



**VALUE THE INVISIBLE.
YOUR LEADERSHIP WILL THRIVE.**

**IGL Community Event - August 4, 2022
Hosted by Bruce Wilhelm - Boldly Living Leadership**

**A Group Empty Box Experience to Explore
WOOP - Wishes, Outcome, Obstacles & Plans**

Our dreams, wishes, goals many times ignite from positive thinking. However, positive thinking alone doesn't always produce the results we want.

We will introduce you to a technique developed by Professor Gabriele Oettingen called WOOP. The WOOP practice adds cognitive tools such as mental contrasting to your process to build conscious and unconscious bridges between your goal and the desired outcome.

This guided Empty Box Experience will give you new (formally invisible) tools to look at your goals and your behavior to help you create a more clear path to success.

Gabriele Oettingen is a professor of psychology at New York University and at the University of Hamburg, Germany. Her research and techniques focus on how people think about the future, and how this impacts cognition, emotion, and behavior.

In your Empty Box Experience you will learn:

- Recognize and create the space between stimulus and response
- Learn how emotional agility can free you from emotional blocks
- Identify roadblocks that stand in the way of manifesting your goals/wishes
- Incorporate the WOOP techniques into your daily life

Dive into the WOOP through our IGL Community Practice:

- Instruction of the 4 components in WOOP
- Breakout rooms to practice WOOP techniques with colleagues
- A chance to share what you learned with the whole group

You'll also receive access to an online Google Form that you can use to guide you through the WOOP Practice into your future

An Overview of the “WOOP” MyLife Elements			
What is your Wish? <ul style="list-style-type: none">● Choose an important goal or wish in your life.● Determine a timeline (day, month, other) to realize your goal/wish.	What is the best Outcome: <ul style="list-style-type: none">● How would fulfilling your goal/wish feel like inside your body?● What would fulfilling your goal/wish look like on the outside?	Identify Your Obstacle: <ul style="list-style-type: none">● What internal roadblocks stand in the way of you manifesting your goals/wishes?● What external roadblocks stand in the way of you manifesting your goals/wishes?	Make a Plan: <ul style="list-style-type: none">● What can you do to overcome your obstacle?● Write/state one action you can take or thought you can think to overcome your obstacle.