



Court Leadership and Problem Solving

Issue #7

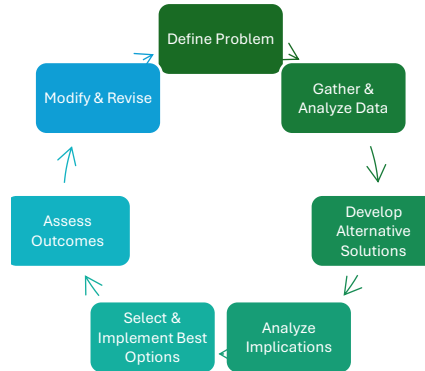
Date: 12/2/24

This Topic and Why

Court leaders continually face the need to solve problems. This series shares different problem-solving techniques. Models build from the traditional problem-solving pattern as depicted to the right and offer different approaches, and maybe inspiration, to use a process to resolve issues.

This issue offers a technique of problem solving using a process labelled as WOOP.

Traditional Problem Solving



Focus in This Issue:

W - Wish
O - Outcome
O - Obstacle
P - Plan

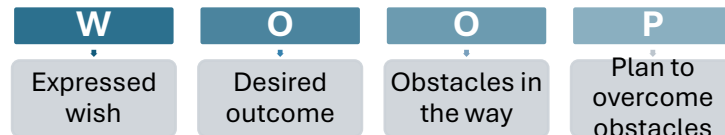
The Concept in Practice: The WOOP model stands for a practice that is both motivational and mental. The model combines positive thinking and implementation steps. These elements help to discover wishes, visualize the goals, realize the challenges, and direct thinking toward achievement of the desire, goal, change, or solution to a problem.

W - WISH: Describe the desired wish. Visualize the intended change. Define the goals.

O – OUTCOME: Envision the desired outcomes. Imagine the preferred results. Describe what is sought.

O – OBSTACLE: Pinpoint any roadblocks. Identify any obstacles to success.

P – PLAN: Set sights. Focus on the goals. Prepare for action.



WOOP Worksheet

WISH	<ol style="list-style-type: none">1. What is the goal?2. What is the wish?3. What else do you desire?4. What do you really want?
OUTCOME	<ol style="list-style-type: none">1. What will success look like?2. What will be present in the outcome?3. How will you know success has been achieved?
OBSTACLE	<ol style="list-style-type: none">1. What could get in the way?2. What might hinder goal success?3. What obstacles can be expected?
PLAN (for ACTION)	<ol style="list-style-type: none">1. What are actions and solutions?2. What is a proactive strategy to overcome the obstacles?3. What is a reactive strategy to adjust?4. Ask if (what)____ occurs, then (what) ____ will result?

Tips

Dig into wishes and desires for the change
Have fun and be creative to stimulate thinking and problem solving
Use the practice to focus on desires

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Resources

WOOP website: <https://woopmylife.org/en/home>

https://success.oregonstate.edu/sites/success.oregonstate.edu/files/2024-08/WOOP_Goals_24.pdf

https://www.unomaha.edu/maverick-advising-center/_files/advising-res-handouts/woop-goal-setting.pdf

<https://www.deel.com/blog/woop-goal-setting/>

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