

Team Coaching

**Movement Conversations
for Profound Change.**

Creativity, Awareness and Action

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Start with yourself, share with another

**What is your intention or wish for this session?
Why are you here? What gift do you bring?**

What are you working on? What are you trying to “make” happen?

Demonstrate with a gesture, that emerges naturally.



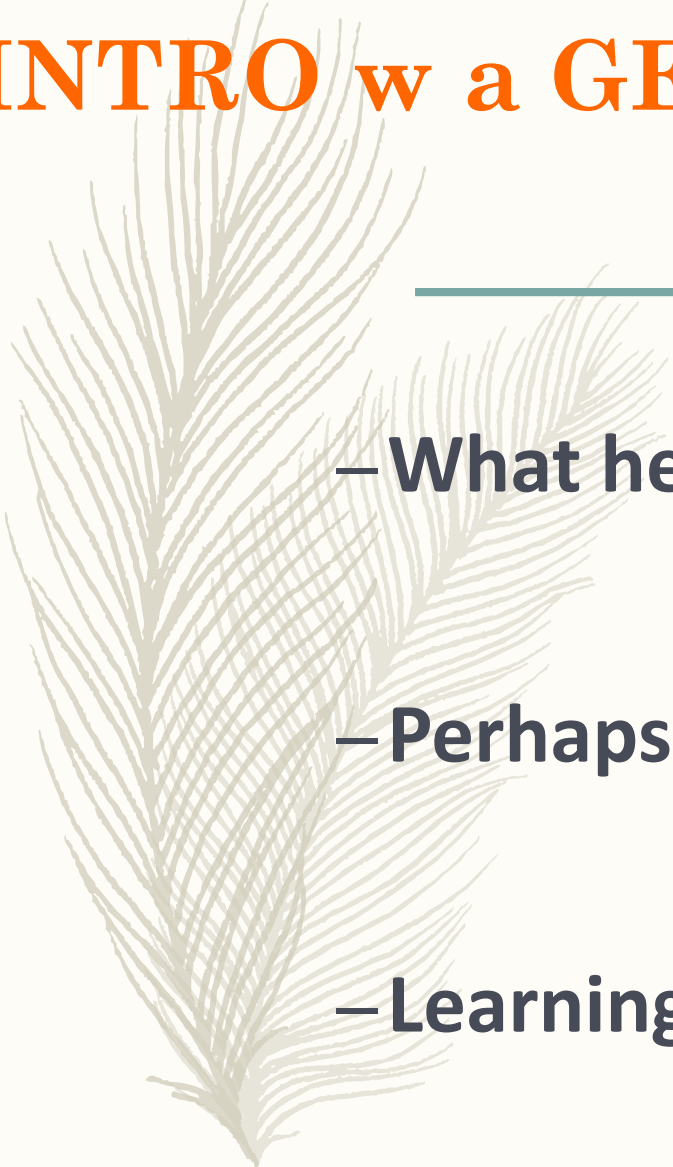
**all
you
need
is
less**

ANIMATING FORCE INTRO w a GESTURE

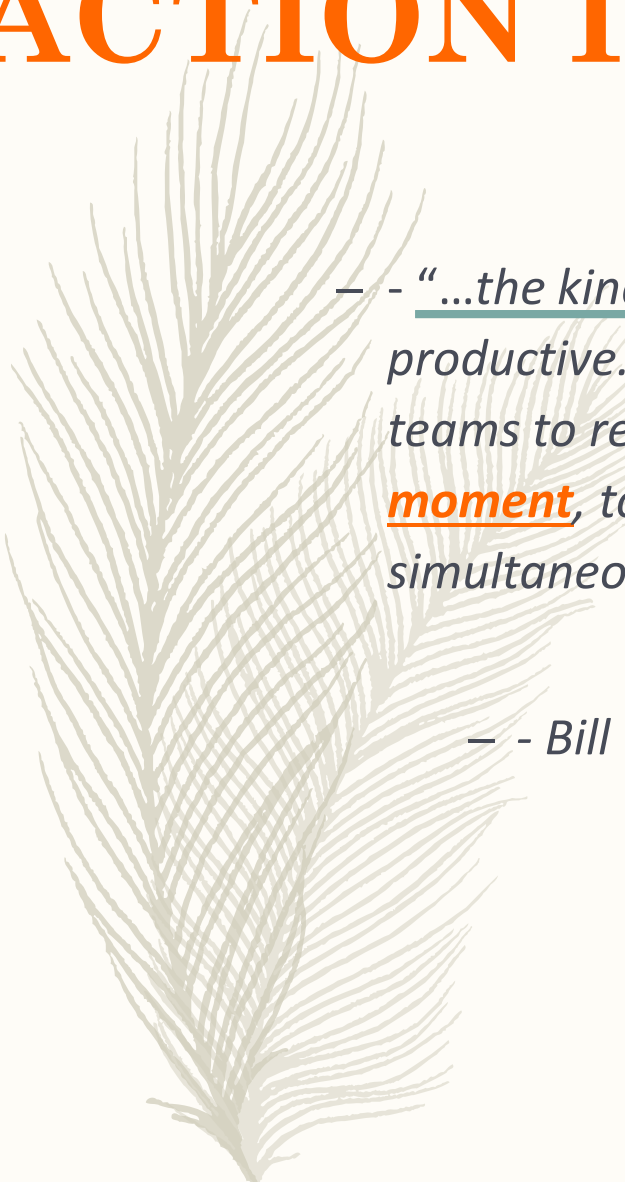
– What helps BRING SOMETHING TO LIFE

– Perhaps TO WAKE UP?

