Revealing Implications of your Practice Edge

With Presenters:
Jean Singer & Michael Keller

Ecology of Design in Human Systems
~ design of the designer...
for engaging complexity in human systems
Zen...

“The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.”

~ Michelangelo
Where are we going today?

First…Door Prize drawing -- put your biz card in the hat…

- This will be crisp, engaging…fasten your seatbelts!
- Identify YOUR Stretch Edges…in Body, Heart, Mind
- Cluster & theme OUR Collective Stretch Edges
- Focus Strengthening YOUR Practice Edge

- Compile a data summary for you AND for ODF
Sensing into your **Stretch Edges**

- **In Body** – sensations, tightness/tensions, posture, breathing, fidgety/sweaty, skin tone
- **In Heart** – emotional up/down, caring/disconnect, resonance with energy shifts in self & others
- **In Mind** – assumptions, judgments, overwhelm confusion/not-knowing, ambiguity/unpredictability

Take 3 mins... Identify your ‘TOP 3’ edges

... **ONE per YELLOW post-it**

✓ **Label each**
  
  (up right corner) – B, H, or M
In relation to your Body, Heart, & Mind

Take a couple of minutes to reflect on:

- What might be *keeping you stuck* at your edge?

- **By trusting your intuition**, *choose the ONE THING* that has been the most elusive, or challenging, or that you just can’t seem to shift

- **Write the ONE THING** on a **GREEN post-it...**

  AND Label (in upper right corner) – B, H, or M

You will take **the ONE GREEN POST-IT** with you into a Triad group
Move into a Triad Group (1/2 your table)

Three Roles:

(1) Story-teller, (2) Listener, (3) Observer

➢ *Find your two Worksheets* – Write your name in Story-teller & Date on both of YOUR sheets

➢ *Identify who will go first & Listener* – you will rotate positions so each will have a turn

➢ *Observer* – captures ‘behaviours’ and meaning they make about those behaviours correlated to the ‘key words’ said… Requires full attention!

This is a gift you give to yourself…
‘Crisp’ Timing in Triad Group

Three Parts, ‘time-limited’:

1. **Story-teller** -- One minute ‘DING’ per question; ‘TWO DINGS’ to end story round

2. **Listener** – One minute to share highlights; ONE DING concludes

3. **Observer** – One minute to share observations; ‘THREE DINGS’ concludes... *say ‘Thank you!’* ...and ROTATE/REPEAT

Give back Worksheets to Story-teller AND...leave YOUR post-it on the table...
Group Silent Reflection…

As you reflect on ‘this process’…

*What has the most significance for you?*

What did you *discover*

*about YOUR ‘practice edge’?*

What has this *revealed for*

*YOUR next best ‘investment’ in yourself?*

*What does this session* 

*make possible for you?*
Thank you!

AND...We’ll be in touch!

“Dig the well before you are thirsty.”

~ Chinese Proverb