

## MODULE 2. COACHING TOOLS



### WORKSHEET 10.



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Walt Disney's method involves going through three different stages of thinking:



DREAMER



REALIST



CRITIC

Each of these stages aims to look at a problem or project from different perspectives, which allows for a more complete and creative approach to the task.

### DREAMER



In this phase, allow yourself complete freedom of thought. Your task is to come up with as many creative ideas and solutions as possible. Don't let yourself be held back by any obstacles or limitations.

Describe your ideas and dreams related to solving a problem or implementing a project.

- What would you like to achieve?
- What are your biggest dreams related to this project?
- What new and innovative solutions come to your mind?



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## REALIST



Now move on to the realistic phase. Focus on how you can implement the ideas from the dreamer phase. Include practical matters, resources, time and skills.

Analyze your ideas and plan the specific steps you need to take to implement them.

- What steps do you need to take to implement your ideas?
- What resources do you need?
- What are the realistic deadlines for completing individual stages?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## CRITIC



In this phase, take on the role of the critic. Analyze your ideas and plans from the perspective of potential problems and challenges. Consider what could go wrong and how you can prevent it.

Identify potential risks and difficulties, and propose solutions that can help overcome them.

- What are the potential risks associated with implementing ideas?**
- What could go wrong?**
- What actions can be taken to minimize the risk?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Finally, combine all three perspectives – the Dreamer, the Realist and the Critic – to create a comprehensive and final plan of action.



### COMBINE ALL METHODS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What conclusions did you draw from using Walt Disney's method?