– Learning to FLOURISH together



ACTION INQUIRY



– - *“...the kind of behavior that is simultaneously inquiring and productive. It is a developmental process that allows individuals and teams to respond effectively to situations **as they evolve in the moment**, to accomplish whatever tasks have priority and simultaneously redefine tasks and required outcomes if necessary.”*

– - *Bill Torbert*

LEARNING & PRACTICING

inspiring the art of INQUIRY

– **Creativity** - *mindfulness (mind sets)*

– What do I/We want to create here together – or NOT

– **Awareness** - *grounded compassion (tool sets)*

– *What are you seeing here, inside out and outside in – what's missing?*

– **Action** - *hope for the future (skill sets)*

– *Where do you want to go with this*

– *Yes and; no; yes, but later; we need...*

FIELDS of CONVERSATION

1: DOWNLOADING TALKING NICE

SPEAKING from WHAT OTHERS WANT to HEAR
POLITE ROUTINES, EMPTY PHRASES
CONFORMING: NOT SAYING WHAT YOU THINK

2: DEBATE TALKING TOUGH

SPEAKING FROM WHAT I THINK
DIVERGENT VIEWS: I AM MY POINT of VIEW
CONFRONTING: SAYING WHAT YOU THINK

3: DIALOGUE REFLECTIVE INQUIRY

SPEAKING from SEEING MYSELF
as PART of the WHOLE
from DEFENDING to INQUIRY into VIEWPOINTS
CONNECTING: REFLECTING on YOUR PART

4: COLLECTIVE CREATIVITY GENERATIVE FLOW

SPEAKING from WHAT IS MOVING THROUGH
STILLNESS, PRESENCING, FLOW
CO-CREATING: SHIFTING IDENTITY; AUTHENTIC SELF



Embodied Creativity

Movement Conversations



1. "20 minute dance": Lying down, sitting standing

Noticing what we notice.

Stillness & Movement.

2. The 'Village'- adding traveling, turning, greeting

Noticing what we notice.

Stillness & Movement.



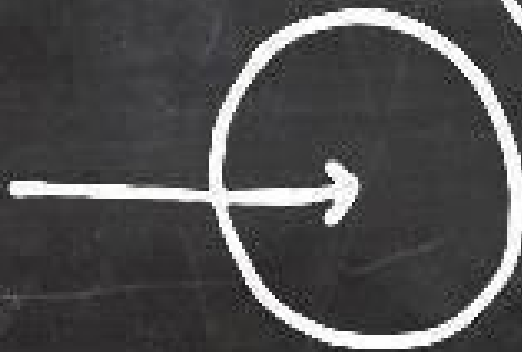
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OPEN, CONNECTED & PRESENT

