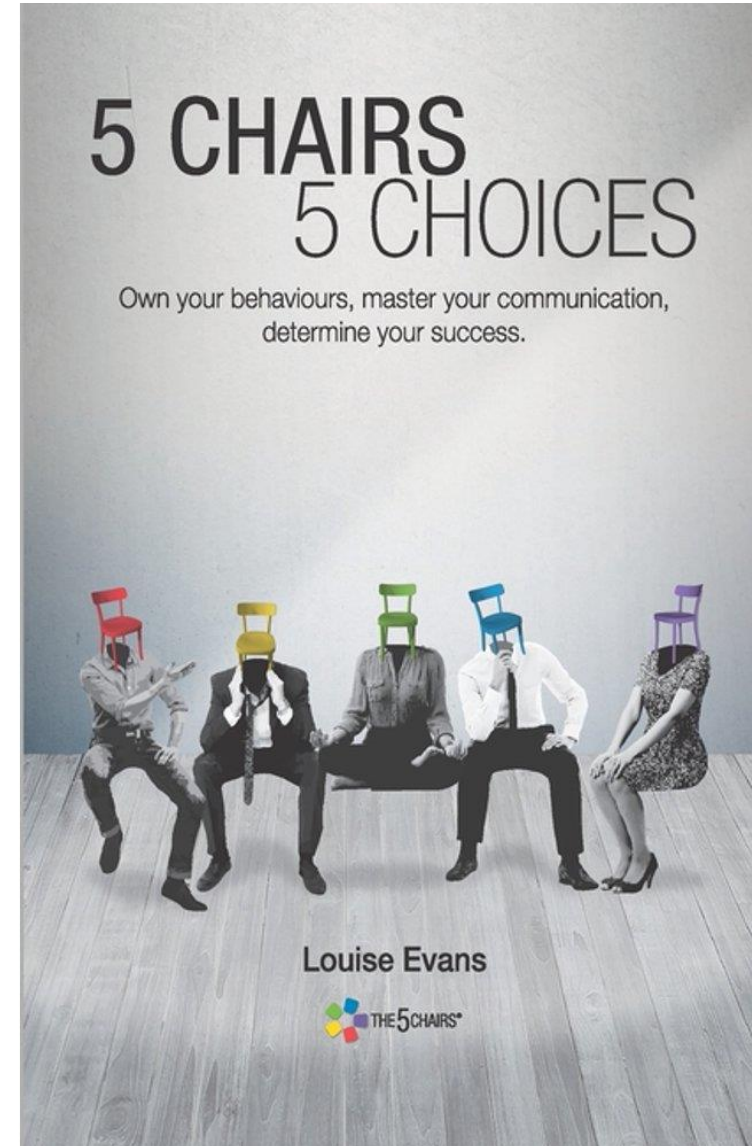


# 5 Chairs and 5 Choices

Based on the Ted talk by Louise Evans

Facilitated by Preeja Sreedhar



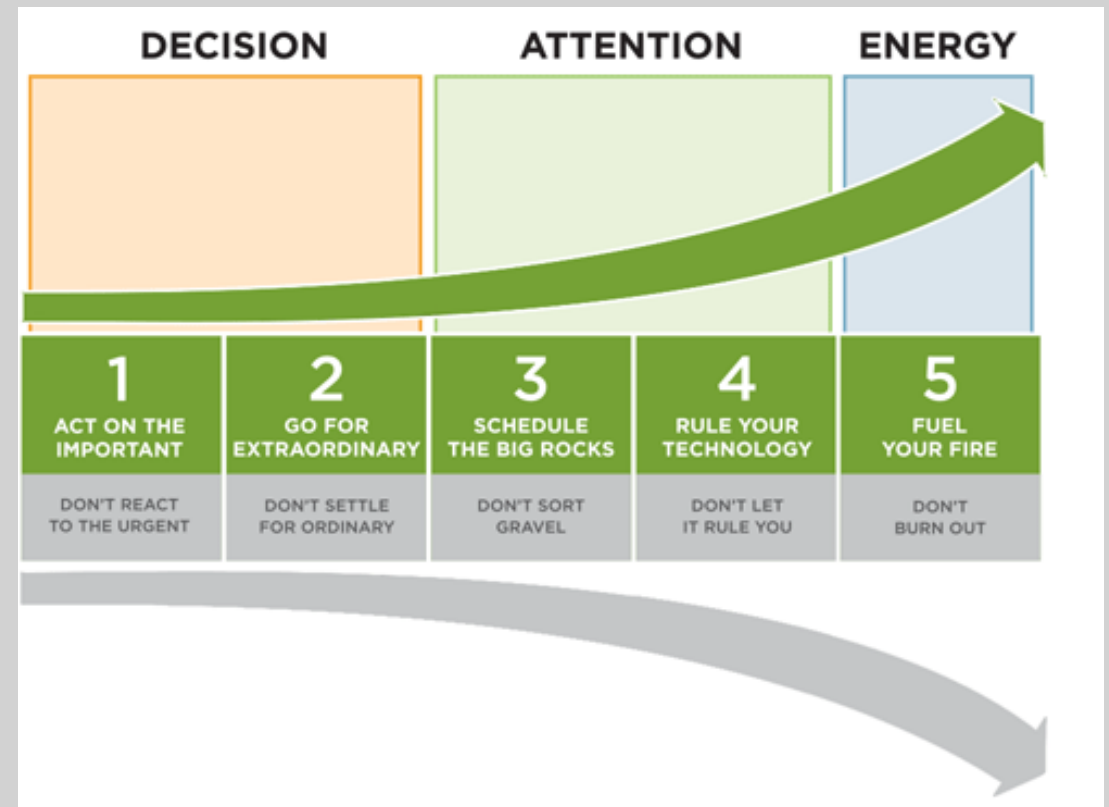


## Introduction and Objective

- The 5 Chairs is a powerful and systematic method which helps us master our own behaviors and manage the behaviors of others. To be a good leader is to contribute to the success and happiness of everyone at work and at home on a conscious level.

# The purpose for this session in today's times

- Discover how that 5 Chairs act as a behavioral compass that teaches to track one's thoughts and feelings at any given moments so we can lead with empathy and make it part of our organization culture



# Introducing the 5 chairs and 5 Choices

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- Red Chair – ATTACK
- The **jackal** chair where we love to blame, complain, punish. Our main aim is to judge. We think that we are right! We see someone and decide we like or dislike without knowing very much. She asks if we could try to spend time with others without a single judgement?

***“The more we judge people the less time we have to love them” – Mother Teresa***



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- Yellow – SELF DOUBT
  - **Hedgehog.** We feel vulnerable and want to protect ourselves, so we judge ourselves. We say we aren't intelligent enough, we have fears of being rejected or disappointed. We feel rejected. We feel that nobody loves us. We don't like to admit to our weakness.

***“The highest form of intelligence is the ability to observe ourselves without judging” [Jiddu Krishnamurti](#)***



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- GREEN – WAIT
  - **Meerkat.** We are mindful, aware, observant, conscious. We consider what we are thinking, we become curious, we are interested. When other people are angry, we wonder why.  
“You have your way, I have my way. As for the right way and the only way, it does not exist.” [Nietzsche](#)



- BLUE – DETECT
