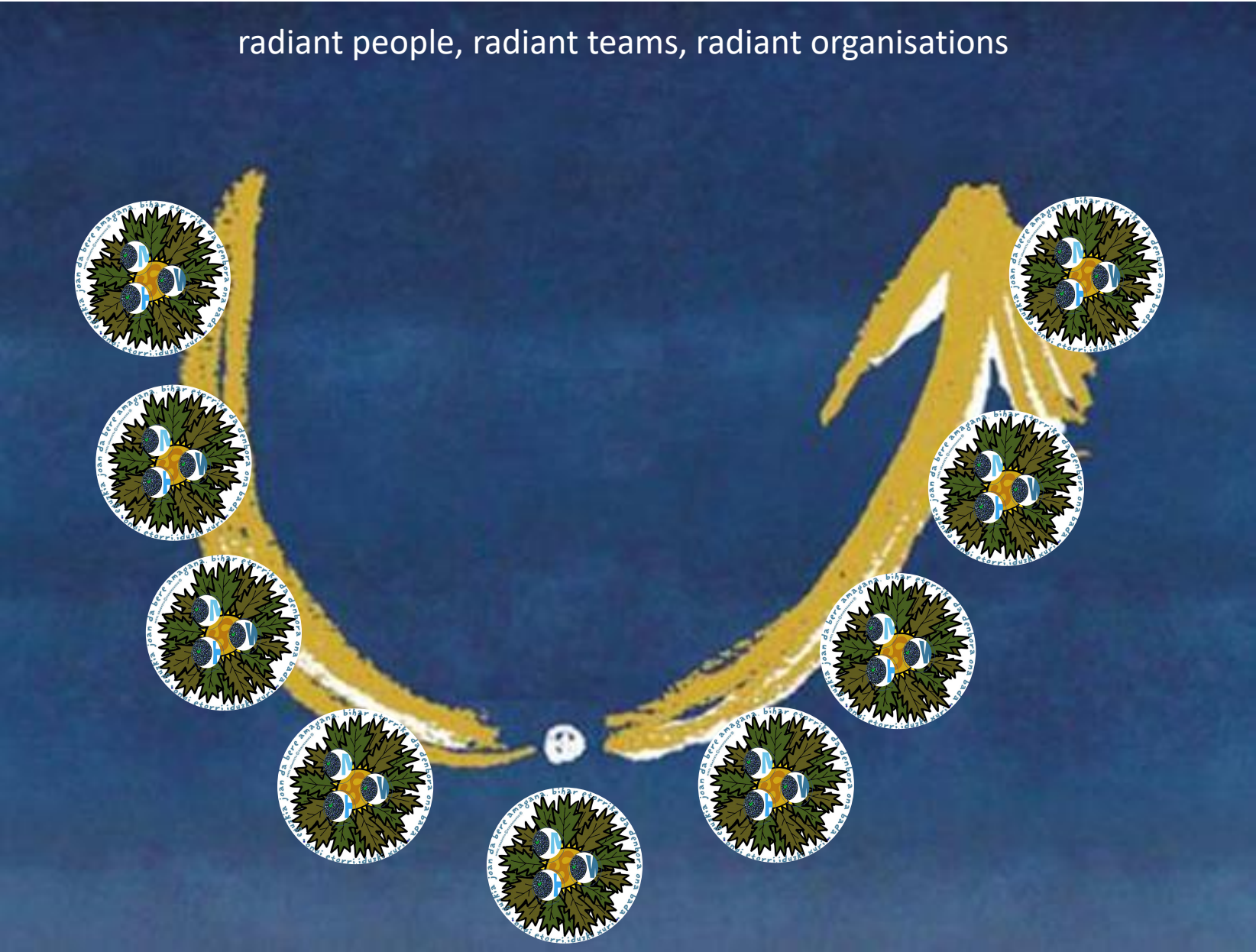


3 challenges 4 us

to complete a journey
(9 blocks of 4 weeks)

o3 innovative organisations
healthy organisations
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radiant people, radiant teams, radiant organisations

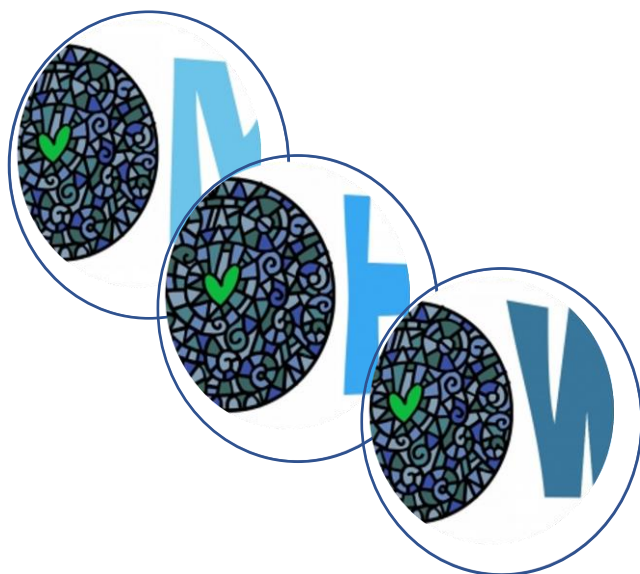


Challenges4us basics

a programme to accompany integral personal development (wholeness),
so that all of us can apply our creativity and generate health in our
environment, from the continuum of evolution of consciousness.



Theory U, the work of Otto Scharmer, shares 3 necessary openings for the positive development of people, teams and organisations and the eco-systems they form. It is launched worldwide by M.I.T., the presencing institute and the edX educational platform, in a MOOC initially called "transforming Business, Society & Self"



Open Mind
curiosity

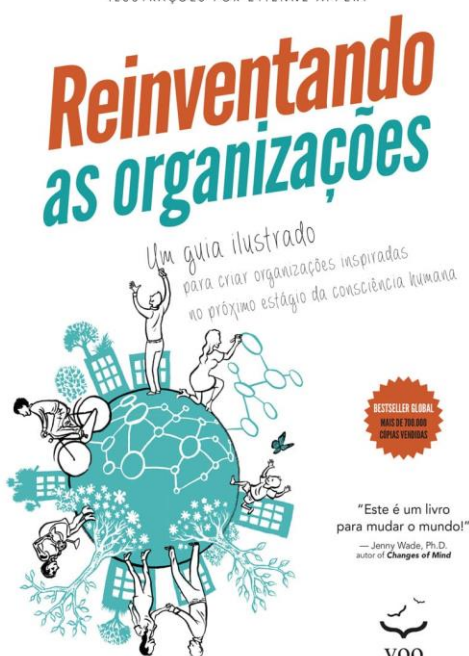
Open Heart
empathy

Open Will
courage

basics

Challenges4us

F R E D E R I C L A L O U X
ILUSTRAÇÕES POR ETIENNE APPERT



personal fulfilment, fostered in work environments, is one of the 3 foundations of TEAL organisations, which together with self-management and the evolutionary development of the purpose of individuals, teams and the organisation, make up Frederic Laloux's Reinventing Organisations.