Activity with one other person – open mind, open heart, open will

Your
Comfort
zone




Where the
magic happens



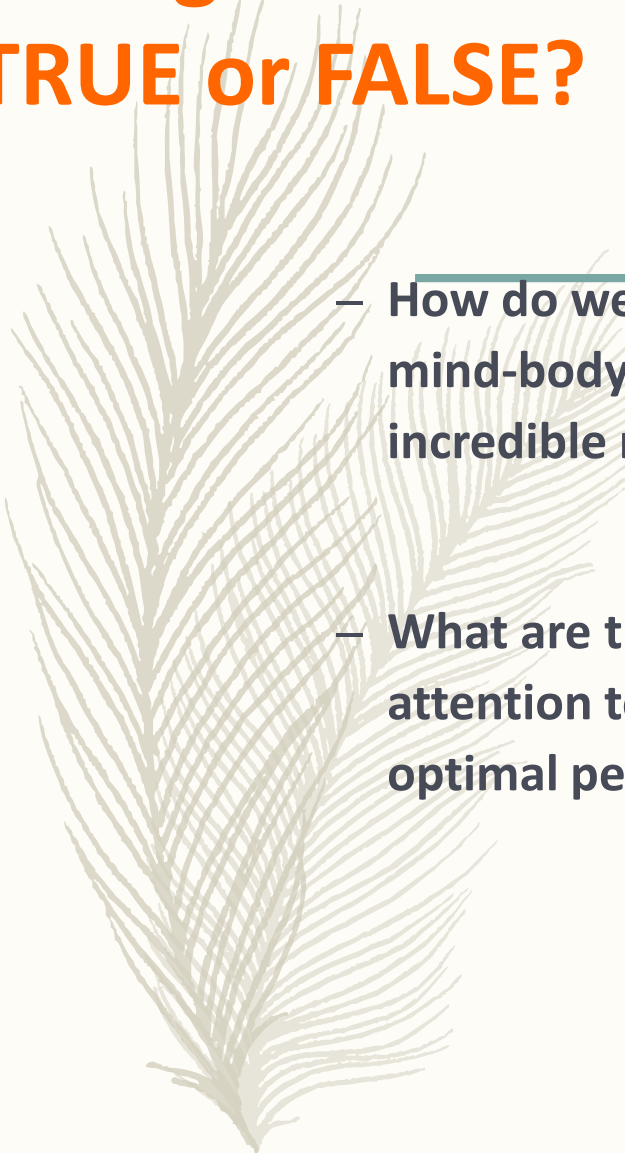
Setting the Context

- Trauma Reality of the Post-9/11 World – ‘Times of Crisis’ – environmental resource depletion
- *Losses/Destabilization*
- Accumulated Stress
- *Fragility/Vulnerability*
- Reduced Capacity - Constriction
- *Impact on Health*
- Impaired Response – Ability
- The three divides

Personal Context of Stress *(aka Crisis)*

- 
- × **Variety of biological stress responses – causing suffering, constriction at all levels of functions**
 - × *Cascade of hormones, affecting space. All systems affected.*
 - × **If stress response is too frequent or too long:**
 - × *Health hazards: Depression, susceptibility to infection, disease, low productivity, decreased satisfaction*

Change 'Creates' Stress – TRUE or FALSE?


- 
- How do we respond? How does reaction impact others? What mind-body practices increase our capacity and influence? To make incredible results happen?
 - What are the ways in which we might shift our focus, our attention to a healthier approach to **develop, renew and sustain** optimal performance and satisfaction?

Moving from Ego to Eco Awareness ... *'making'* an Inspired Response?

