MODULE NAME	**: Tetralemma Decision Making (personal and group)**
DURATION	**: 50 min**

THEMES ADDRESSED   **: Decision making and problem solving**

PROFILE OF PARTICIPANTS (AGE AND SIZE OF THE GROUP)
14+ 1 person with a dilemma situation, 1 coach and an audience.

AIM OF THE MODULE
As a thinking tool for b=tter decision-making, the tetralemma method is used in decision-making processes in professional and private environments. The decision constellation <u>includes additional perspectives</u> so that the decision process becomes more goal-oriented and individual. Tetralemma systemic method includes four different positions. These are: 1. the one 2. the other 3. both 4. Neither

LEARNING OUTCOMES

COMPETENCES ADDRESSED		
KNOWLEDGE	**SKILLS**	**ATTITUDE**
	Decision making skills Analytical ability Setting goals and priorities Coping with ambiguity Conflict resolution	

Please summarize how your methodology covers four modes of the experiential learning cycle. You may give suggestions for further implementations.

CONCRETE EXPERIENCE

Apply to a situation when you need to make a decision between two clear options.
Here are step by step instructions on how to apply the tetralemma:

1. Write down the four perspectives of the tetralemma method on a piece of paper or set up for chairs opposing each other to reflect 4 options or a do it in a Word document.

   These four perspectives are:
   Option A.
   Option B is an alternative to A.
   Option C: it combines both options A and B.
   Option D: neither option A nor B.

2. Collect arguments for each of the four options. Write them down or verbalize them (you might include one person - a coach to ask you questions at each station to deepen an image of each solution. The coach is leading a session. You might also invite audience who might ask questions if allowed by the coach.

3. Analyze the tetralemma list. Look at which section has the most entries. Read the meaning of each tetralemma item and consider whether it helps you decide. Consider the implications of each option and the arguments for each one.

4. Evaluate the tetralemma options and decide which one is the best for you.

5. Take action based on your decision.

6. Implement the chosen option and monitor the results. If necessary, adjust your decision based on the feedback you receive.

REFLECTION

1. Conduct a group discussion: After the activity, ask participants to share their experiences and insights. Encourage participants to share what they learned, what they found challenging, and what they would do differently if they were to use the tetralemma again.

2. Ask reflective questions:
   To prompt deeper reflection, you could ask questions such as:

   What did you learn from using the tetralemma?
   Did you find the tetralemma helpful in making a decision?
   Were there any unexpected outcomes from using the tetralemma?
   How did you approach collecting arguments for each option?
   Did you feel that the tetralemma allowed you to consider a wider range of options?
   Did the tetralemma help you to consider options you hadn't previously thought of?
   How did you approach collecting arguments for each option

CONCEPTUALIZATION

Help participants to reflect on the learning outcomes of the activity.

Ask questions such as:

How has using the tetralemma method improved your decision-making skills?
What have you learned about your own thought processes and decision-making style?
How might you apply the tetralemma in other contexts?
What are some potential limitations or drawbacks of using the tetralemma?

ACTIVE EXPERIMENTATION

FLOW OF THE MODULE

SECTIONS	Duration	Materials / Remarks
1. Prepare the materials needed. You will need a piece of paper and a pencil or a blank document on your computer, laptop, or tablet. 2. Define the initial situation (for example, you need to make a choice between staying at your current job or taking a new one, or two new job offers, or two different ways to organize an event, or two alternative purchases etc.).	3 min	
3. Write down the four perspectives of the tetralemma method on a piece of paper or set up for chairs opposing each other to reflect 4 options or a do it in a Word document. These four perspectives are: Option A. Option B is alternative to A. Option C: it combines both options A and B. Option D: neither option A nor B.	2 min	
4. Collect arguments for each of the four options. Write them down or verbalize them (you might include one person - a coach to ask you questions at each station to deepen an image of each solution. The coach is leading a session. You might also invite audience who might ask questions if allowed by the coach.	15-20 min	

	15-20 min	
5. Analyze the tetralemma list. Look at which section has the most entries. Read the meaning of each tetralemma item and consider whether it helps you decide. Consider the implications of each option and the arguments for each one. 6. Evaluate the tetralemma options and decide which one is the best for you.		

FURTHER READINGS AND CONCEPTS

Tips and application: https://greator.com/en/tetralemma/
 Some examples:

https://medium.com/@knowaholic/what-is-the-tetralemma-and-why-should-i-care-6ea1be0ac46b