Deep Work With Whole Person Process Facilitation

Day 3 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

Input object into the center and invite people to share what they want to share regarding their learning about WPPF or anything that feels important to them at this time. This is a time to share anything that you want to share, and we are inviting you to share your most important learning from your gallery walk that was part of your homework.

8:45 Blueprint for optimal health and balance

Meet in small groups. Share your presentation about meetings that take into account that the blueprint for optimal health and balance is in the organization, and meetings that do not take this into account. As you are taking in the presentations, please pay attention to what you are picking up about using WPPF for tapping into the blueprint for optimal health and balance. After the sharing of presentations, discuss

what you have noticed and then together write a page suitable for a proposal to a leadership team about using WPPF for meetings for the purpose of tapping into the blueprint for optimal health and balance that is in the organization. At the top of your page, have some bullet points and then go on with making your case. In 50 minutes please come back into the circle to share your one page proposal and to do so in a way that convinces us that this is a valuable way to have our meetings.

9:35 WPPF and the Blueprint for Optimal Health and Balance

Presenting proposals. Making the case for using WPPF for tapping into the blueprint for optimal health and balance of the organization.

9:50 Reflection circle

Share anything that feels important that was picked up from doing this exploration.

10:00 Break (30 Minutes)

10:30 Textured Approach of WPPF

Before the break, we explored the use of WPPF as a way to tap into the optimal health and balance of an organization. We are now inviting you to meet in small groups to further develop your understanding of what you are setting in motion when you use a WPPF meeting. What are you setting in motion in this textured approach to meetings? In your small group, after conversation of what you are setting into motion, please prepare a presentation that includes a visual of WPPF as a textured approach, bullet points of what you are setting in motion, and a few paragraphs that talk about what you are setting in motion. Please return to the main circle in 45 minutes prepared to present your perspective to the rest of us.

11:15 Presentations

While listening, pay attention to what you are noticing.

11:30 Reflection Circle

Share what you have noticed in regard to the presentations about what you are setting in motion with a WPPF meeting.

11:40 Homework

Step 1. On your miro board, write a script that you would use when speaking to a leadership team to explain to the team what they are saying 'yes' to when they say yes to using WPPF for a meeting or for many or even all of their meetings. Base your script on what you now know you are setting in motion in using WPPF for a meeting.

Step 2. In the learning hub you will find a folder called 'design notes'. These are the notes that we as your facilitators developed for the first three days of our six day workshop. From one activity to the next, it is important to create a bridge so that participants have the experience of the meeting or workshop in a coherent flow. Explore the design notes, familiarizing yourself with our thinking about the design, paying attention to the bridging. Sometimes the bridging is done well, sometimes it isn't done as well. In your personal miro board, make notes about what you are noticing about the bridging, giving examples to support what you are noticing. Then, write some bullet points capturing your perspective of

what bridging is, and then a few paragraphs of text about the importance of bridging and what to pay attention to to create the bridges between activities.

11:45 Closing reflection circle

Again, we pass the input object around and it is up to you to share until you feel complete, and signal you are complete by passing the input object to the next person to your left. When you share anything that you want to share at the end of this session three together, please also comment on your experience of change.