


# TOC - BUILD YOUR MODEL: WEEK 6 ACTIVITY



## About this activity

This activity sheet reflects the activity steps documented on your MURAL activity. Use this as a summary of the steps and document your answers in MURAL.

This activity refers to the template:

 Building a TOC Activity Template (*in Mural - you will have received an individual link via email*).

### 1 CAUSAL LOOP - 'STAFF STRESS' EXAMPLE

Use the area in Mural to complete A - E.

**A.** Insert three blue stickies to represent three outcomes.

**B.** Type the three outcomes into the outcome boxes

- Staff stress
- Staff absences.
- Quality of services

**C.** Insert directional pathways between the outcomes.

#### Note

- See Mural for tips on how to add a curved directional pathway.

**D.** Mark the relationships of each directional pathway as either '+' or '-'.

**E.** Label the type of causal loop - this loop is a reinforcing causal loop. Use a text to add "R" to the centre of the causal loop.

### 2 CREATE A CAUSAL LOOP FOR YOUR MODEL

Use the area in Mural to complete A - G.

**A.** Choose a group of 3 outcomes that is suitable for a causal loop.

#### Note

- You may need to create a new outcome.

**B.** Copy or insert the three outcomes into the area provided above.

**C.** Check the outcome boxes in the group are all neutral (i.e. no "increasing" or "decreasing", e.g "increased health" changes to "health").

**D.** Create the directional pathways between the outcomes.

**E.** Mark the relationships of each directional pathway as either '+' or '-'.

**F.** Identify what type of loop it is (i.e. reinforcing (virtuous or vicious) or balancing).

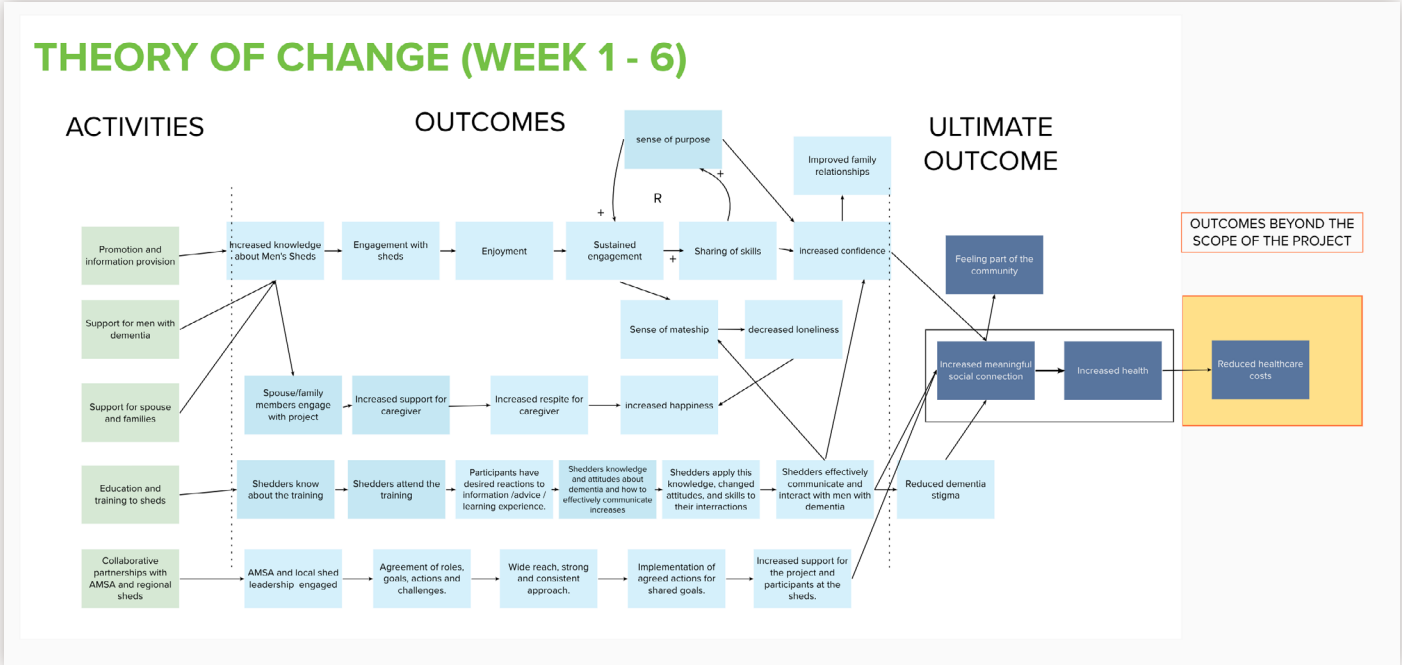
**G.** Add "R" for reinforcing or "B" for balancing in the centre of the causal loop.

# EXAMPLE Activity

By the end of the activity you will have created a causal loop for your TOC model.

The image below shows an example of a TOC in Mural at the end of week 6 activity.

Visit the example MURAL to see how steps 1 - 2 were completed.



## ACTIVITY extension

- Add the causal loop you created in the area provided to your TOC model (either your Mural Model or Draw.io model).
- Create an additional causal loop and add this to your model.
- Check the outcome boxes in the group are all neutral (i.e. no “increasing” or “decreasing”, e.g “increased health” changes to “health”).