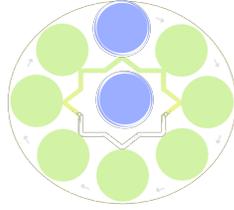




# THE ART OF CONVENING™ TRAINING

Purpose in Action



## SESSION 1

### HOMEWORK & PREPARATION

**SESSION THEMES** [Convener Engaged with Self]

<p><b>At the Heart of the Matter</b> Who I am in relationship with others</p>		
<p><b>Challenge:</b> Staying Connected <i>Do we choose to open ourselves to relationship or do we choose to close?</i></p>	<p><b>Principle:</b> Knowing who I am allows me to be in authentic engagement.</p>	<p><b>Essential Questions:</b> Who am I as a human being? How will I be in relationship with others?</p>
<p><b>Clarifying Intent</b> The alignment of our intention with the purpose of our engagement</p>		
<p><b>Challenge:</b> Doubt</p>	<p><b>Principle:</b> Our intent has substance that is acted upon.</p>	<p><b>Essential Questions:</b> What are my intentions? Are they in line with who I am? Who are we to be together?</p>

### Session Reading:

Readings from *The Art of Convening: Authentic Engagement in Meetings, Gatherings, and Conversations*

- Welcome
- Introduction
- Chapter 1-At the Heart of the Matter
- Chapter 2-Clarifying Intent

**Handouts:** download from blog

### Journaling Questions and Exercise to complete before Session 1

*Your responses will be discussed during the session call*

#### **At the Heart of the Matter:**

*What calls you to convene? (Why do you engage others in meetings, conversations, gatherings? For what purpose? Under what circumstances are you compelled or required to call and lead engagements?)*

### **Clarifying Intent:**

What calls you to participate in this series? Why are you taking this training? What are the factors involved in this decision?

### **Exercise: What Do I**

#### **Stand For? The set-up:**

Find a quiet place to write, and close the door so that you won't be interrupted. Write by hand (or computer if you must) in your journal. Any notebook will do as long as you know it will remain private.

**Step 1.** Who are the people who most influenced your life—positively or negatively? List them by name and by their relationship to you. You may wish to express why they are influential; however, this is not required. Once you've finished, pause to reflect on each before moving on to Step 2.

**Step 2.** What core nonnegotiable values guide your life and work?

Ask yourself about the bedrock values that guide you in your life and work. List key words first, noticing how they feel. You may have only a few; don't worry. It's more important that you find those that are not open to negotiation to you and that reflect how you live your life.

**Step 3.** Share those values with someone as soon as possible. Start by saying, "I stand for [the values you've written down] in my life and work."

**Step 4. (Optional)** Write a short narrative story that is declarative. It starts with "I" and goes on from there. Something like this: "I stand for integrity and love in all my relations. My family is sacred to me. Truth, humor, and play are essential to my daily life. My body is my temple and I take care of it . . ."

## **SESSION FLOW**

**Welcome** / The Invitation into our space and time together

**Setting Context**

**Creating the**

**Container**

Taking People into Our

Hands The Calling

**Expectations/Agreements/Prot**

**ocols Transition Exercise**

**Hearing All the Voices "Stringing the Beads"- Round I**

- What calls you to convene?
- What calls you to participate in this series?

**Review of the Series**

**The Convening Wheel**

- The 9 Aspects (circles) of the inner and outer factors the Convener must consider in designing and executing any engagement

**Session Themes**

At the Heart of the Matter, Clarifying Intent

**Transition Exercise**

**Hearing All the Voices "Stringing the Beads"- Round II**

- *What Do I Stand For?*

**Community Circle- Essential Conversation** *Group reflection & sharing*

**Shining a Light on a Practice**

Discovering/Remembering Who I am: Journaling and Mindfulness Exercises

**Close the Circle-** Check out

What are your key learnings from the session?

What commitment are you willing to make in the next 2 weeks?