

## REFERENCE LIST FOR PRACTICAL APPROACHES

- 01\_Resistance – Provided by DIGIGEN as a Reader
- 02\_Neuroscientific approach – Provided by DIGIGEN in the presentation
- 03\_Covey-Circle of Influence
  - <https://dplearningzone.the-dp.co.uk/wp-zontent/uploads/sites/2/2015/06/Covey.pdf>
- 04\_Mindsets a view from two eras
  - <https://journals.sagepub.com/doi/pdf/10.1177/1745691618804166>
  - Website: <https://fs.blog/carol-dweck-mindset/>
- 05\_Drama Triangle to Winner Triangle – Translation provided by DIGIGEN as a Reader
  - <https://www.teamchange.nl/wp-content/uploads/2014-12-18-Dramadriehoek-artikel.pdf>
- 06\_08\_11\_12\_Motivational Interviewing and the Stages of Change
  - [https://www.researchgate.net/publication/231081405\\_Motivational\\_Interviewing\\_and\\_the\\_Stages\\_of\\_Change/link/0fcfd50b5f8c5af70e000000/download?tp=eyJjb250ZXh0Ljpw7ImZpcnNOUGFnZSI6InB1YmxpY2F0aW9uIiwicGFnZSI6InB1YmxpY2F0aW9uIn19](https://www.researchgate.net/publication/231081405_Motivational_Interviewing_and_the_Stages_of_Change/link/0fcfd50b5f8c5af70e000000/download?tp=eyJjb250ZXh0Ljpw7ImZpcnNOUGFnZSI6InB1YmxpY2F0aW9uIiwicGFnZSI6InB1YmxpY2F0aW9uIn19)
  - [https://www.researchgate.net/profile/Mary-Velasquez/publication/231081405\\_Motivational\\_Interviewing\\_and\\_the\\_Stages\\_of\\_Change/links/0fcfd50b5f8c5af70e000000/Motivational-Interviewing-and-the-Stages-of-Change.pdf#page=222](https://www.researchgate.net/profile/Mary-Velasquez/publication/231081405_Motivational_Interviewing_and_the_Stages_of_Change/links/0fcfd50b5f8c5af70e000000/Motivational-Interviewing-and-the-Stages-of-Change.pdf#page=222)
  - <https://www.movisie.nl/sites/movisie.nl/files/2018-03/Methodebeschrijving-motiverende-gespreksvoering.pdf> (DUTCH)
- 07\_Ofman Quadrants – Provided by DIGIGEN as a Reader
  - More to watch: <https://www.youtube.com/watch?v=gFxr8GBiEol> & <https://www.youtube.com/watch?v=mtRgHQjun0Q>
  - Website: <https://www.corequality.nl/?lang=en>
- 09\_Theory U
  - <https://www.u-school.org/theory-u>
  - [https://www.bkconnection.com/static/Theory\\_U\\_EXCERPT.pdf](https://www.bkconnection.com/static/Theory_U_EXCERPT.pdf)
- 09\_Critical analysis of Theory U
  - <https://link.springer.com/article/10.1007/s40926-018-0087-0>
  - <https://www.toolshero.com/leadership/theory-u-scharmer/>
- 10\_Positive psychology
  - [https://www.researchgate.net/publication/11946304\\_Positive\\_Psychology\\_An\\_Introduction](https://www.researchgate.net/publication/11946304_Positive_Psychology_An_Introduction)
  - <https://instituutvoorinterventiekunde.nl/appreciative-inquiry/> (DUTCH)
- 11\_12\_Change language – Provided by DIGIGEN as a Reader