

Naming to help with breakouts

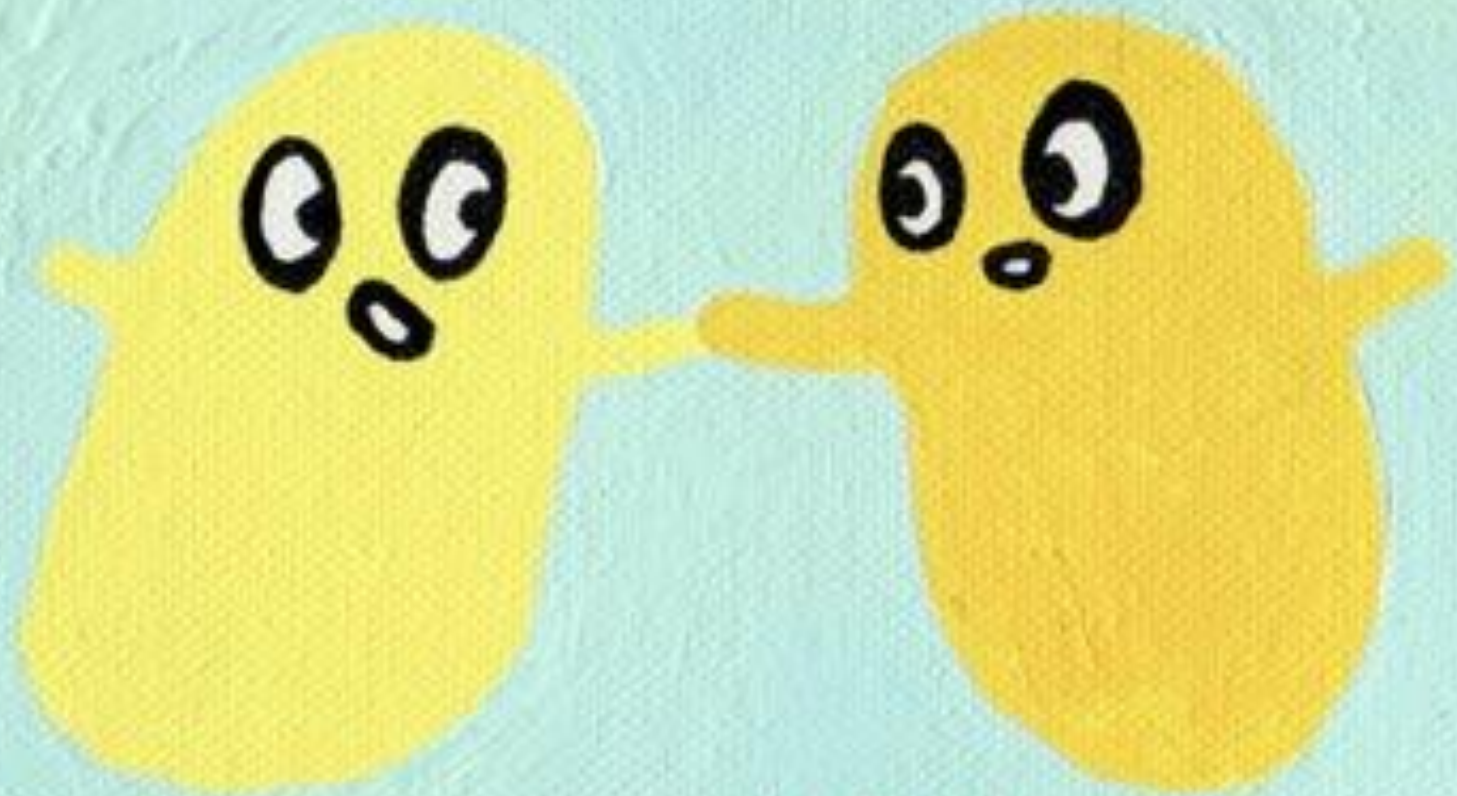
- #SD & Name – Team
SD00 New - TEAM
- #SD & Name – Your name
SD00 New - Pippa





SEY2KT LEARNING COMMUNITY
COMPASSIONATE SYSTEMS LEADERSHIP
NOVEMBER 16, 2023

HOW DO YOU DO



HOW DO YOU DO



GROUNDING AND CHECK IN: WHY IS IT IMPORTANT?

Increases self awareness – what’s moving in me today?

