



**SEE THE
BIGGER
PICTURE**



**BE AWARE OF
YOUR MENTAL
MODEL**



**SEE YOURSELF
IN THE SYSTEM**

**ENGAGE
DIVERSE
PERSPECTIVES**



**LISTEN
DEEPLY**



**QUESTION
ASSUMPTIONS**



**UNCOVER
UNINTENDED
CONSEQUENCES**



**USE VISUAL
MODELLING**



**LOOK FOR
CONNECTIONS
AND PATTERNS**



**REFLECT
REGULARLY**

Systems practices you can do every day

Systems practices develop your ability to better understand and make sense of complex situations, which enables more effective decision making. Applying these practices helps you to see the system, its parts, relationships and dynamics.

Which practice will you apply today?

Engaging in systems practice is an ongoing activity – like a muscle, it continually needs to be exercised. Use these prompts to help you apply systems practices every day.



Step back from the details to **see the bigger picture** and explore what else may be influencing a situation. *What else is going on here?*



Be aware of your mental model and how it influences your perspective and actions. *What beliefs and values inform how I see, engage, and react to this situation?*



See yourself in the system and how you engage, contribute and influence it. *What is my role in this situation? What can I influence?*



Engage diverse perspectives to see a situation from different vantage points. *Who has a different perspective from my own on this situation and how might they see it? Whose voice is not being heard?*



Be present in the moment and **listen deeply**, without trying to 'fix' a problem. *Am I listening or waiting to talk? Am I suspending judgement and criticism? Am I being open to new information?*



Question assumptions to surface what has informed them and to question if they are true. *What assumptions am I making about this situation and how can I test them?*



Uncover unintended consequences before committing to a decision or action. *What else might happen if we do this? What adaptations need to be made as a result?*



Use visual modelling to make sense of, or explain a complex situation, which may reveal new insights. *Can I draw or illustrate this situation with diagrams, metaphors, relationships or symbols?*



Look for connections and relationships between parts to gain new insights about the whole. *Which parts have a connection? What is their relationship? Is there an emerging or reoccurring pattern?*



Reflect regularly on a situation, interpret and give it meaning to draw deeper learning. *What did I intend to happen and what actually happened? What does it tell me about the system? How can I work with this new insight?*



For further information, visit preventioncentre.org.au/resources/learn-about-systems August, 2018

We would like to acknowledge and are grateful for the work of others to identify and develop systems practices. Our practices are drawn both from these existing resources and our own experience working in systems. There are many more practices, but we feel these are the most practical for everyday use.