

## Change Starts With Seeing Systems...

### 5 Tips on Systems Thinking to Reinvent & Rebalance<sup>1</sup>

**#1. See the whole and the parts** — Human beings are Complex Dynamic/Adaptive Systems, just like companies, cities, the economy and others. In analyzing a situation, it helps to understand that in these systems, the whole is bigger than the sum of its parts. So start by identifying what the whole and the parts are. Acknowledging the diversity of stakeholders, including marginalized groups, and their perspectives, may help you develop a better idea of what the situation really is, and what the alternatives are.

**#2. See nonlinear causes instead of linear cause & effect** — Most of us have been trained our whole lives to think linearly. In order to navigate the growing complexity of life, we should be able to balance that kind of thinking with an approach that allows our creative side to run rampant. Instead of just making projections about what the outcome of an action will be, how about welcoming the unknown and allowing thought to flow unhindered for a change, looking for interconnections?

**#3. Balance holistic & analytical reasoning** — Can you master to “zoom out”, observing the larger picture, seeing that every system is part of a larger system, every part is a member of many systems, instead of just “zooming in” and being analytical? The first approach is also called phenomenological, allowing you to observe and map the different systems and include options and insights that may not be so obvious at first sight.

**#4. Examine linkages & interconnections between the elements of the systems** — When we allow ourselves to welcome the unknown and look for interconnections, we start seeing interdependencies, patterns & trends. These elements are usually rooted in structures that derive from the mental models (values, attitudes, beliefs) we hold dear.

**#5. Change starts with acknowledging what is** — Before issuing your judgement, hold it. Why not explore, listen to, observe a situation before diagnosing it? In doing so, we allow ourselves to perceive what emerges from the synergies of the parts interacting together. We are beings of language and reality emerges in conversations. Why not foster conversations that acknowledge what it and leads to building new narratives, especially those conducive to life and regeneration?

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<sup>1</sup> If you liked the tips, follow [Briyah Institute](#) on social media to learn more about how to apply systems thinking to life and to business and embrace your unique leadership journey.

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