

17th NATIONAL CONFERENCE ON BUILDING COMMISSIONING



EFFICIENCY • PERSISTENCE • PERFORMANCE

Zen and the Art of Commissioning

The Inner Game

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AIA Quality Assurance



Learning Objectives

- 1. Learn techniques to get out of your own way and work more effectively.**
- 2. Learn ways to increase your joy of commissioning.**

What Inner Game?

“There is always an inner game being played in your mind no matter what outer game you are playing.

How aware you are of this game can make the difference between success and failure in the outer game.”

(Gallwey)

Why Bother With The Inner Game?

- Success is affected by how much we get in our own way
- Free of our inner obstructions, we enable our cx team
- Free of these obstructions, we find more joy in our work

The Formula

$$P = p - i$$

Where “P” is performance
“p” is potential
“i” is interference

(Gallwey)

Inner Tools

- The Pause
- Quieting the Mind
- Mindfulness (R.A.I.N.)

R.A.I.N.

Recognition

Acceptance

Investigation

Non-Identification

R.A.I.N.

Recognition

Acceptance

Investigation

Non-Identification

More Inner Tools

- Nothing Extra
- Just-Seeing
- Shift the Focus
- Non-Judgment

Anxiety

- Mental chatter
- Self-judgment
- Reduces range of response

Communication

- Assume everyone wants a good project.
- Understand team perspectives & agendas.
- Respect team expertise.
- Nothing extra
- Focus on responsibility, not blame.
- Clarity as to action, by when, by whom

Out On A Limb, I

Case Study: A high school VAV AHU

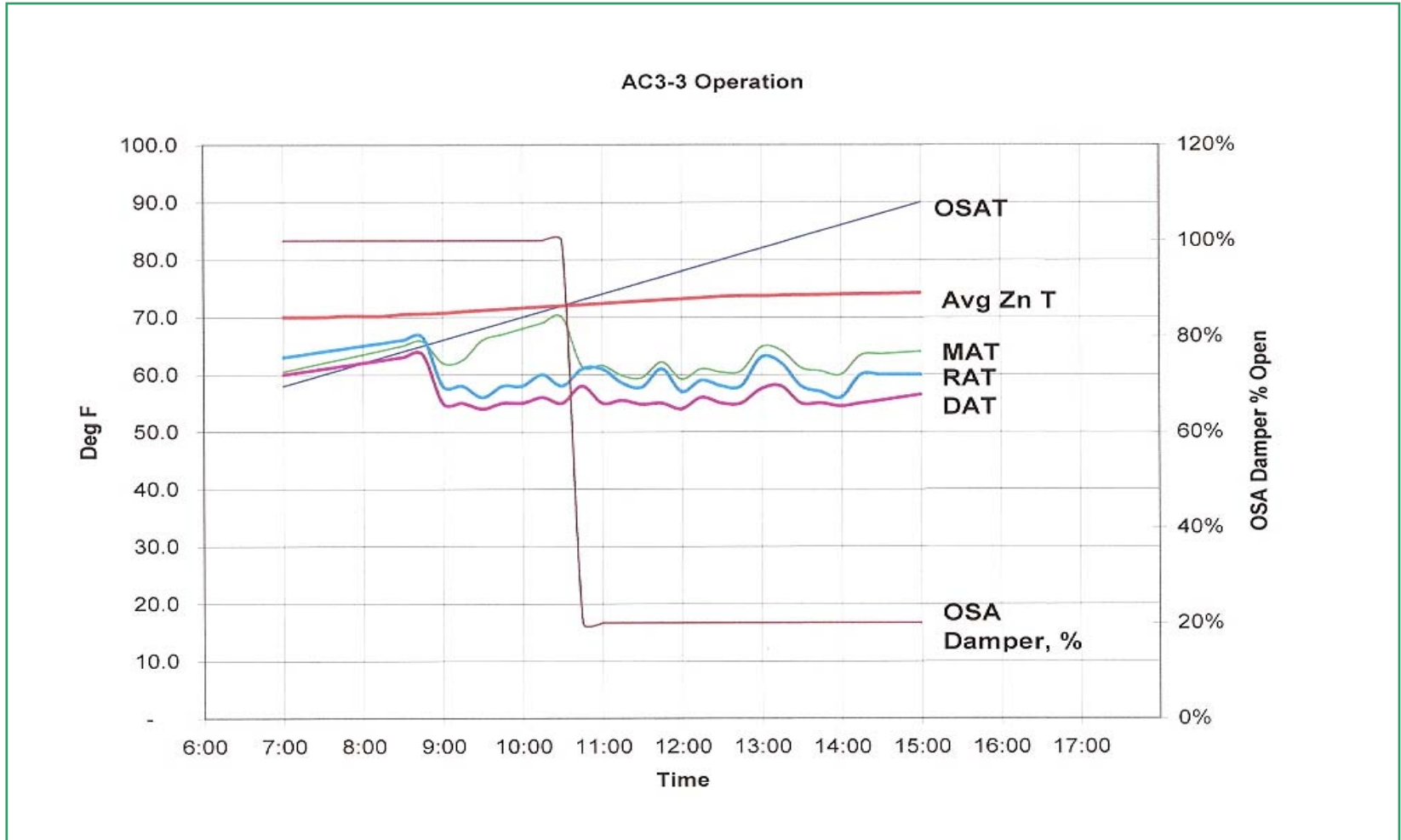
POINT	AC 3-3
DAT (discharge)	60.3°F
DAT Setpoint	62.1°F
MAT (mixed)	59.8°F
RAT (return)	61.7°F
OSAT	60.8°F
Avg Zone T	70.3°F
MAD %	10%
HTG VLV %	58%
DX Stages	0
OKAY?	???

Out On A Limb, II

Case Study: A high school VAV AHU

POINT	AC 3-3
DAT	60.3°F
DAT Setpoint	62.1°F
MAT	59.8°F
RAT	61.7°F
OSAT	60.8°F
Avg Zone T	70.3°F
MAD %	10%
HTG VLV %	58%
DX Stages	0
OKAY?	???

Still Out On A Limb



Off The Limb In One Piece



Conclusion

We're always playing an inner game, whether or not we know it.

Our awareness of this inner game and the tools we use to play it can make the difference between success and failure in the outer game.

(Paraphrasing Gallwey)

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