



ARGONAUT
Training & Consultants

IN CONJUNCTION WITH

FOUR ROOMS OF CHANGE®



PRESENTS

EXPLORE YOUR DEPTHS

A 3-day virtual workshop



This is a three-day training programme designed for private individuals, businesses and organisations irrespective of size, who want to foster positive changes as individuals or in their organisations supporting their employees through this self-mindfulness journey.

Ultimately, progress whether as an individual or group depends on teamwork. Understanding and utilising the Four Rooms theory helps everyone. It may very well revolutionise your understanding of who you are, give you insight into why you do the things you do, focus on your strengths, understand challenges and help you put together a team of significance and power.

But how and why does this theory make these things mentioned above possible?

Claes Janssen, Ph.D., the originator of the theory, found during his twelve-year research that, at the core of almost every conflict is the psychological phenomenon he named the Two Approaches to Life. These two perspectives on life are at the heart of why it is so challenging to resolve the most severe conflicts constructively. During his research and after more than twenty years of working with the theory with individuals, in coaching situations, in groups, and social systems, we know how detrimental the lack of this knowledge is related to personal growth, conflict resolution, and development.

The Four Rooms introduces four psychological states of mind and gives insight into the way individuals think about themselves, life, and society. It is compelling, practical and allows the program participants to build on the theory themselves, based on their own life/work experiences, whilst working through the Four Rooms. Each room offers in-depth analytical insights which each participant must experience as an individual as well as part of a group.

Insights to be gained

There are so many sayings and expressions about change: Stay open to change, the only constant thing in life change, every time you buy something new you are buying change. The real questions are – How do we manage change? How do you navigate the volatility, complexity, uncertainty, ambiguity, and the bombardment of change? Join us in our workshop. We will provide you with the tools that will give you better access to your assets and make dealing confidently with change possible.

What the Four Rooms of Change offers:

The list of reported results is long. Four Rooms of Change is archetypical and universal. Some of the tried and tested results includes:

- Significantly improved collaboration
- Improved Empathy
- Increased feedback and support
- More productive conflict resolution
- Turf wars get resolved
- More room for creative out of the box thinking
- Enhances productivity
- Elevates the team spirit
- De-censored and to the point conversations
- Opens up for everyone
- Unexpected bottom-line results

WHO SHOULD ATTEND

- Executives and managers
- Human Resource Manager
- Talent Managers
- Organization Development Consultants
- IT Professionals
- Healthcare Professional
- Schools Administrators

To sum it up, this knowledge is good for everyone including children, but if your work and business require CHANGE then this workshop is for you.

ABOUT THE FACILITATOR (s)



Drusilla Copeland is the Managing Director of International Business Sector, Four Rooms of Change Group and the International transformation and change leader. She has 20+ years of expertise in international supervision of internal and external change makers and has worked on long-term whole system redesign in

three distinct business sectors healthcare, manufacturing, and public transit. Her areas expertise includes Mentor American Chamber of Commerce, Co-chair American Chamber of Commerce Working Committee, Four Rooms of Change – Senior Consultant, Certification Program Manager, Trainer of other trainers, Organization development and re-design, Training and development, Future Search Practitioner, Group Relations and Group Dynamic, Change Management. She studied at Benedictine University, University of Utah, and Samford University, USA

A word from Drusilla

I have been working in the change space as a Change Maker in many and varied organizations since the mid-1980's. Client, colleagues, and people with whom I worked have often commented, "Drusilla helped us to bring real and lasting change to the situation be it daily life, work life or crisis. I came in contact with the Four Rooms of Change in 1991 and tried it out and was completely amazed at its effectiveness. Up until that point, I had not worked with a theory, concept or model, that was so efficient, effective, user-friendly and results driven. In 1998, I learned about the analytical instruments, and that the Four Rooms of Change was so much more than another run of the mill change model. With that I joined the first international certification program in 1999 and my life has been forever changed.

My work with the Four Rooms of Change has taken me to many places in the world. It includes traveling around the world to bring the Four Rooms of Change to far flung places like the United States, Canada, Australia, Amsterdam, Finland, Norway, Denmark, Croatia, Afghanistan, United Kingdom, Germany, Turkey, and most recently China. South Africa, India and New Zealand are in our pipeline for 2020.

If you are looking for a theory that will open up your system, get people to start having real conversations, and finding solutions they can agree upon, let me introduce you to the Four Rooms of Change. As many who have come in contact with the Four Rooms of Change say, It Just Works!



Bengt Lindström is the CEO, founding partner and co-owner of A&L Partners AB which is the mother company of Fyrarummaren AB, A&L Partners Consulting AB and A&L Partners 55an AB. I have been working in the change space for more than 30 years as an OD Consultant and Change Architect.

Clients often say, "Bengt asks the tough questions while holding up a mirror and allowing me to see the things that I have censored or been denying."

I came in contact with the Four Rooms of Change already in 1982, during my early years as an Organization Development Consultant. I used the theory and the only Four Rooms of Change tool available at the time in my practice with great success. Then in 1993, I had an assignment that required Fyrarummaren delivered in English.

This need of my client led me on a journey that would change my career and my life. It was during this search that I met Claes Janssen Ph.D., the originator of the theory. That first meeting turned out to be the starting point of a lifelong collaboration and friendship that continues today in our bi-weekly planning and follow-up meetings. It is through this partnership that some say that I am the guru or perhaps the successor to Claes Janssen. I don't put a lot of stock in such things however, I will say that Claes, my colleagues and me are responsible for the development of the Four Rooms of Change and the pedagogical experience that you will have, as either an end-user or end-customer.

My position also includes traveling around the world to bring the Four Rooms of Change to far flung places like United States, Canada, Australia, Finland, Norway, Denmark, Croatia, Afghanistan, United Kingdom, Germany and most recently Turkey. India, China, and New Zealand are in the pipeline.

A word from Bengt

For me, it is all about the quality of our delivery and the experience of the end customer that leads to surprising results ultimately. One thing that is often at the front and centre in my thinking is – "What can an end-customer expect of a certified user, and what might the gain for the customer be, in relations to the return on their investment and satisfaction from their experience with the Four Rooms of Change?"