Facilitates emotional settling

Nurtures wellbeing for self, and listening to others

Creates a generative and compassionate social field

Increases readiness to be together; builds community

Develops internal accountability



GROUNDING AND CHECK PROCESS

An invitation to be present and to arrive

Eyes open or closed

Comfortable place and posture

Two questions:

1. What's moving in me today?
2. What are my hopes for today?

Journaling time – Opportunity to reflect

Check in, share with partners

Our Culture

Be present – as fully as possible

Openness

Conscious participation

Everything is by invitation

Listen to understand and be
curious

Confidentiality



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Our Journey

1. An integrated framework for Compassionate Systems Leadership
 - “We are the system”
 - Personal Journey and Aspiration
2. Systems Mapping
 - Building your network
 - Working effectively together as a foundation for change
3. Co-constructing what the system looks like
 - Understanding boundaries
 - Digging into your icebergs
4. Self-Leadership
 - Leading with Compassion
 - Understanding your own reactivity - the ladder of inference
5. Tools for digging deeper
6. Site sharing and learning



Creative Tension

Site breakouts

Integrated Framework for Systems Change

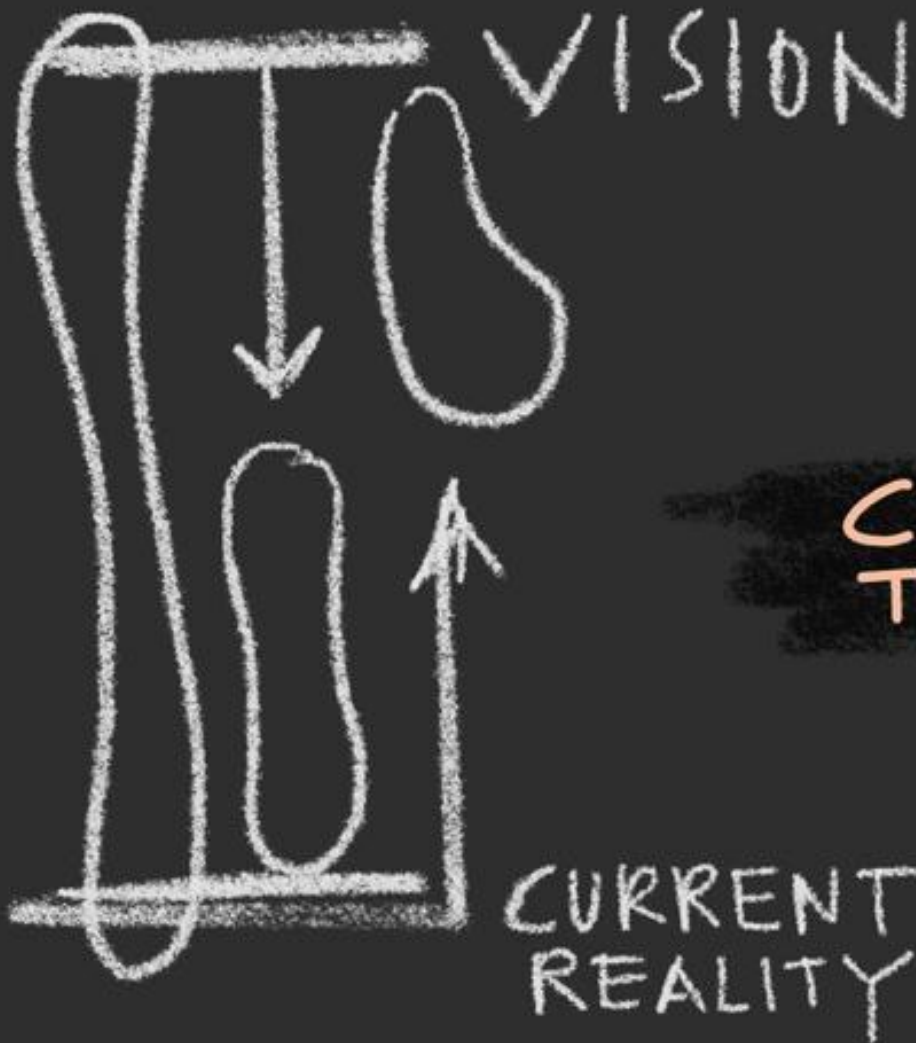
Learning from Each Other

Personal Journey and Aspiration

Next Time

Agenda





CREATIVE TENSION

Robert Fritz!