in teams, organizations & communities
....starting with yourself

LEARNING & PRACTICING

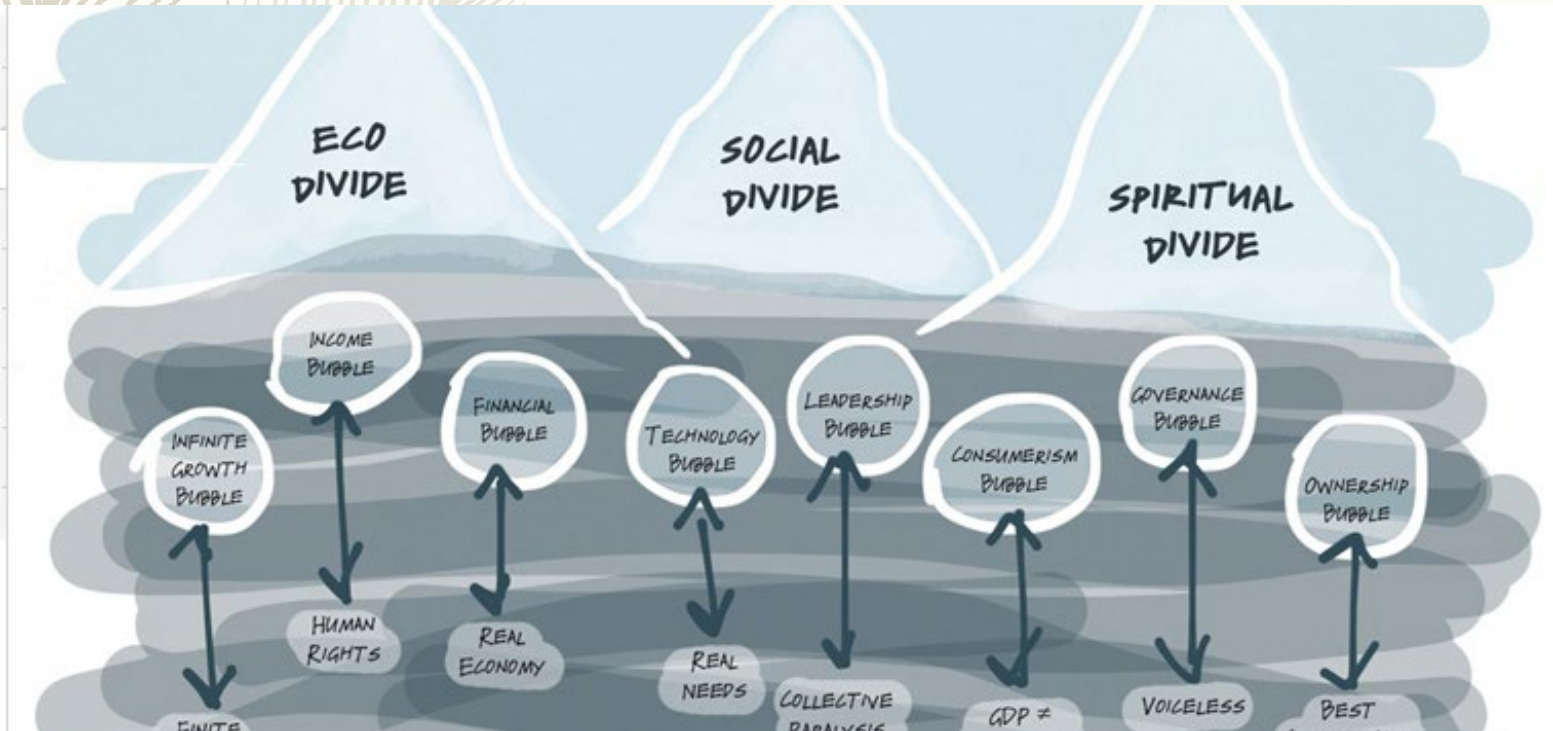
Body/Mind Integration

- 
- × **Creativity** - *Inspiring mindfulness (mind sets)*
 - × **Awareness** - *Inspiring grounded compassion (tool sets)*
 - × **Action** - *Inspiring hope (skill sets)*

Mind: Up Shifts to Balance?

- 
- × ***Creativity & Awareness***
 - × *move us into action*
 - × ***Body and Mind as One***
 - × *non-dual 'flow' state*
 - × ***Grounded Integration***

