

# Team/Organisation Practice - Connecting Practices & Check Ins

INTO THE NEW

ELEVATING LEADERSHIP  
CHANGING BUSINESSES  
TRANSFORMING LIVES

## Connecting Practices & Check Ins

### One minute of silence + sharing (3 min)

1 min: Start with one minute of silence, to leave what you need to leave outside this room and get present to this meeting with all of yourself.

1,5 min: Share in triads (30 s each): what stood out for you during the minute?

### 4 ways of knowing (3 min +)

Share individually, or in groups of three if big meeting:

- My mind is...
- My body is... OR
- My heart is...
- My soul is...

My mind is longing for...  
My body is longing for...  
My heart is longing for...  
My soul is longing for...

### Practice Noticing (4 min]

A&B [2 rounds]

2 min x 2:

A: Share your observations of B.

(I see that you..., I note you... I see your...)

B: Be present, in silence, and note

YOUR inner experience while A shares.

Thank each other. <3 Switch roles

Possible Add on: 2 min x2:

Before Switching roles, add this. Or do it separately.

A: Share YOUR inner experience. (I notice/feel...)

B: Be present, in silence, and note

YOUR inner experience while A shares

Thank each other. <3 Switch roles

### I AM (5 min)

[Pairs: A & B, 2 rounds]

A share for 2 minutes: "I am..." "I am..." "I am..."

B listens in silence.

Switch roles.

### Inquiry ( 5 min)

[Pairs: A & B, 2 rounds]

B asks A: What are you longing for?

A: respond.

B: Thank you. What are you longing for?

A: Respond

...and repeat for 2 minutes. Then switch roles.

Try altering the question with e.g.:

- What you do you bring today?
- What do you leave behind?
- What you is being born?
- What are you afraid of?

### When I meet you with an open heart (5 min)

[Pairs: A & B, 2 rounds]

For 2 minutes:

A share: "When I meet you with an open heart..."

"When I meet you with an open heart..."

B listens in silence.

Switch roles.