

4 Ways of Knowing

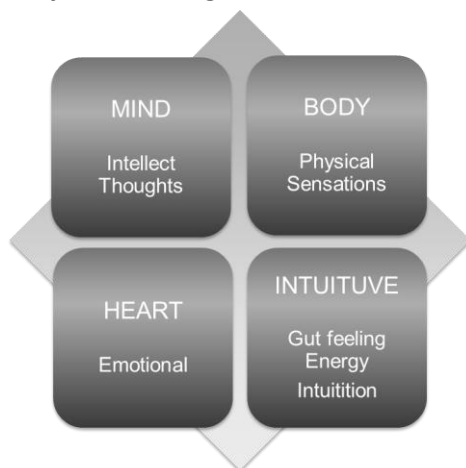
"The only real voyage of discovery consists not in seeking new landscapes but in having new eyes." -Proust

The SOS

What is this?

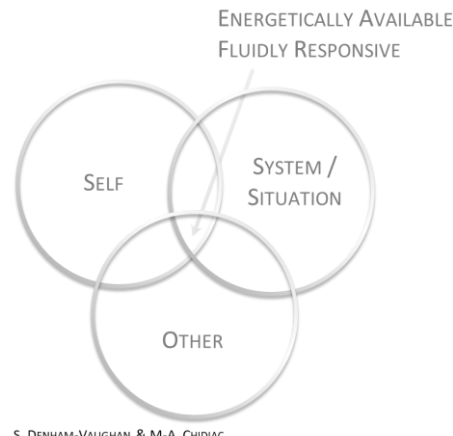
A way to both check in, in a connecting way, and train yourself in presence. Developing the skill of presence will strengthen your abilities to navigate complexity.

4 Ways of Knowing :



We are trained, in today's society, to use our mind, our intellect to analyze the world. This makes us unaware of a large part of our "information sensing system" - the body, our emotions and the 'non observable space' as some researchers call the intuitive field.

Learning to use our full sensing capacity widens our ability to sense and respond.



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Heightened presence in the current moment enables you to sense information/data from the three interrelated perspectives of the SOS to better navigate the now.

Leaders that have a strong present centered awareness, are shown to have greater abilities to navigate complex systems.

Being present to the Self, the Other and the System/Situation, and the interrelatedness between these three, will grow energetic availability and fluid responsiveness. Key abilities in any system. Specially in an agile.

Check In:

Check in in any meeting letting everyone complete the sentences:

My mind is...
My Body is...
My Heart is...
My Energy is...

Then, reflect first silently, then share in the team.

- What stands out for me in what I hear?
- What themes are there in check in?
- What does that say about us?