

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.