



Baker's Dozen

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Thirteen (plus one) ways to use *stretch and fold* to support your change efforts.

1. Enjoy your anxiety
2. Focus a group's attention
3. Explore new horizons
4. Host effective meetings
5. Recover from strategic planning
6. Coach your peers
7. Write great reports
8. Manage your time
9. Set conditions for learning
10. Maintain your sense of humor
11. Design rituals
12. Build a relationship
13. Stay in shape
14. Keep from getting stuck