

Welcome: Meetings that Engage

A Genuine Contact Specialty Series Workshop

- Welcome
- Transfer In: Focus and Presentation
- The Whole Person
- Benefits of Inviting the Whole Person
- Transfer In: How and Why
- Usefulness, Insights, Questions
- Closing



Please take a seat in our collective circle by writing your name.

Benefits From Engaging People in a Meeting

Why would you not want to engage people in a meeting, the point of a meeting is to engage people.

Opens up to have new things happen. Builds connections

As a leader of an organization it is important because I am not the only one we are doing it together.

Seeing the wisdom of the group

Results!

Time well spent

More participation

More commitment



Engaging the Whole Person



The Whole Person

How would you engage the Whole Person?

Go over the agenda, have people agree or add, change or say something about it
What the meeting is about and how we are going to approach it
Hopes and fears is also good
State the purpose of the meeting
Give people the option to attend but not require people to stay
Talking in pairs, individual reflections etc
Sitting in a circle is important, creates a different kind of communication
Breathe

How would you engage the Whole Person?

Overall I think it is by providing a whole body experience.

Making sure that the room feels inviting.

The circle

Finding as many ways as possible to address things, visual, physical, listening etc.

I think much can be done by also engaging different ways like poetry, or sound, or even texture that is not always something I know how to do, but I know the more I do that the deeper the engagement is.

I also think that by providing autonomy to people (about their own needs like when to take a break, how far they go on a topic, all of this creates engagement -- leaving room and space for engagement.

Giving people liberty to move, even if it is online, asking people to move the energy of the body, is very important.

Asking questions and allowing it to not know answers and allow people to think about it without knowing the answer

Transferring In to Focused Interaction



Full concentration – Presence – Creative – Together

Transfer In: How & Why in 6 Steps



1. Sitting comfortably

- Feel your seat
- Breath

2. Choose an object

- Right brain
- Intuition

3. Question

- Left brain
- Focus on the topic

4. Individual reflection

- Whole brain
- Conscious, subconscious mind
- Emotions

5. Sharing with a partner

- Body
- Voice
- Deep listening

6. Introductions

- Respect
- Learning to know a person on a different level

Transfer In – How would I apply it?

What makes sense to me? Questions?

When talking in pairs - not everything that is said in pairs, has to be shared in the whole group. Saying this to people before they move into pairs. Making sure that people know they have agency over what they share. Sets a tone of that you are competent to care for yourself. Talking well together might not happen as a norm but needs something more such as a Transfer In.

When meetings are following each other on the same subject, not using transfer in for all meetings but always when shifting to a new subject. This is not a ritual, the question has to be real, touch the topic.

Listening, being there for the other person. Opportunity to use both brains even when working in pairs.

Introverted people might have a difficulty to talk directly to a big circle of people. Talking in pairs is easier and when you have to speak to the big group, you are not talking about yourself but about your partner.

Purpose of transfer in - allows me to come and land fully into the topic as a whole person. This is not an icebreaker, it is a connection maker.

If invited to say something personal about themselves instead of Transfer In, the first person often sets a trend which might be embarrassing to others. When you transfer in a lot, you learn to listen and be quiet, because you have to listen deeply when you are going to introduce another person. Transfer in is a weird as it gets,



Next Steps for Engaging Meetings

Learn the full Whole Person Process Facilitation

- Self study option with Dalar International,
<https://www.dalarinternational.com/curriculum/whole-person-process-facilitation/>
- In person workshop with Doris Gottlieb, Anna-Caroline Türk, Thomas Herrman, the Netherlands, 16-19 Oct 2019.
<https://www.doriscgottlieb.com/wppf2019>

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