





Avoiding Tension → Pressing Tension

Anything you notice in your world that could be better is a Tension.

Everyone is bubbling with tension all the time.

Human health organizations, important ones ignored.

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

Healthy people and orgs have reliable ways to process tensions.

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In an unhealthy organizations, important tensions go ignored.

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SERVING A PURPOSE VS. DOING A JOB

KEY SHIFTS