Creative Tension

Creative tension is essentially a structure that helps to facilitate creativity and change.

You create tension when you clearly articulate your **vision** and your **current reality**, and the gap between these becomes apparent.

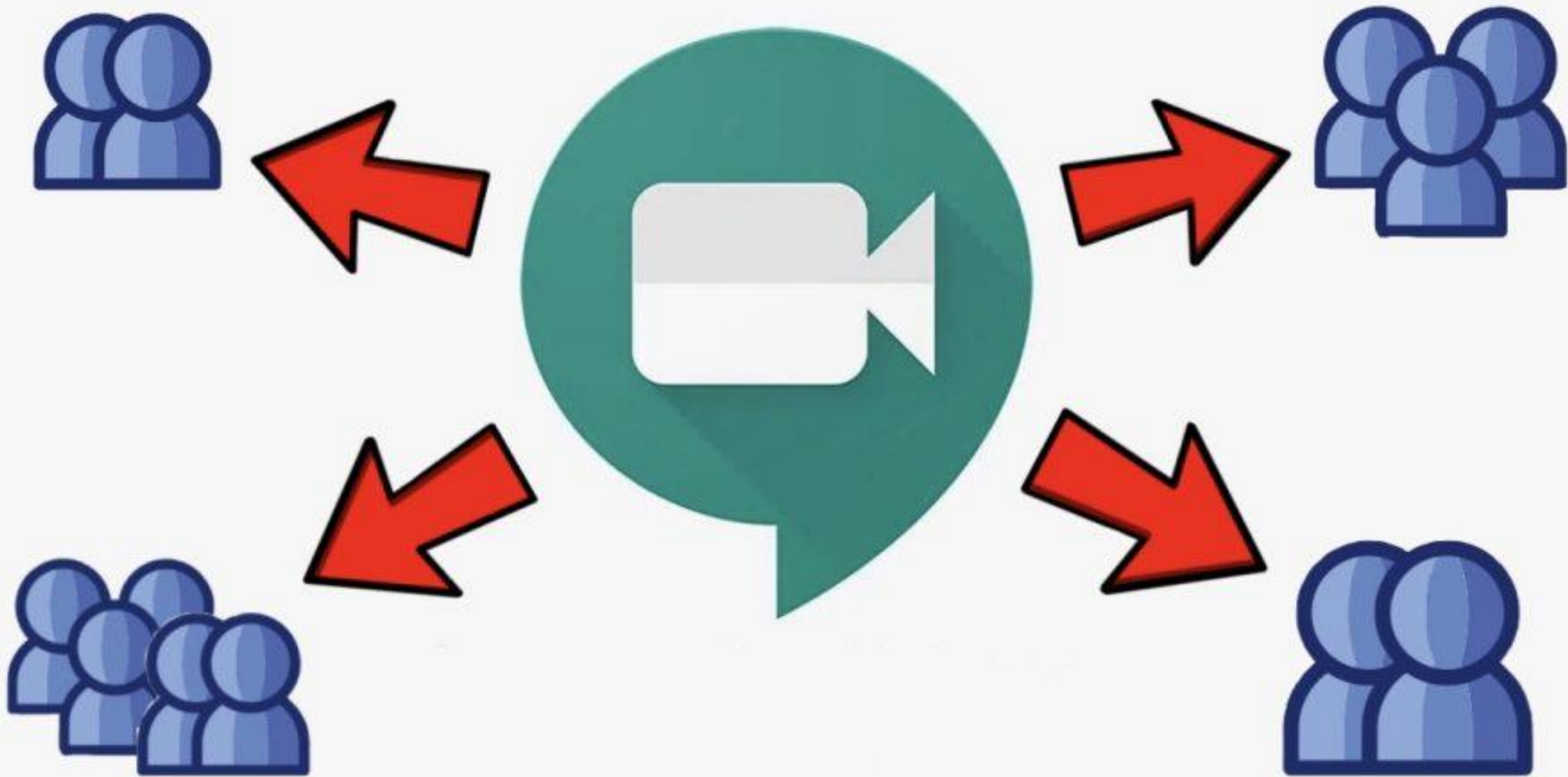
This gap creates an emotional and energetic tension that seeks to be resolved.

