

## Podcast Companion Guide

 Podcast Title:

Unemployment, Systems Traps, and the Discipline of Transformation

Why solving persistent problems begins with seeing the system—and ourselves—differently.

### Segment Overview

**0:00–5:00** Welcome & Grounding

**5:00–18:00** The Study: Process, Findings, and Meaning

**18:00–40:00** Three Punchlines:


- 1. Persistent Unemployment Is a System Trap
- 2. The System Won't Change If We Can't See Ourselves in It
- 3. The Fifth Discipline Is an Operating System for Transformation

**40:00–52:00** Building the Practice

**52:00–60:00** Vision, Hope & Invitation

### Audience Reflection Prompts

- What does unemployment mean to you personally?
- What persistent traps do you notice around you?
- What assumptions do you hold about leadership or success?
- What would change if learning—not control—was your organising principle?
- Who do you want to become in the system you're part of?

 Follow the full conversation, study findings, and learning materials at:  
[sheilasingapore.blog](http://sheilasingapore.blog)