the 3 Divides



LIMITLESS POTENTIAL

–not even possibility

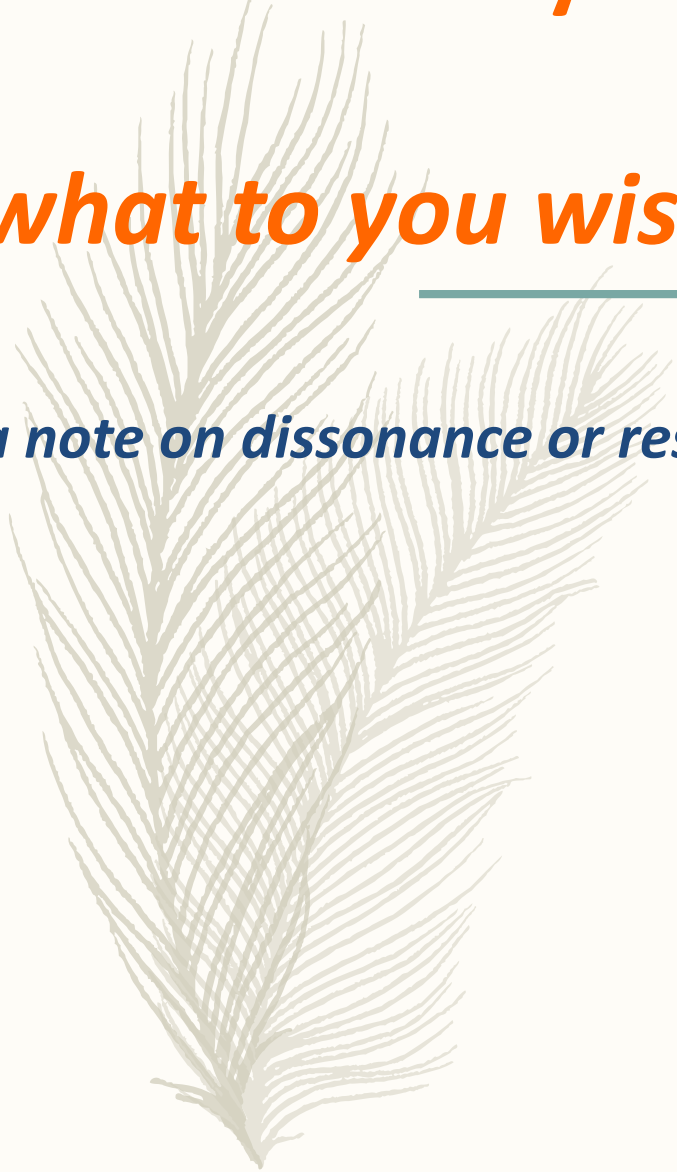
–never that probability

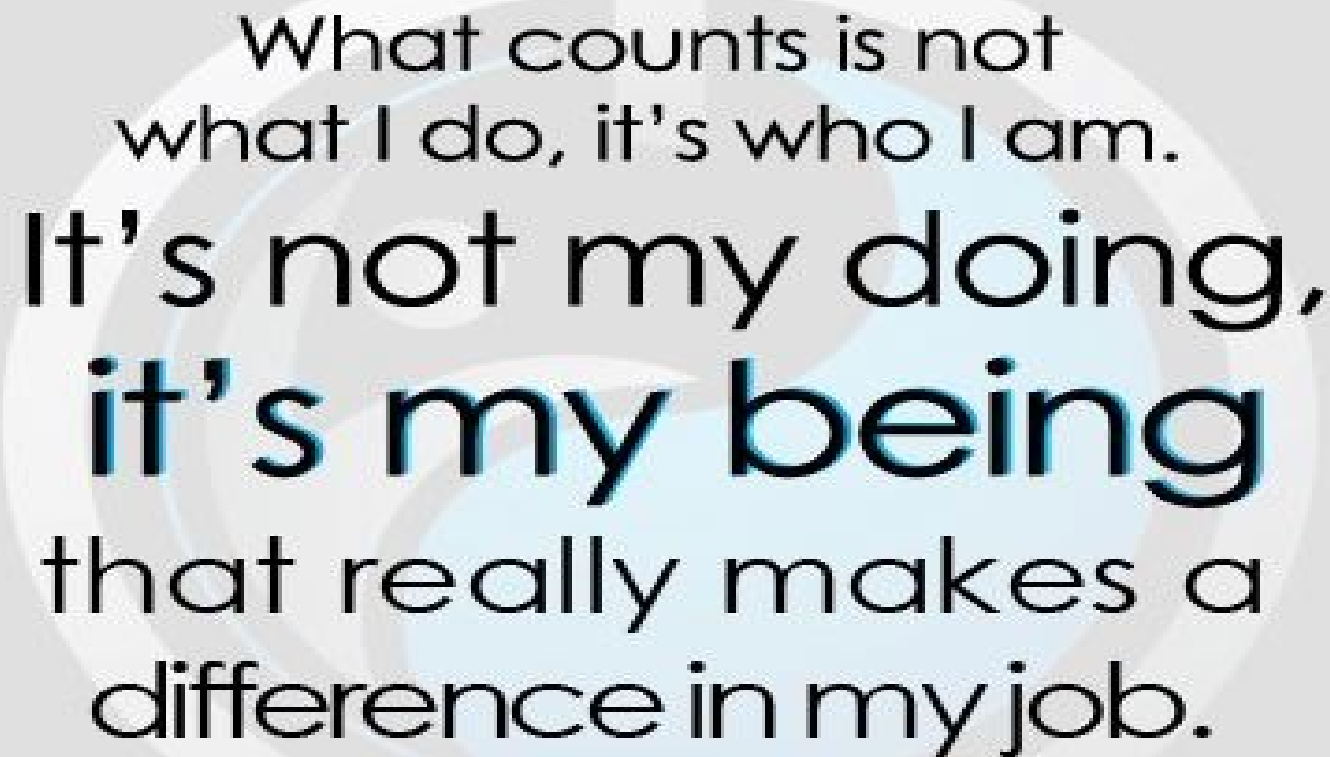
–always this potential - **NOW**

Future Reality

what to you wish to bring more alive?

a note on dissonance or resonance





What counts is not
what I do, it's who I am.
It's not my doing,
it's my being
that really makes a
difference in my job.

