

time to think

The image consists of a dark green horizontal bar at the top. Centered within this bar is the text "time to think" in a white, lowercase, monospaced font. From the bottom-left corner of the bar, a thin green line extends diagonally downwards and to the left. A solid yellow circle is positioned on this line, approximately one-third of the way from the bar's edge.



no thinking for you



The fun part about Product Management is people

Thinking together

“This could have been an email”

Intuition Pride

Reactive thinking

STOP.



HAMMER TIME

Our brains are: danger assessing, pattern building, problem solving machines

Lazy

Thinking takes effort

Stress makes you “think safe”

Conclusions & assumptions jumping



Not Listening

Feature Factories

Low Data “Quality”

Tech Dept

Solution Focus

Burnouts & high retention

# STOP



*...in the name of love*





How do we make better use of our time – brains and colleagues?

How do we unblock our thinking?

How do we move passed stress and assumptions?







## Thinking Facilitators

## How do we think better?



Reduce  
stress

1

Everyone gets the chance  
to speak, no  
interruption.

Redirect  
focus

2

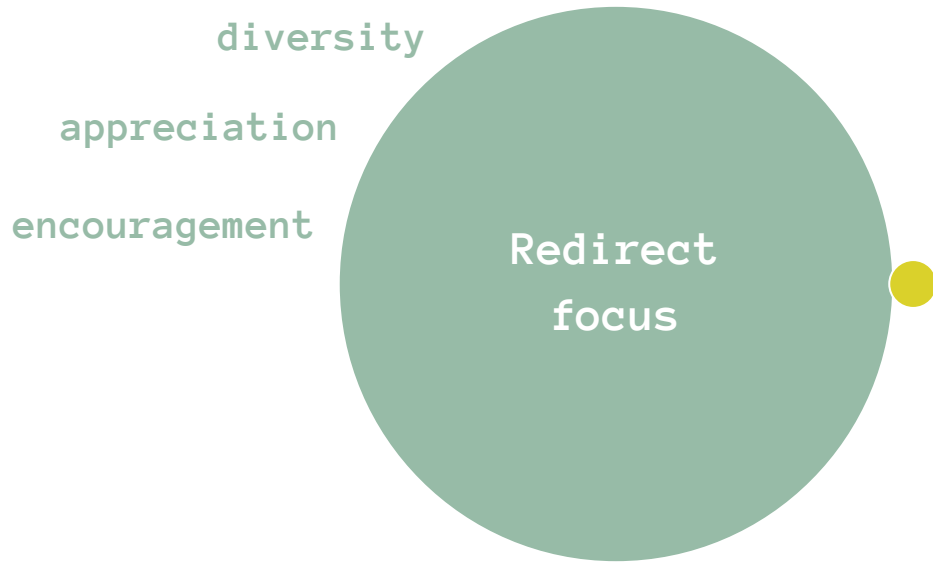
We focus on the good  
things first then the  
challenge.

Remove  
assumptions

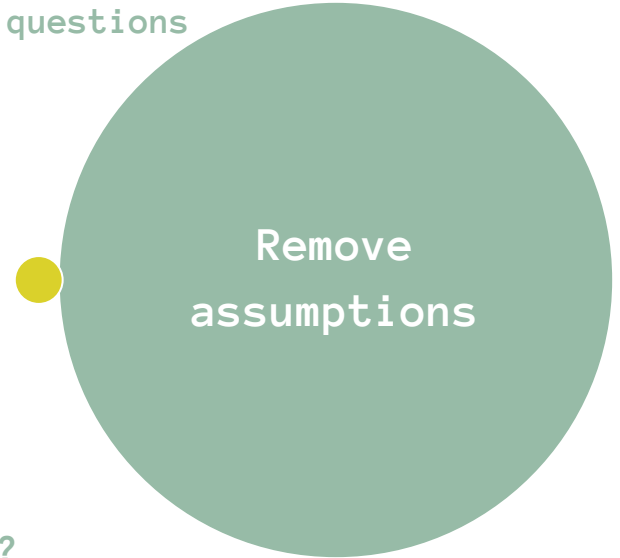
3

We find and remove  
assumptions together.





Incisive questions



What are we assuming here?

How would we tackle this if we knew our assumptions were wrong?

Reduce  
Stress



Redirect  
focus



Remove  
assumptions





## The Format

Everyone gets the chance to speak, no interruption

1 round positive

1 round problem solving / ideation

Incisive questions – remove assumptions

Discussion

Decisions

1 round of feedback on meeting & results



Does it work?

Does it take forever?



Culture change

We learn how to listen

Innovation and new ideas

Focus on the right things

...we finally get some time to think



Thanks!

Would love to hear how you get time to think

Feel free to connect

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[www.emilieness.com](http://www.emilieness.com)

Until next time!

Things to read and listen to:

Nancy Kline – “Time to think”

<https://www.timetothink.com/thinking-environment/the-ten-components/>

Daniel Kahnemann – “slow thinking fast thinking”

Bhante Gunaratana – Mindfulness in Plain English

Stephen West – Philosophize this (podcast)

