



Episode 203: Getting a Breakthrough Using Your Right Brain

with Yda Bouvier

Have you ever been stuck on a problem at work? Most professionals in high-stress jobs will (unfortunately!) say that they have. It's not unusual for someone to be thinking about a problem for days on end with no resolution.

That's when it's time to switch the approach you take. You've probably heard that advice before — but what does it actually mean? What are the practical steps to changing your perspective or viewpoint on a problem?

This episode goes over how to expand your perspective about something by letting your right brain take over. Sometimes, the left brain, analytical and logical though it might seem, can be a hindrance when it comes to devising solutions to a problem.

If you want to skip the getting-stuck part of problem solving, or just want another tool in your toolbox of things to do when you face an issue, this episode is for you.

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Quote to remember:

'Your right brain always lifts you to a higher level of looking at something.'

-Yda Bouvier

What You Will Learn

Most people default to the left-brain approach when they have to solve a problem. It seems like it makes the most sense — after all, problem solving often requires analysing the issue and devising a solution for it.

However, even after you've identified the issue, it's not unusual to come up with no solutions whatsoever. That's where the right brain comes in: using the right brain instead of the left brain stimulates creativity, improves lateral thinking, and helps spark insights about issues you currently face.

This workbook will encourage you to do things that might seem unproductive, but are actually methods to push you into right brain thinking. Completing this workbook will be an exercise in trying alternate pathways and thinking methods to solve a problem.

Activity: Shifting to the Right Brain

Q1. Reflect on a problem you recently encountered. How did you approach it? What was the outcome?

Q1a. Imagine facing the same problem but with a focus on right-brain thinking. How would your approach differ?



Q1b. Try making a diagram of the problem. Did you find any new insights?

Q1c. Ask a colleague if they have time to talk to you about the issue. Show them the diagram — what was the conversation like?

Q2. List three areas where you believe adopting visual thinking could benefit your work routine.

- 1.
- 2.
- 3.

Q3. How do you think visual thinking could enhance your leadership skills?



Q4. Devise a hypothetical problem and address it using metaphors. How does this creative approach differ from your typical problem-solving style?

Problem: _____

Metaphors:

1. _____
2. _____
3. _____

Q5. Reflect on your level of comfort with right-brain thinking. What actionable steps could you take to foster your right-brain skills?

CPD time claimed:

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