What is Your Dream for the Coming Year: include behaviours, physical descriptors, relationships, structures and processes

**CREATIVE
TENSION**

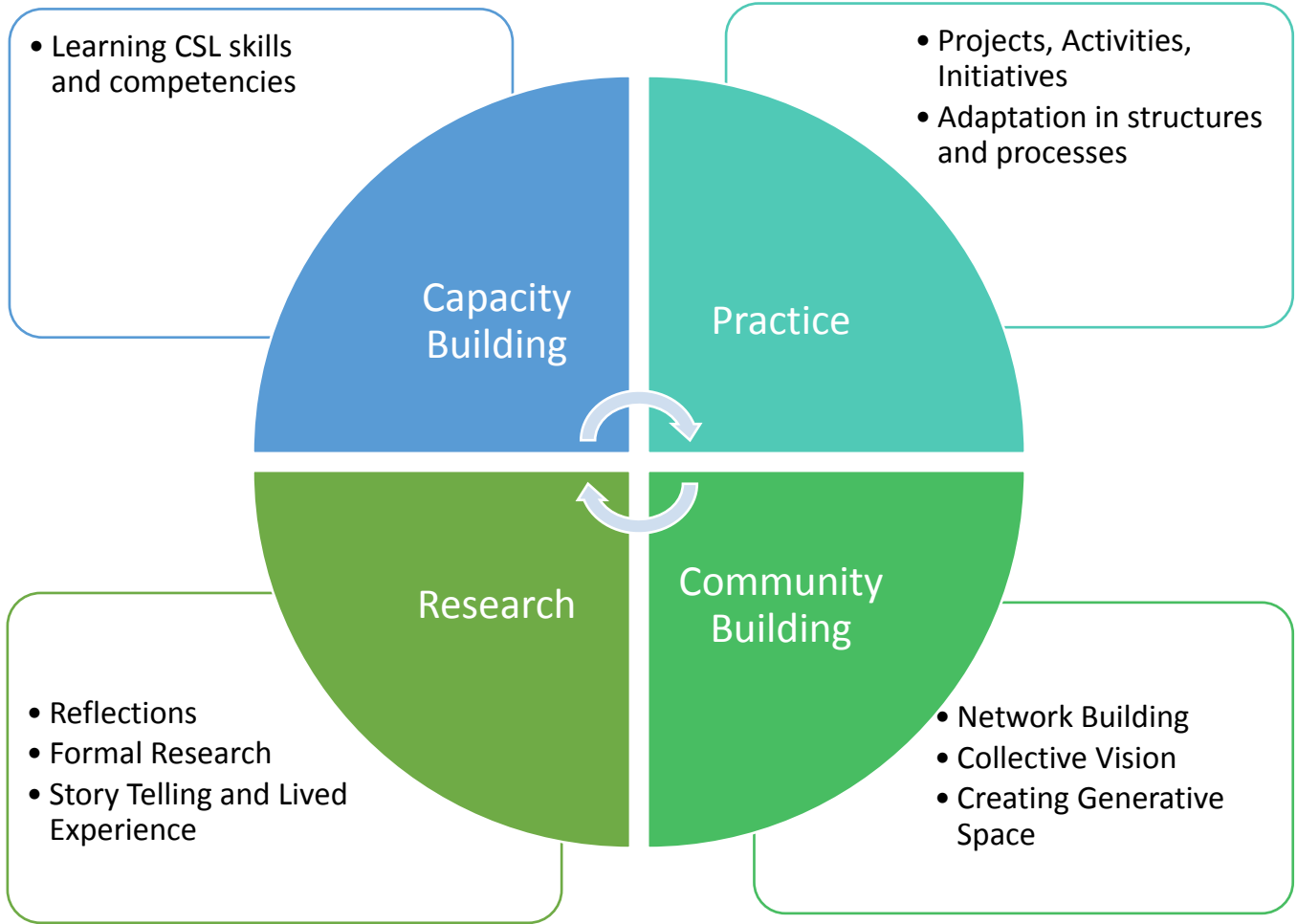


How are We Starting This Year: What is working? Are there specific strengths or barriers?



