

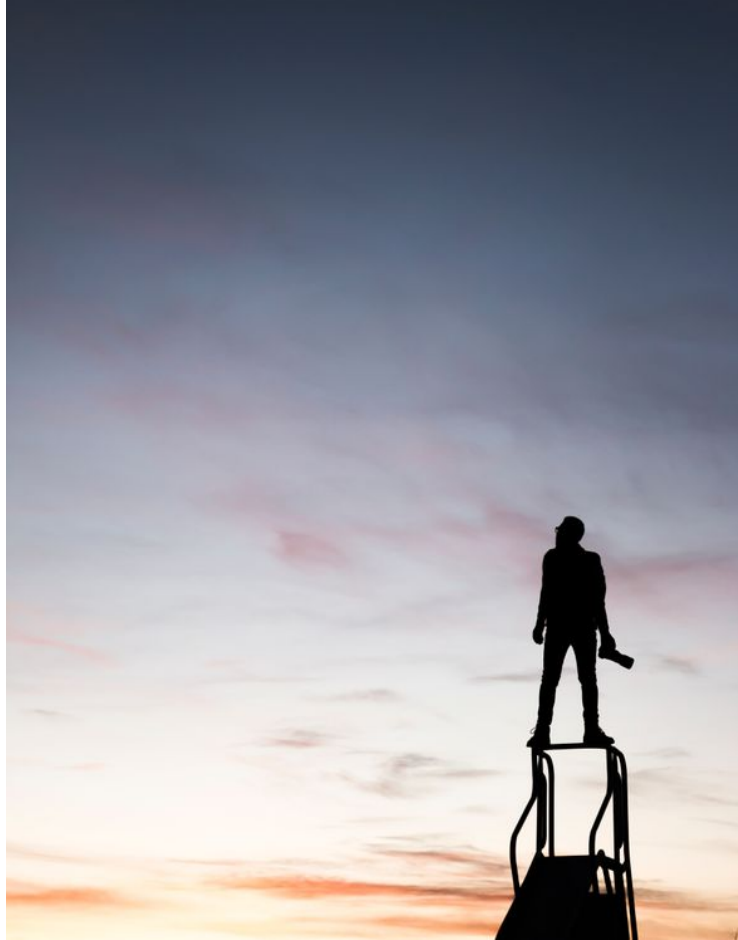


INSERT TEAM NAME HERE

TEAM COACHING - SESSION 2



WHERE ARE WE GOING WITH THIS?



- **WELL-BEING PULSE AND CHECK-IN**
- **REVISITING OUR ALLIANCE**
Assumptions, Agreements and Safety Norms
- **RELATIONSHIP SCIENCE**
- **LISTENING CIRCLES**
- **FUTURE SELF**
- **COMPLETION**



CHECK-IN

1 WRITE DOWN A NUMBER ON THE SCALE OF 1-100 THAT REPRESENTS YOUR SENSE OF OVERALL WELL-BEING RIGHT NOW.

(Put on a private piece of paper. Won't be shared.)