--Meng Tan, Jolly Good Fellow, Google
at the Wisdom 2.0 Summit

Aligning the INTELLIGENCES

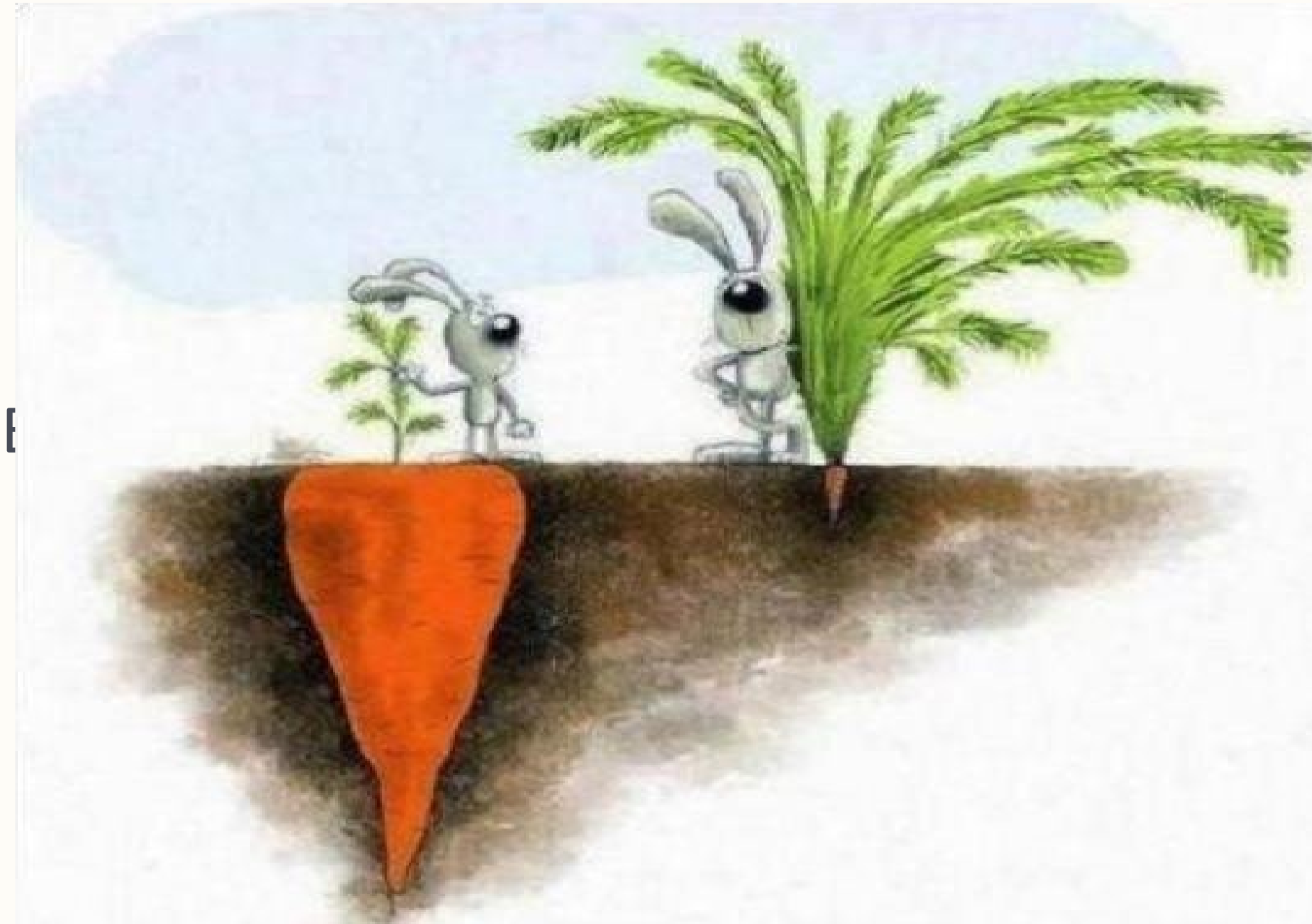


COGNITIVE - mind

EMOTIONAL - heart

SOMATIC – presence/action

Social Intelligence





HOW TO BUILD A LASTING RELATIONSHIP:

1. Cut on dotted line.
2. Rotate 180 degrees.



“SEEING FROM THE WHOLE”

360° AWARENESS

The Power of Mindful Action





Listening Underneath

listening to the listener

What do I (we)
truly
CARE about?

Basics of the three centers

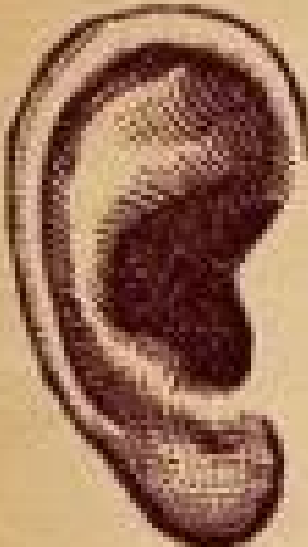


✕ **Head/mindfulness** > *self-awareness*
(*thinking/feeling*)

✕ **Heart/empathy** > *grounded compassion*
(*moods & emotions*)

✕ **Will/action** > *skillful movements + cares*

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LISTENING 1:
from habits

Downloading
habits of judgment

reconfirming old
opinions & judgments

LISTENING 2:
from outside

Factual
listening
noticing
differences

*Open
Mind*

disconfirming
[new] data

LISTENING 3:
from within

Empathic
listening

*Open
Heart*

seeing through
another person's eyes
emotional connection

LISTENING 4:
from Source

Generative
listening
(from the future
wanting to emerge)

*Open
Will*

connecting to an
emerging future whole;
shift in identity and self

Levels of Listening

'Issues are in the Tissues'

× *"Knowledge is only rumor until it is in the muscle"* - *New Guinea Proverb*

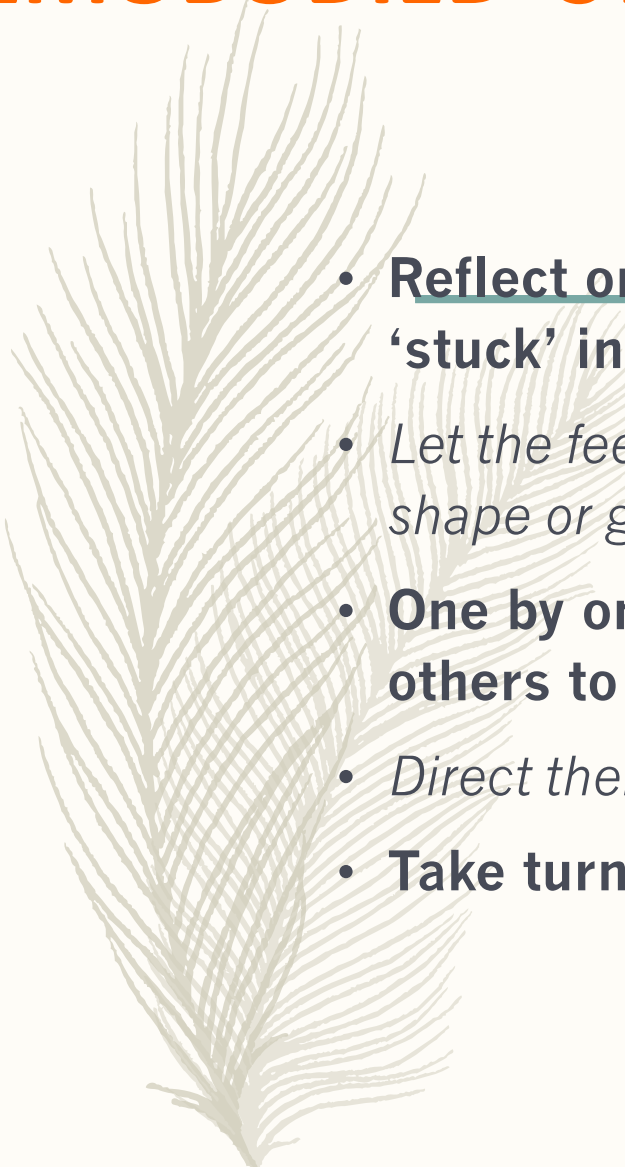
× *"If I could say it I wouldn't have to dance it."*
Isadora Duncan



