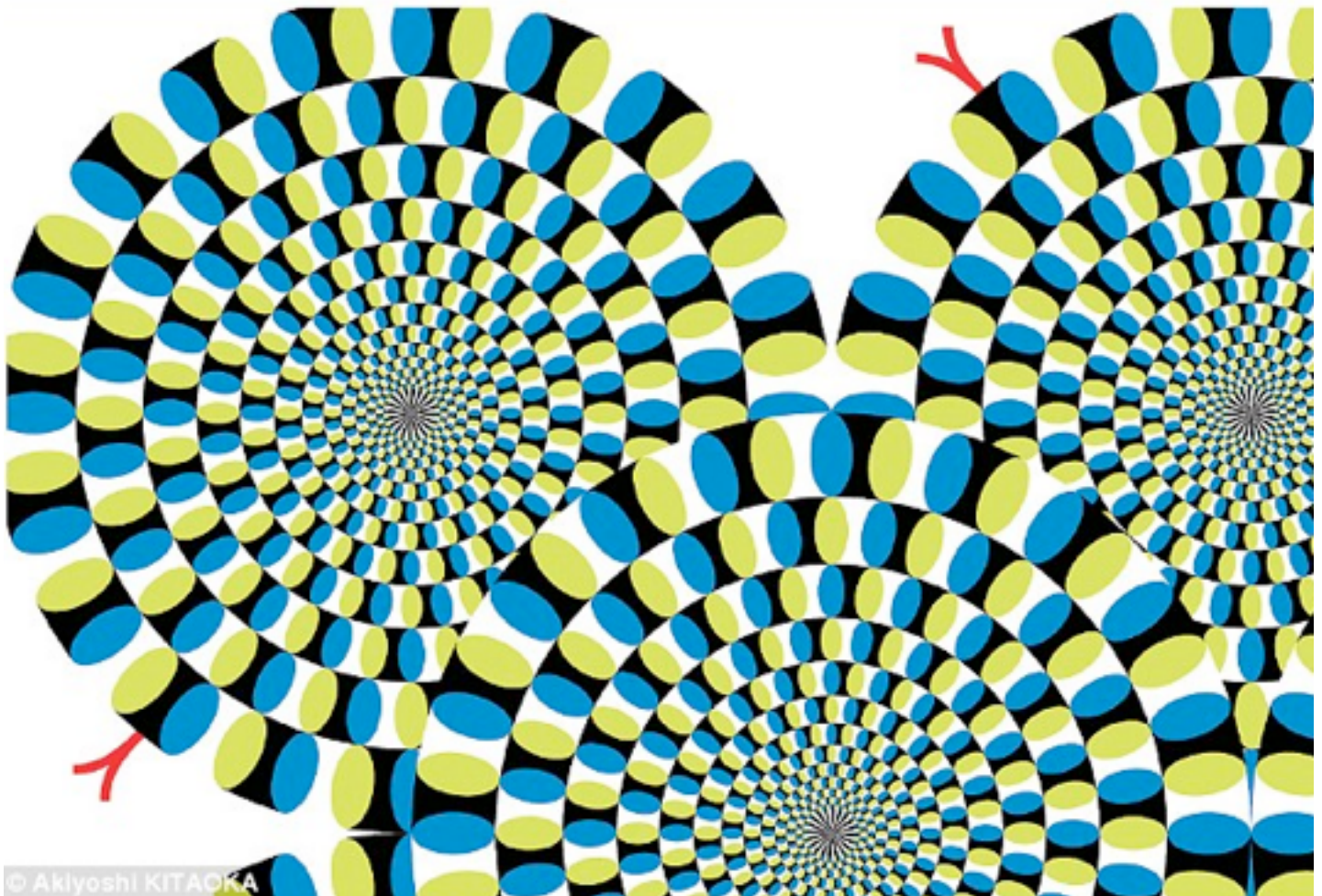


# Curious and Creative: What do you see?

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IS WHAT WE SEE ALWAYS WHAT IS REALLY THERE?

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This famous optical illusion, used with the permission of the creator Akiyoshi Kitacka as an illustration in Ann Alder's book, "Pattern-Making and Pattern-Breaking", is a wonderful example of how our brains tell us to 'see' something that doesn't exist. In our peripheral vision, the circular images rotate, especially if we keep a fixed focus on the centre of one of the circles.

As we work with people in organisations, we need to build confidence, skills and attitudes that enable them to deal with the ever moving world around them. Fixed beliefs about other people, about how other people see us, about the 'rightness' of ways of doing things can lead to resistance to change and a lack of flexibility and creativity in our responses. Experiential learning gives us a focus on awareness of our behaviours, the impact they have and a deeper understanding about the choices available to us. For more information about how to facilitate change through experiential learning, read Ann's book or contact us for details of our facilitator training programmes.

<https://shop.rsvpdesign.co.uk/pattern-making-pattern-breaking-by-ann-alder>