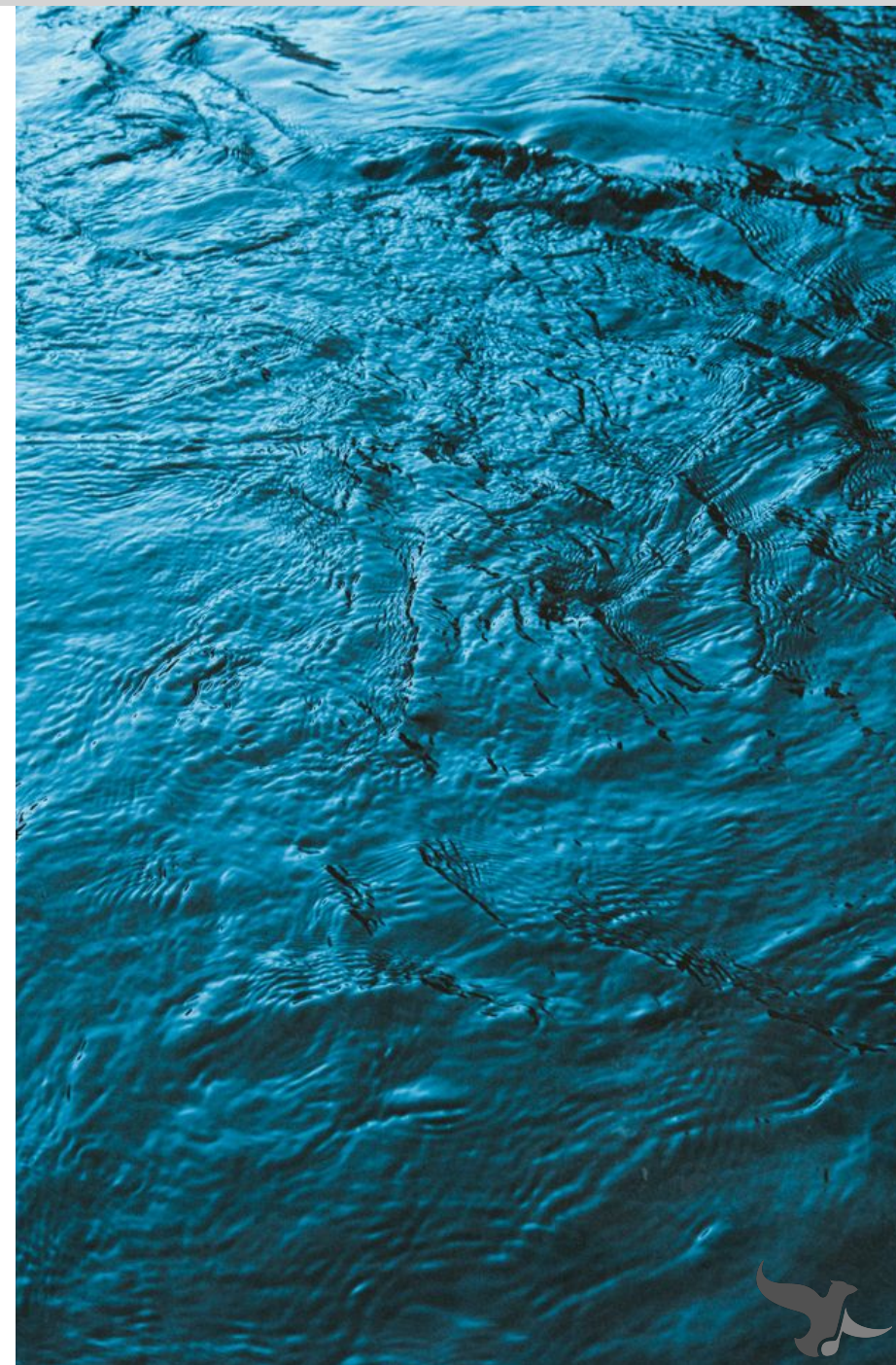
2 WHAT'S ONE WORD THAT DESCRIBES YOUR OVERALL SENSE OF WELL-BEING RIGHT NOW?

(Share out loud)



ASSUMPTIONS

- **PEOPLE ARE NATURALLY CREATIVE, RESOURCEFUL, WHOLE AND RELATIONAL**
- **PEOPLE ARE UNIQUE AND VALUABLE**
- **PEOPLE ARE WORTHY OF BEING CHAMPIONED**
- **PEOPLE ARE CAPABLE OF SOLVING COMPLEX PROBLEMS**
- **PEOPLE ARE READY TO LIVE AT CHOICE**



AGREEMENTS

- **CONFIDENTIALITY**

The commitment to honor each others stories as sacred and only share the stories that belong to us.

- **CHALLENGE BY CHOICE**

The commitment to engage each other in challenges, inquiries, and opportunities by invitation rather than demand.

- **FIERCE WONDER**

The commitment to being judgment free, operating from the role of learner rather than expert, and granting permission for a range of emotion, experience, and decisions.

- **AUTHENTIC PRESENCE**

The commitment to be fully present with honesty and fully participate with authenticity. You are only responsible for your presence - so no fixing, saving, or setting another participant straight.

- **WHOLEHEARTED**

The commitment to take care of ourselves and understand our impact. We will hold deep confidences, express personal needs, and respect boundaries.



