

2-Minute Shift Check

One problem this solves: What am I actually carrying right now, and what am I missing?

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- Name the one thing creating the most pressure right now.
- Who else needs to know about it?
- What information do you have that hasn't been shared yet?
- What's changed in the last hour that you haven't accounted for?
- What's the next concrete action — and whose name is on it?

This is a reflective exercise based on the RUISA™ framework — not a clinical or governance tool, and not a substitute for professional judgment, policy, or escalation protocols.

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