

Planning for change with a Think-do-feel table

Sometimes our presentations or training sessions are not as effective as we would like them to be. One reason for this can be that we have only focused on content. To bring about change we also need to focus on our audience, the changes we want them to make and what would help them to change.

Use the think-do-feel table to help specify these changes whenever you are planning a training session or presentation or making a request.

Try it now for a topic you are responsible for treating, and share it in the Think-do-feel table forum.

Your topic and goal

Topic: the general topic or area of concern you need to address.

Goal: the change in behaviour that you want to achieve from your session or training module. Express it as a learning outcome, desired decision or other action. Use the Think-Do-Feel table to help clarify your goal.

	Now	After
Think	What do people think about this topic now?	What do you want them to think?
Do	What, if anything, they people do now?	What do you want them to do?
Feel	How do people feel about this topic or training?	How do you want them to feel?

How will you bring about change?

Why do they think, act and feel this way?

What would help or make them change? What's in it for them?

What is stopping them from changing?