Going cow hunting - giving staff permission to complain

From: Sacred Cows Make the Best Burgers: Developing Change-Ready People and Organizations by Robert J. Kriegel and David Brandt

This job would be great if I didn't have to
What a pain it is to
No one takes note of this
(so why are we doing it?)
It is a waste of time to
I could be more productive if I didn't have to
We could save a lot of money if we stopped
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There may have been a time when some things were necessary. It made sense to do them then; but now? Nothing is sacred, question everything.

Is this the best use of our resources? Why are we doing this? Is there a better way?