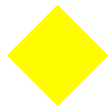


Fewer judgments, more facts

« What disturbs people is not events themselves, but the judgements they place upon them. »
Epictetus, Enchiridion V

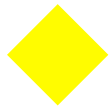
Upolepsis is a brief, measurable method that transforms blocking negative judgments about professional challenges into factual assessments that enable solution-oriented action.
It applies at the individual level (managers, employees) and at the collective level (teams, committees).

Benefits:



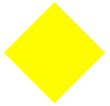
Tension management:

reduction of counterproductive reactions.



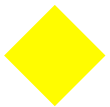
Effectiveness:

clearer decisions.



Operational serenity:

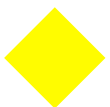
reduced rumination that hinders action.



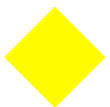
Efficient cooperation:

a shared language of facts.

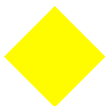
Format & Effectiveness Measurement:



7 online practice units to complete.



A specialized AI bot to support tailored factualization.



Pre-test before kickoff, post-test at completion: progress made objective and validated.