- **Dolphin.** We become the detective of ourselves. This is us at the very best of being human. We look at our behaviour. We become self-aware. We know what we want and where we are going. We speak our truth. We are powerful. We grow, we become free. Assertive but not aggressive. ***We can be here for the rest of our lives.***  
***“Knowing yourself is the beginning of all wisdom”.*** [Aristotle](#)



monah Traub

- **The giraffe** has the biggest heart of all land animals, and the longest neck so has the biggest vision. In the purple chair we are displaying **empathy, compassion and understanding**. We listen to people. We hold people in our presence, we care for them. We step into their shoes; understanding them is a great act of generosity.

This is where we look at other perspectives, to embrace other realities, to embrace diversity and become tolerant. We want to know what is important to the other person. We want to stay connected, whatever happens.

***Abraham Lincoln – “I don’t know that man, I must get to know him better.”***





So.....

- *We tend to prefer one of these chairs, we have a default position. Self-development helps us to learn more about who we are and to make conscious choices.*

*We have a choice. We can use the 5 Chairs to improve communication.*

*If we tend to want to choose the red or yellow chair, we can move to the blue or purple chair where we can be more open. If we want to and embrace the journey.*

# Your Challenge on using the 5 Chairs to improve communication

- **To notice your default position, and next time you want to snap, argue or punish ... to stop. think, and see if you can take a different approach.**

We can reflect on questions such as

- What impact am I having on the people around me?
- Am I in control of my emotions, or are they in charge of me?
- Am I willing to have the difficult conversation and call out bad behaviour?
- Am I seeking to be everything I can be?
- What will people say about me when I'm not in the room?

Thank you



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