Pressure Stabilisation System — Insight Capture

For the facilitator — capture where pressure spread and what now contains it. Keep it on the handoff, not the people.

TEAM _____ FACILITATOR _____ DATE _____

THE ONE IDEA

Pressure spreads faster than work. Stop the spread first.

1 The pressure situation

the real incident, crunch or slip the team mapped

2 Where it spread

the worst spread-points — the handoffs where pressure piled up most

3 What the team discovered

that the damage was at the handoff, not the source — the "damn, that's true" moment

4 The circuit-breakers

the containment placed on each — a channel, a rule, a boundary

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5 What the team is carrying forward

the first circuit-breaker for this week, with an owner — and how you'll know it held

How you'll know it held: name the signal that will tell you it worked next time pressure hits — e.g. that handoff stops setting off downstream firefights.

6 The reusable habit

what the team takes back to work

The habit: under pressure, ask "where is this becoming someone else's problem?" — and put a circuit-breaker there.

7 Facilitator notes

what worked, what to watch, follow-ups

Before you leave: photograph this sheet — and the activity capture sheet — and send both to everyone who took part. An insight that isn't written down rarely survives the week.

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