



## **PLUS 5 TECHNIQUE** (Paradigm-preserving methods)

The Plus 5 technique is a simple and effective method that helps to expand and deepen original ideas. It encourages participants to think further by adding at least five new perspectives, additional possibilities or refinements to the original idea. This technique is well suited for creative problem solving, idea generation and green transition related development work, as it challenges health and care participants to look at the topic in a more nuanced way and enriches the discussion.

### **What is required:**

- Openness to new ideas - participants must be willing to expand on the original idea without restrictions.
- Creativity and curiosity - the method encourages the development of an idea step by step.
- Mutual listening and constructive discussion - for ideas to develop, participants need to be able to process each other's ideas.

**Level of difficulty:** 1 (easy and adaptable to many situations)

**Time required:** 10-30 minutes, depending on the size of the group and the complexity of the idea.

### **Materials:**

- A flipchart, post-it notes or a digital platform on which to record ideas.
- A pre-defined topic or problem that you want to develop.

**Participants:** 2-10 people; can be done individually, in pairs or in groups.

### **How to use:**

1. Definition of the original idea
  - Participants write down the original idea, solution or proposal.
2. Five additions
  - Each participant or group adds at least five new perspectives, clarifications or developments to the idea.
  - The additions can be new features, extensions or refinements to the implementation of the idea.
3. Discussion and further development of the idea
  - The group shares their additions and considers how they enrich the original idea.
  - If desired, the Plus 5 process can be continued with a new round of Plus 5, where new ideas are again added by each participant.
4. Conclusions and next steps



- Together, the best development steps are selected for further development or testing.

#### When to use:

- To support brainstorming and idea generation workshops to take ideas further.
- As a creative problem-solving method when the original solution needs new perspectives.
- In the context of development processes, for example to develop an environmentally friendly solution, service, process or practice, or to build an environmental strategy.

#### Why to use:

- Forces you to think beyond - the original idea does not remain superficial.
- Broadens perspectives - helps to identify new possibilities and alternatives.
- Promotes innovative thinking - challenges participants to think creatively and boldly.

#### How to document:

- Write down all your ideas on a flipchart, on post-it notes or in digital form.
- Select the most important additions and record them for further development.
- A visual mind map can be used, with the original idea in the centre and new additions branching off from it.

**The roots of the method can be found here:** The Plus 5 technique is based on principles of creative thinking and ideation, such as Osborn's (1953) brainstorming method and the Creative Problem Solving (CPS) models. It is also linked to the theory of incremental innovation (Amabile, 1996), where ideas are progressively developed to become more diverse and useful.