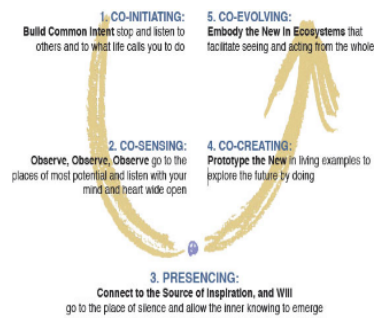


Theory U – It's all about YOU



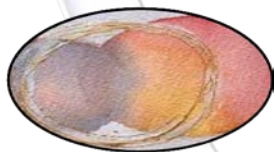
We were called to the Art of Humaning, to Stop and Listen to Myself and Others. We discovered, dreamed, designed and co-created our destiny. We cultivated the eco-system for learnig.

Observe, observe, observe----

After internalising and owning the 4 principles of Being Together, the session became vibrant with the participants Speaking with Intention, Listening with Attention, Contributing to the Group and making learning visible.

Together we created a community of 3C's - Curiosity, Compassion and Courage.

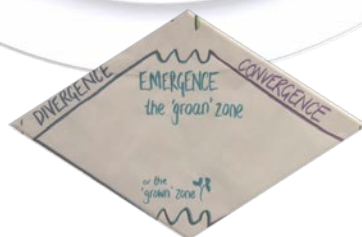
The first 3 days were busy days of experiential learning of Deeper listening - specially empathic and generative; art of creating Good Questions, Open Space, World Cafe, Pro-action Cafe, Circle and Collective Mind Map.



We then moved to the place of Silence - Presencing.

The Four-fold practice of Hosting oneself, Hosting others, being Hosted and Creating a Hosting Community. The most exciting part of the programme was the experience of co-learning while designing for Co-facilitation in themes which were so appropriate to the GS Mission and its urgent needs. These days we worked in traidis, learning to Let go of our inhibitions and anxieties, being mindful of different learning styles, using 7 breaths and stepping stones, Harvesting (PLUME, ORID), trusting one another as we emerged as

Co-facilitators--- Co-creating beautiful experiences using different methods and process.



Three days of Co-evolving--- we learnt to trust the group,the facilitation process and deeepened our understanding of life and mission of GS Misson Communities.

Some wisdom lines:

"I am propeled to make this a way of life"
"I am truly enriched to own this expereintial learning and praitce it in my life and mission"

