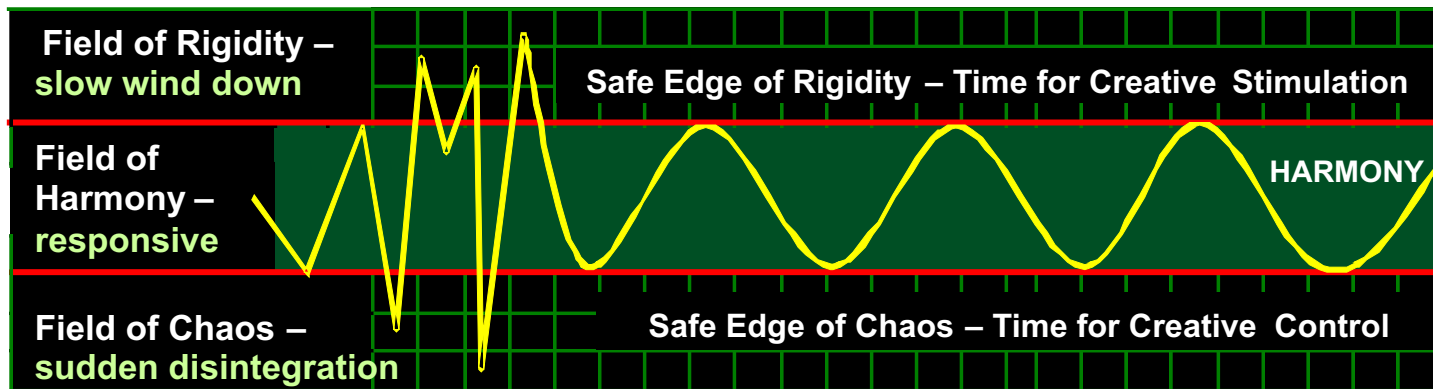


The HARMONY Scale

An insight into the Human Condition

Answer with a number from 0 - 10
(Zero is the lowest and 10 the highest.)
from the perspective of each section
that is involved in the situation

		Individual/ Personal	Group/ Rel / Family	Entity Corp/Co./Bus
Happy	Do you feel that who you are and what you are capable of is able to be expressed on the outside - are you able to be who you truly believe you are in this situation?	(R) (H) (C)	(R) (H) (C)	(R) (H) (C)
Able	a) how strong are your skills and abilities in this situation?	(R) (H) (C)	(R) (H) (C)	(R) (H) (C)
	b) do you have the opportunity to express those skills and abilities?	(R) (H) (C)	(R) (H) (C)	(R) (H) (C)
Receptive	How much do you notice, acknowledge, empathise and appreciate what is going on around you?	(R) (H) (C)	(R) (H) (C)	(R) (H) (C)
Mindful	Are you able to hold a non-judgemental view that is enhanced by the lessons of the past and encouraged by the possibilities of the future?	(R) (H) (C)	(R) (H) (C)	(R) (H) (C)
Open	Do you feel safe to give out, to express your thoughts and feelings?	(R) (H) (C)	(R) (H) (C)	(R) (H) (C)
Nascent	Do you have a feeling, or even belief, that what is being done is going somewhere, will be something worthwhile and deserves some effort even though there is no certainty of the result?	(R) (H) (C)	(R) (H) (C)	(R) (H) (C)
Yes	Does your environment help you feel creative and engaged - 'yes' OR is it closed and uncomfortable to be creative or innovative - 'no'? Zero is for the most 'no' and 10 is for a 'yes' environment.	(R) (H) (C)	(R) (H) (C)	(R) (H) (C)



- (R) **Rigid** - dull, repetitive, out of touch
- (H) **Harmony** - healthy response to needs
- (C) **Chaos** - crazily active, doing too much (mark with an 'x')

Harmony -
a healthy flow of activity
between the “edge of rigidity”
and the “edge of chaos”.

The Person Centred Workplace



**Where is your Company?
Where is your Group?
Where are You?**

Leave your details for a free interpretation
of your Harmony Scale

Your contact details: _____

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Richard Hill

**Turning your
Workplace
into a
Lifepace**