Deep Work With Whole Person Process Facilitation

Day 2 of 6 Real-Time Online Workshop

8:00 Welcome & Creating Energy Field

Words of welcome, invitation to take a seat in the circle followed by use of the bell. When introducing the bell, the energy field created by the sounds the bell makes welcomes you. Four chimes of bell, for the north for leadership, for the east for vision, for the south for community, for the west for management.

ring bells

We are sitting in a circle together. The energy field of the circle welcomes you. Notice your position in the circle. You are already learning a lot from these energy fields. You may have felt the energy field of the sounds. You may find that you are sitting in a particular energy field that has attracted you for today, be it leadership, vision, community, or management or somewhere in between. As you sit in that energy field, look across the circle and also notice the energy field opposite to you. Opposite you is the energy field of leadership, vision, community, management or somewhere in between and it also has an energy field for you. As well, opposite you there may or may not be another person. This person or space also has a message is an energy field that is welcoming you today.

We invite you to co-create an energy field with us by recognizing that the circle sits within a sphere. To co-create the energy field, first, place your feet firmly on the ground and imagine yourself well rooted in to the earth for support of your energy field. (Pause). Now use your spirit of intent for the wellbeing of all the people in the circle and what we will do together in joyful learning. With this spirit of intent, imagine this joyful energy of wellbeing flowing from you all around the circle going counterclockwise (to your left) until you feel you are helping to hold that energy field steady. (Pause). With this spirit of intent, imagine this joyful energy of wellbeing flowing from you upwards and across the circle, forming a vertical circle going up and going down to create the sphere of joyful energy of wellbeing. If you sense any part of the sphere not in this energy field, use your imagination to create as many circles as you wish until you feel the sphere is complete. (Pause). We have now co-created an energy field of welcome for us all and for all that will transpire in our commitment to learning and development within wellbeing and joy.

8:15 Transfer In

In a multi-day WPPF meeting, the transfer in is not done with the cards, etc. Instead, the input object (in our meeting it is the bells) is placed by the facilitator into the center of the circle and each of you are invited to take a turn, or more than one turn, to get the input object and bring it back to your seat. When you have the input object, you are the speaker and the rest of us are the respectful listeners, ensuring that you have the opportunity, without interruption, to be heard. You are the one who decides when you feel complete, signaling this to the rest of us in the circle by placing the input object back in the center available for someone else. If there is silence, the silence is an opportunity to gather your thoughts and valued as the gift that silence offers, not to be considered as an awkward moment because it hasn't been filled.

9:15 Energy fields engaged in a WPPF container

We are going to stay in the whole group for a while longer so that each of you has the opportunity to share the visual you created about the energy fields in the WPPF container. While this sharing is taking place, you are invited to use all your senses for noticing what you notice and make notes for yourself. For this task, think of the many senses you have beyond the five senses of smell, touch, seeing, hearing, tasting. This is a time to get really comfortable and pay attention to what is presented to you, what this means to you, and how you are doing your noticing.

10:05 Break (30 minutes)

10:35 Processing your learning in small groups

There are two whiteboards in the breakout space, the first to give you space to make a composite list of all the senses that you experienced yourself using. To make this list, have a conversation first to discuss how you are doing your noticing, how you are taking information in. The second whiteboard is to note what you noticed that stood out for you as an ah ha or even an oh no from the content of the presentations.

11:05 Presentation

Based on what you wrote on your two whiteboards.

11:25 Change is Constant

One of the Genuine Contact beliefs is "*Change with its accompanying loss, grief work, and conflict is constant. Individuals and organizations that develop mastery in working with change can sustain optimal effectiveness.*" Please have a conversation with a partner about what you are noticing about change during this workshop/meeting. You will be invited to share your reflections in the closing circle.

11:40 Homework

Step 1. Viewing presentations created in yesterday's homework. You are invited to do a gallery walk into each of the personal miro boards to view the presentations that were created to answer the three homework questions.

1. What is the value of the facilitator of a WPPF meeting being aware of energy fields? Hint: how does working with them enhance the WPPF meeting experience?
2. How does a WPPF meeting express in action the belief "that Spirit or spirit matters (conscious energy) and all of creation is connected and that people are precious"?
3. What is your current understanding of WPPF as a container based on your experience today in creating and participating in our WPPF container?

As you do this gallery walk, you are likely to learn a lot so take notes of what you are learning, your ah ha's and oh no's, things you want to remember. Tomorrow, you will be asked to share your most important learning during the transfer in circle.

Step 2. One of the beliefs of Genuine Contact is "*every organism (including the organization) has within it the blueprint for its own optimal health and balance*". Please think through what a meeting that takes this belief into account is like. And think through what a meeting that does not take this belief into

account is like. For each type of meeting please create a visual as well as listing some bullet points and a few simple paragraphs. Do your presentation in your personal miro board.

11:45 Closing Reflection Circle

As a reminder, as the input object goes around the circle, it is your opportunity to say anything that feels important to you at the end of this time together and we invite you to give a special focus on your experience of change throughout this time together, what it felt like, what you notice. Remember that one of the beliefs of Genuine Contact is that “change with its’ accompanying loss, griefwork, and conflict is constant”. Through our reflections about change, we together embody what this constant change feels like.