HARVARD STUDY



- **238 HARVARD SOPHOMORES DURING THE GREAT DEPRESSION WITH THE RESEARCH OBJECTIVE OF DISCOVERING WHAT FACTORS CONTRIBUTE TO A LONG, HEALTHY LIFE**
- **OVER 80 YEARS, PARTICIPANTS HEALTH TRAJECTORIES AND BROADER LIVES HAVE BEEN STUDIED (CAREERS, FAMILIES, TRIUMPHS, FAILURE, ETC.)**
- **THE GREATEST PREDICTOR OF HOW THEY WOULD GROW OLD WAS THE HEALTH OF THEIR RELATIONSHIPS**
- **GOOD RELATIONSHIPS ACTUALLY PROTECT OUR BODIES AND BRAINS**



GOTTMAN INSTITUTE

- **RELATIONSHIP SCIENCE AND THE LOVE LAB**

Started observational research in the 1970s at the University of Illinois
Built the “Love Lab” at the University of Washington in 1986.

- **SUCCESSFUL RELATIONSHIPS DEPEND ON A RATION OF POSITIVE TO NEGATIVE INTERACTIONS**

3 to 1 = Failing

7 to 1 = Sustaining but disengaged

20 to 1 = Flourishing and generative

- **PRO TIPS**

Increase positive interactions

Increase warmth during conflict (understanding that 69% of conflict is perpetual)

Co-create a strategy for managing flooded states



EMPATHY TO INNOVATION CONTINUUM



- **EMPATHY**

Feeling with someone(s)

- **IMAGINATION**

the ability to conceive of what does not yet exist

- **CREATIVITY**

imagination applied

- **INNOVATION**

if creativity improves the previous form of something



LISTENING CIRCLES

WHAT'S SOMETHING THAT HAS BEEN TROUBLING YOU?

PROCESS: THERE WILL BE 1 COMMUNICATOR AND TWO LISTENERS.

FOR 2 MINUTES, THE COMMUNICATOR WILL TALK ABOUT THE PROMPT WITHOUT INTERRUPTION WHILE LISTENERS CAN ONLY WRITE DOWN CURIOUS OPEN ENDED QUESTIONS.

LISTENER #1 THEN GETS 1 MINUTE TO ASK ALL OF THEIR QUESTIONS AND THE COMMUNICATOR HAS 30 SECONDS TO RESPOND HOWEVER THEY CHOOSE. THEN LISTENER #2 THEN GETS 1 MINUTE TO ASK ALL OF THEIR QUESTIONS AND THE COMMUNICATOR HAS 30 SECONDS TO RESPOND HOWEVER THEY CHOOSE. THE CIRCLE THEN ROTATES SO THAT ONE OF THE LISTENERS NOW BECOMES THE COMMUNICATOR.

LISTENING CIRCLES

WHAT'S SOMETHING YOU CARE DEEPLY ABOUT AND HOW DOES THAT SHOW UP IN YOUR LIFE?

PROCESS: THERE WILL BE 1 COMMUNICATOR AND TWO LISTENERS.

FOR 2 MINUTES, THE COMMUNICATOR WILL TALK ABOUT THE PROMPT WITHOUT INTERRUPTION WHILE LISTENERS CAN ONLY WRITE DOWN CURIOUS OPEN ENDED QUESTIONS.

LISTENER #1 THEN GETS 1 MINUTE TO ASK ALL OF THEIR QUESTIONS AND THE COMMUNICATOR HAS 30 SECONDS TO RESPOND HOWEVER THEY CHOOSE. THEN LISTENER #2 THEN GETS 1 MINUTE TO ASK ALL OF THEIR QUESTIONS AND THE COMMUNICATOR HAS 30 SECONDS TO RESPOND HOWEVER THEY CHOOSE. THE CIRCLE THEN ROTATES SO THAT ONE OF THE LISTENERS NOW BECOMES THE COMMUNICATOR.

IMAGINATION

FUTURE SELF

COMPLETION

I WILL LISTEN WITH CURIOSITY TO _____ AND PURPOSELY ACKNOWLEDGE _____.

(DROP YOUR RESPONSE IN THE CHAT)





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