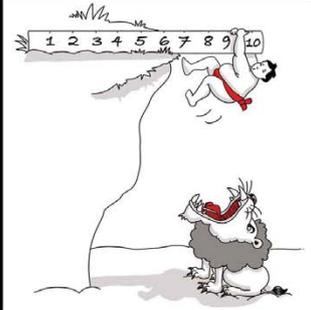


### Tool: The SUMO tool

**Faced with a challenge?**  
7 questions to help you  
**S.U.M.O.**



**1: Where is this issue on a scale of 1 - 10?**



**2: How important will this be in 6 months time?**



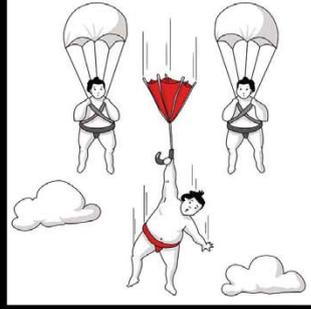
**3: Is my response appropriate and effective?**



**4: How can I influence or improve the situation?**



**5: What can I learn from this?**



**6: What will I do differently next time?**



**7: What can I find that's positive in this situation?**

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#### Revisiting the scaling question over time could guide transition from:

- > the Immediate Covid-19 Response phase, where baseline anxiety may have gone up to 8, 9 or even 10 (with usual learning processes having to sit on the back boiler),
- > to the Repair phase exploring what 6 or 7 looks like and making changes to achieve this
- > gradually coming down through levels 5, 4, 3 etc in the Recovery phase with baseline anxiety returning to familiar, more manageable, levels of anxiety (at this stage formulating a clear picture of what 'normal' looks like in the post Covid-19 world of social care).