





Avoiding Tension → Pressing Tension

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man health organizations, important to ignore.

When you process a tension, you grow and adapt, the tension disappears. **Tensions are at the root of healthy change.**

Healthy people and dogs have reliable ways to prevent tension.

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Everyone is bubbling with tensions all the time.

In an unhealthy organizations, important tensions go ignored.

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Healthy people and orgs have reliable ways to process tensions.



SERVING A PURPOSE VS. DOING A JOB

KEY SHIFTS