



Healthy

NORTH BELFAST

The story so far

A different way of looking at things



In every area, group or organisation, something works well



Every person has something positive to contribute



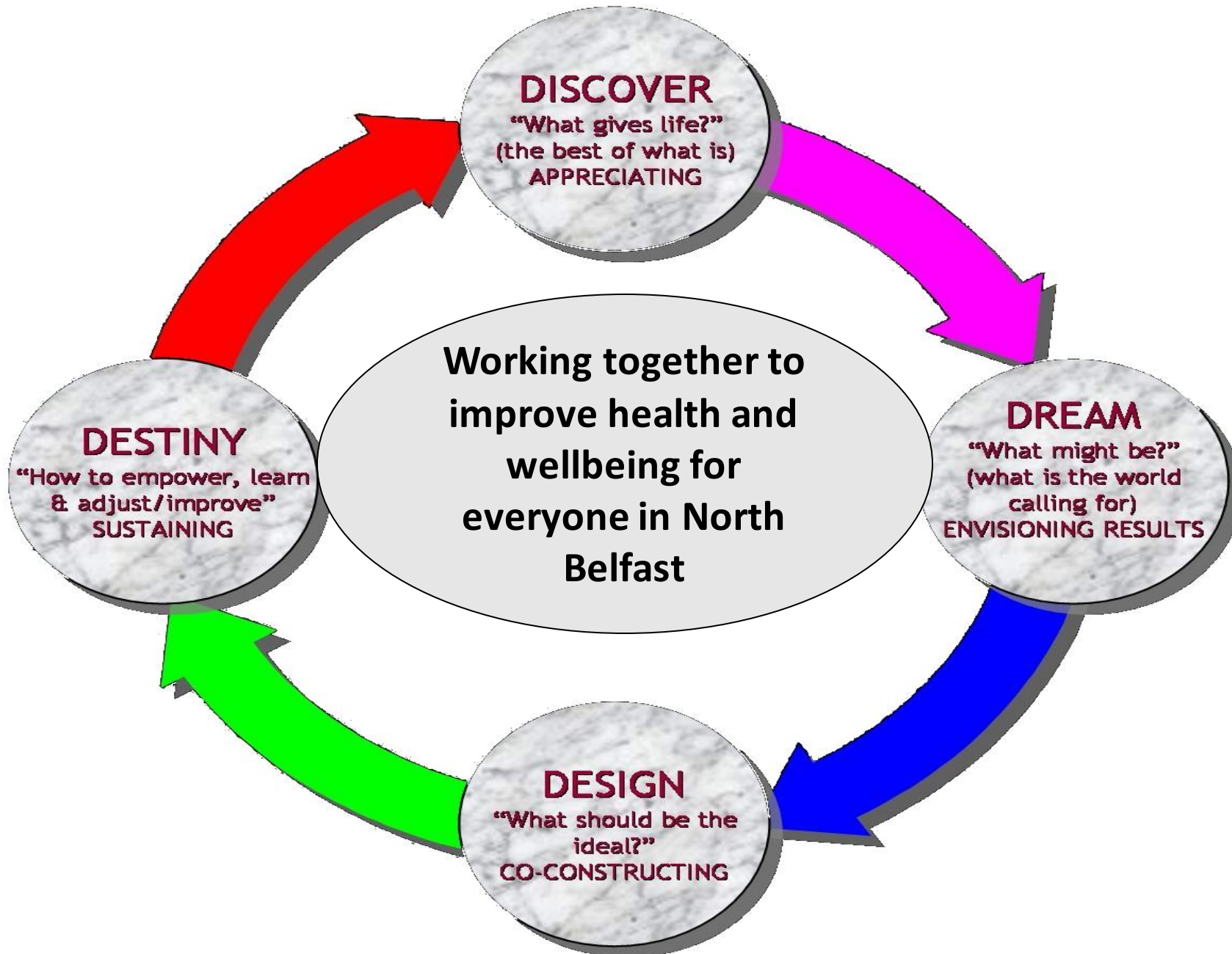
People are experts in their own experience



How we inquire influences the direction of travel

"If you change the way you
look at things, the things
you look at change"

Dr Wayne Dyer



1. What are the good things you like about living/working in North Belfast?

2. What does good health and wellbeing mean to you?

3. Can you describe something you do that makes you feel healthy and happy?

Thoughts and feedback

How did it feel to inquiry positively?