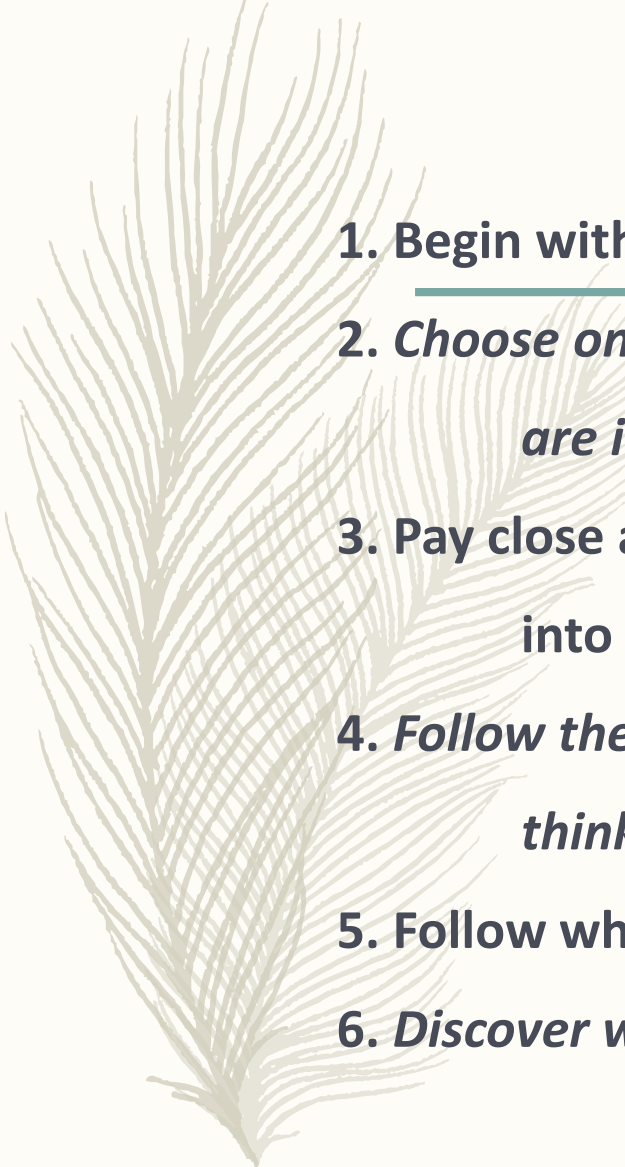
What's in the Way?

Where am I Stuck?

EMOBODIED 'STUCK' ACTIVITY

- 
- Reflect on a situation in your work or life where you feel 'stuck' in your group of 4-5
 - *Let the feeling of 'being stuck' come into your body as a shape or gesture.*
 - **One by one, share this with the group. You can ask others to be part of your expression**
 - *Direct them with few words*
 - **Take turns to explore 'stuck' in gestures.**