*How are you starting the year? **What is?***

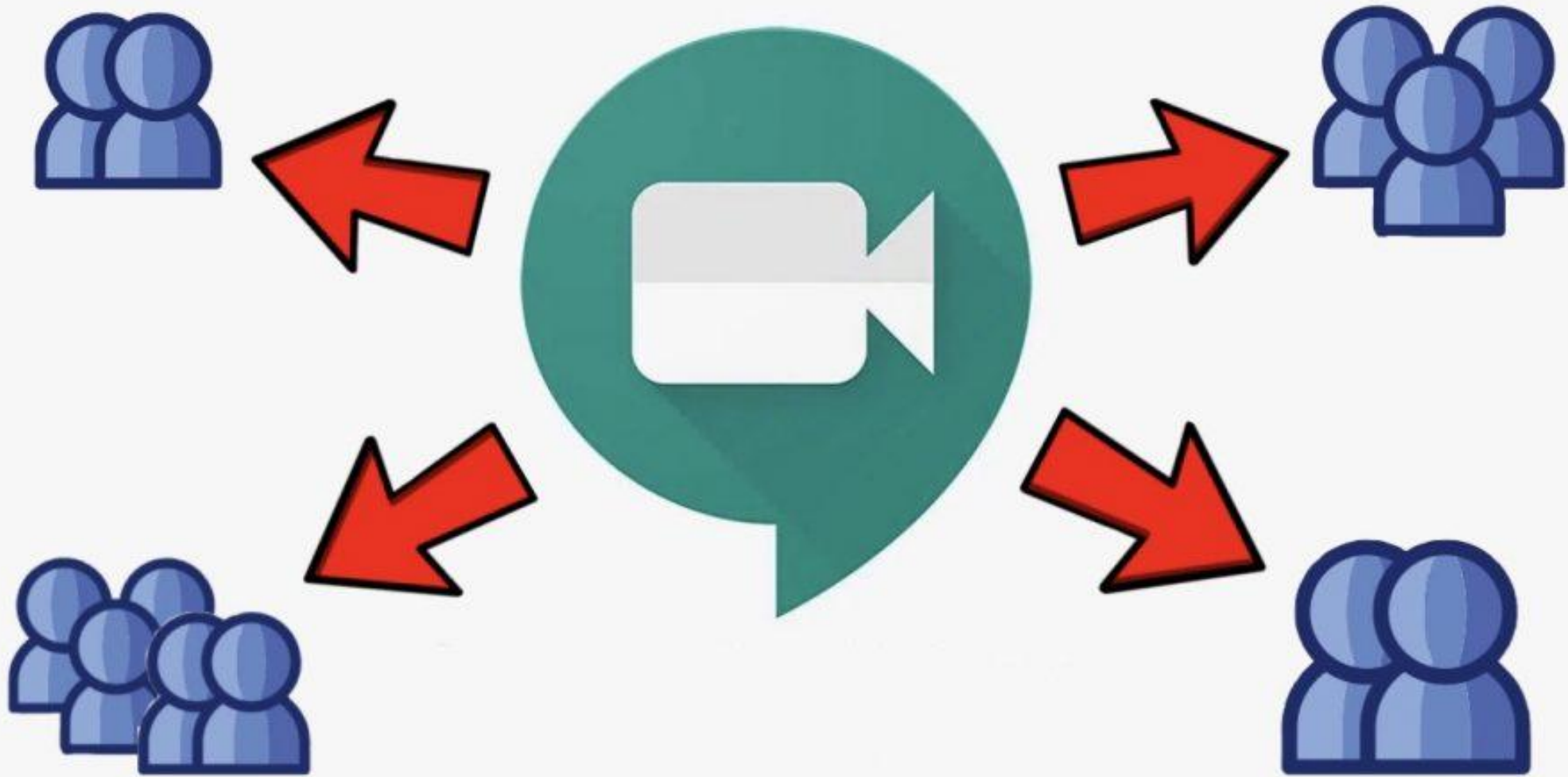
*What are your dreams for this year? **What could be?***





As we learn about each other,
so we learn about ourselves.

William Hartnell



What did you do in each of the quadrants last year?

Where did you make some great progress?

