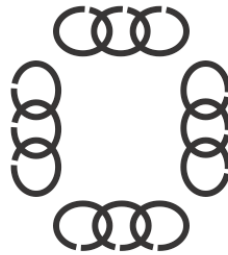


Breaking Through & Joining

The Necklace

Working in pairs, can you construct a complete necklace using these 4 chains, breaking and joining only 3 links?



What helps you to “see” the solution?

Easy or hard to do? What influences your ability to see the new construction?

What does this say about letting go? Any conclusions?

Lightening Our Grip

Quiet Reflection

- *Complete*
“My Past Experience Card”

Lightening Our Grip On The Past

1. What are those significant past feelings, issues, perceptions, models, beliefs, assumptions, roles, or filters that may not allow me to fully join my client with a firm grip on our collective future as I would like? Anything about me, my relationships at work, our program, our larger organization?

And what are my feelings attached to those?

Write down your response to this question on My Past Experience Card.

Pairs

- *Partner reflectively*
rephrases, reframes

2. What typically helps me to ease my grip on past emotions, thoughts or experiences?

3. How do I help the clients or others I serve loosen their grip on a past that they cannot undo? What do I say/do to help them? Can I apply this to myself? How?

4. Looking at my work experience this last year from the perspective of my entire professional career, how, if at all, might that affect my hold on past feelings, thoughts, or experiences?

Restructuring The Past

Quick Alone Activity

- *Create a new interesting structure*

Reshaping, Reframing

1. What can you make of these pieces?
Be creative and have fun.
Make up a title for your work.
Work for 5 minutes.

Whole Group

2. Share what you have done. 2 minutes/person
Does your new structure suggest any ways to reframe the past? How so, if at all?
Perhaps ways to create more space for the community of colleagues we are becoming?

Group: What do you see? What ignites your curiosity?

Any structures or combinations particularly rich with possibilities that we want to report out to everyone?