

Focus

An introduction to Focus—what they are and how to use them



One Why

Inspired by Simon Sinek's "Start With Why," this focus asks participants to examine their motivations in order to align their work with their intended goals and uncover hidden assumptions.



Core

This focus asks three questions that help participants learn from their experiences by thinking deeply about what happened and how they felt about it.



Retrieval

Inspired by Retrieval Methodology. This focus asks questions that are designed to help participants remember specific details about past experiences.



Depth of Knowledge

Inspired by Webb's Depth of Knowledge framework. This focus begins asking simple questions that gradually become more challenging, helping participants think more deeply at each question.



Collaboration

This focus tailors questions to help participants think about their experiences with others and learn from group discussions, rather than figuring everything out on their own.



Problem Solver

This focus asks questions to help participants develop better problem-solving skills by guiding them step-by-step through the process of identifying and solving challenges.



Creative Booster

This focus designs questions to encourage participants to think creatively and come up with new ideas by helping them break out of their usual ways of thinking.