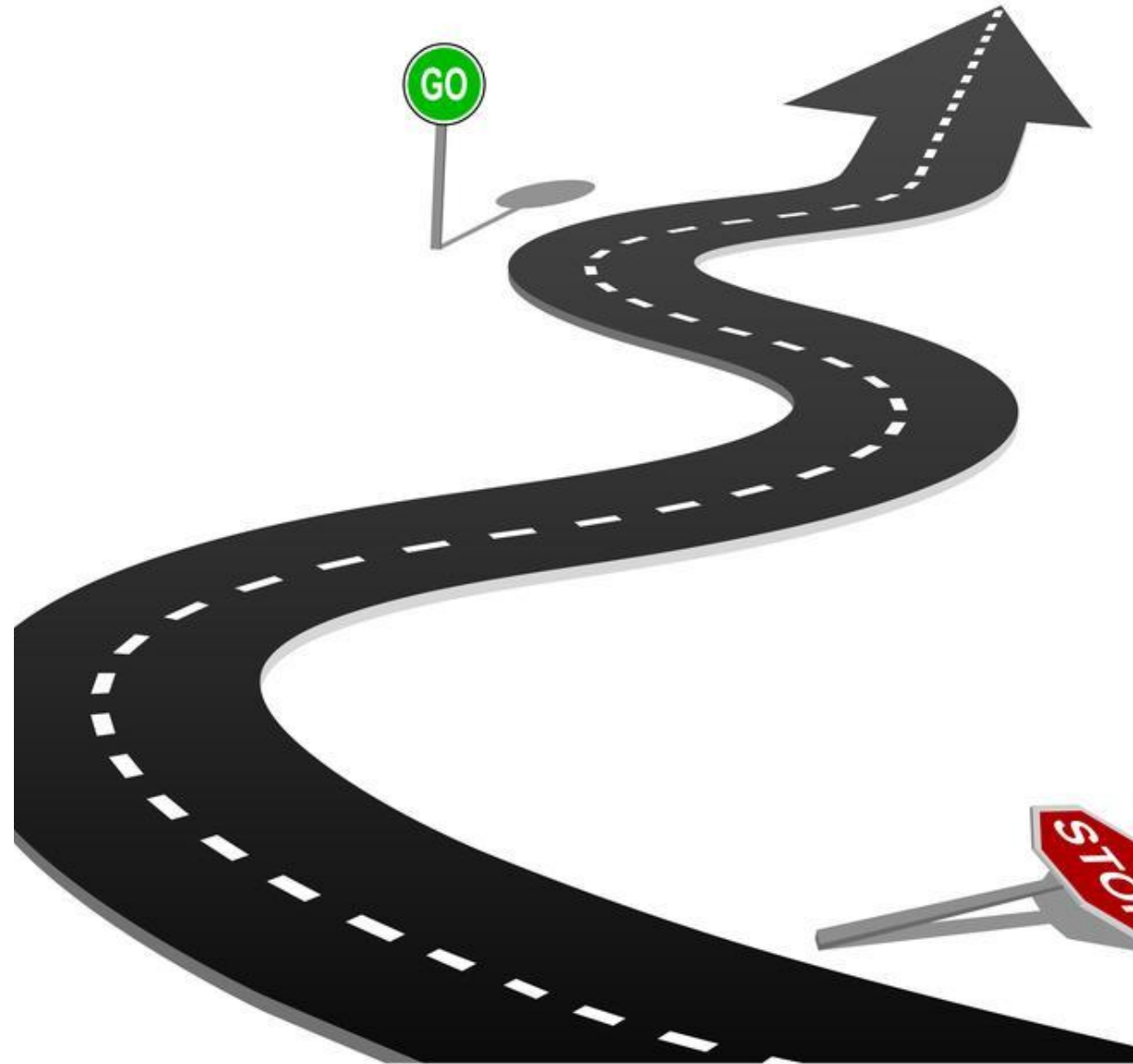
Where did you experience challenges?



Your Journey.....

Each of our accumulated experiences have carved the path to where you are today.

Reflecting on these experiences can increase self-awareness and reignite passion for next steps



What key people, places and events have led to you to today?

What values and beliefs have underpinned your journey? Have they shifted over time?

Were there intersection points where you made important choices?

Did you ever double back or lose your way?



Our individual journeys and aspirations
contribute to our collective way forward



Going Deeper

- Creative Tension
- Systems Mandala

November 30th from
Noon to 1 p.m.



January 11th, 2024
8:30 a.m. Pacific Time

For Next Time

- Complete your personal aspiration and bring to a group meeting
- Website and session follow up email

The image features two vibrant green, heart-shaped leaves attached to a central stem, set against a dark, almost black background. The leaves are positioned on the left and right sides of the frame, with the stem running horizontally between them. The lighting highlights the intricate vein structure of the leaves, creating a sense of depth and texture. The overall composition is simple and focused on the natural elements.

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