

1. What is your personal of al ?

Before the proposal to carry out this exercise, I do not know « Appreciative Inquiry ». For me, this theory seems in the first place to be a means of marketing based on the assumption that the questions we ask will tend to focus our attention in a particular direction.

I think I am someone with idealistic ideas, but who can be pessimistic depending on the situation. Being pessimistic allows me to develop my ideas and make them stronger. I am a determined person who knows where I want to go. It allows me to stimulate new ideas and new projects.

2. What are the principales of al ?

There are five original principles of Appreciative Inquiry :

- The constructionist Principle : *It is the idea that we have of the environment in which we are (identity-reality link). There would be a reality built through language and the way others look at us. There is no absolute truth.*
- The Poetic Principle : *Choices are never neutral, social systems are filled with emotions (lifelong learning). Choices can have important implications.*
- The Simultaneity Principle : *Words are there to inspire others. Change is made for those who are close to change. We must continue to discover feelings and become aware of the impact of words which goes beyond the words themselves.*
- The Anticipatory Principle : *The image of today is shaped by the image of tomorrow. Positioning of a horizon made of waiting. Always see the bright side.*
- The Positive Principle : *Take into account that lasting change requires a positive effect and social ties. Also promotes strong bonds and relationships between people (especially during conflicts)*

3. How can al be implemented ?

The implementation of « Appreciative Inquiry » seems to be an interesting strategy. « Appreciative Inquiry » is used in organizational development and as an advisory tool to try to bring about strategic change. Applied in businesses, healthcare organizations, not-for-profit social organizations, ... « Appreciative Inquiry » has been used in business process modeling to obtain information about the current state and desired future state of an organization.

4. Do you think AI is useful in elite sport ?

For me; The answer is yes, « Appreciative Inquiry » can also be useful in elite sport. In high performance sport, athletes are always on the lookout to develop their defective spirit to be able to continuously develop their physical strength (mental preparation). Regardless of sports, relationships are at the center of sport (A lot of discussion between athletes and their staff).

5. Words related to AI

Leadership

Organization

Focus

Positive

Project

Strengths

Corporation

Step by step

Objectives

Future

Exchange

Progression

Feeling

Choice