Movement Conversation

- 
1. **Begin with a silent and spacious awareness**

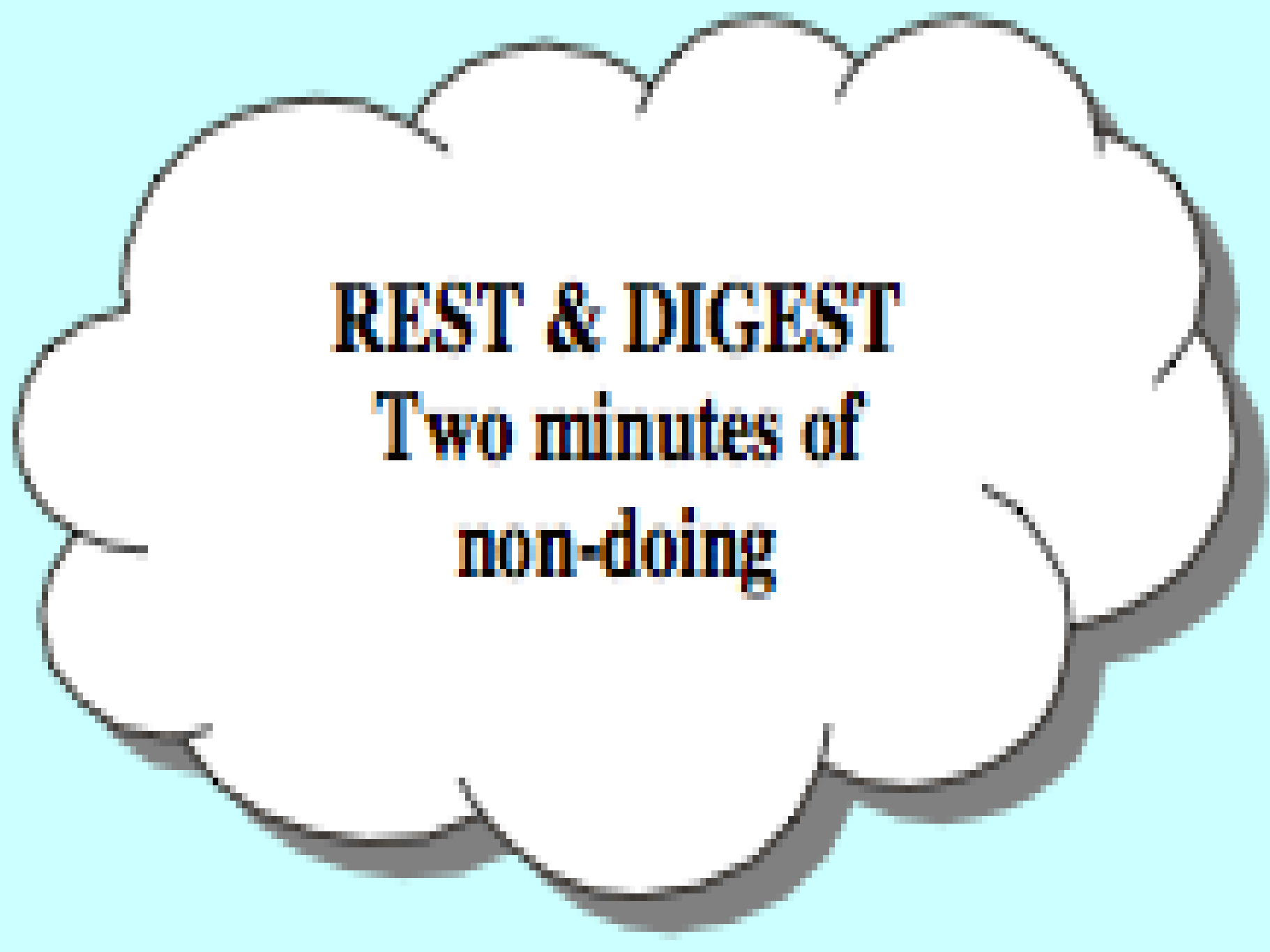
 2. ***Choose one 'stuck' tableau in which all 4-5 people are in the space.***
 3. **Pay close attention to the feeling of this and lean into it or listen into it, until it begins to shift.**
 4. ***Follow the movement of the group body. Don't think, plan or manipulate.***
 5. **Follow where it leads until it opens up to a natural ending.**
 6. ***Discover what you noticed.***

What did you Notice



- Share with your group, practice 3 - 4 level listening
- What EMERGED naturally, without thinking
- How did it feel
- Where can you sense your body





REST & DIGEST
Two minutes of
non-doing

Where are you now?

‘The interior condition of the intervenor directly affects the outcome of the intervention...’ *where is my attention now?*

- the *place* (space) where our intention originates, what we truly CARE about, is the place of our most aligned and attuned attention
- **Body - Mind synchronization** practices harmonize and integrate our actions with our cares and enable create surprising results

Thinking, Feeling, Sensing

*(aware of 'how I am', noticing **where am I** in my body now)*

- 1) **YOUR STATE** - thoughts, feelings, sensations
- 2) *Self-awareness changes perceptual state*
- 3) **PRACTICES** to **INSPIRE** integration
- 4) *Body-Mind synchronization to align actions with cares – responding vs reacting*
- 5) *Affective and cognitive shifts: mindfulness, , behavioral coherence, meta cognition, **leveraging unmanifest potential***

Integrative Practices

- ✕ **Mind Set - thoughts & feelings**
- ✕ **Skill Set – moods & emotions**
- ✕ **Tool Set – what you do to create**





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the Field Dance Activity



non-verbal activity with participants in community:

*each participant takes a turn to share an impression, allowing a unique gesture to unfold while connecting with the group in front, also from the emerging collective field (**social body**).*

Key Word Check-Out



What inspired you?

What challenged you?

What surprised or delighted you?

What moved you deeply?

IF YOU CAN'T
GET RID OF THE
SKELETON
IN YOUR CLOSET
YOU'D BEST TAKE
IT OUT AND
TEACH IT TO
DANCE

— George Bernard Shaw

Atelier Praxis - Theorie U

Movement Conversations *par le dessin* for Profound Change

Creativity, Awareness and Action
Allie Middleton and Roberta Faulhaber
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Paris