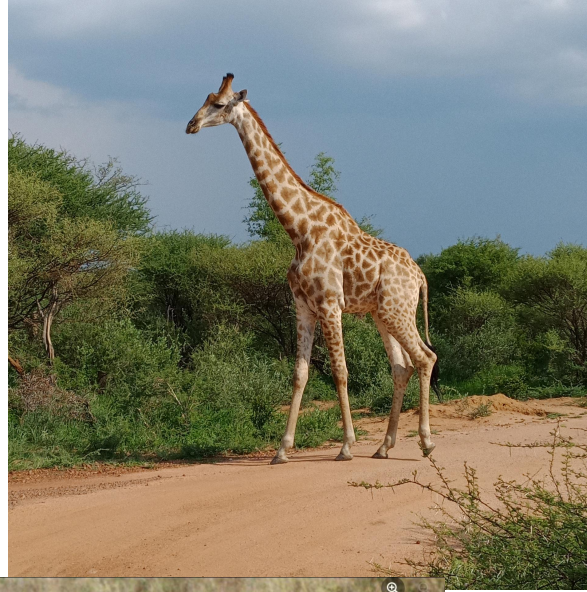




Bright
group

◀ everyone is a natural

Welcome



Program

- ❑ Short Introduction
- ❑ 21st skills, drive by real intention and your nature!
skill development based on nature instead of nurture
- ❑ What brings you here?
- ❑ Levels of listening and practice in pairs
- ❑ What does natural leadership mean to me.
- ❑ The principles of natural leadership
- ❑ Principles of self management and recognition of emotions and stand your ground.
- ❑ Interactions based on insides towards daily life. What to do tomorrow...

Some Matters and ask a Question



Personal stuff stays
between us

Cleaning up
our own mess

Phones of

Usefull
and nice

We return on
time from breaks

Respect

We let each other
finnish speaking

What brings you here?

- ☐ What is your expectation of this workshop?
- ☐ What is your reason of today's attendance/being here?
- ☐ What is your biggest personal challenge?

Today's objectives

- ❑ Know your nature and difference with nurture
- ❑ How to be in the eye of the hurricane by self management
- ❑ Translation into intentions towards personal and professional life
- ❑ Principles of natural leadership
- ❑ An experience
- ❑ Fun

Levels of listening

LEVELS OF LISTENING

4. Generative Listening

"...I am connected to something larger than myself"

People are open their willingness to change and connect with the best future that they can imagine, without their personalities getting in the way.

3. Empathic Listening

"Oh, yes, I know how you feel."

By empathizing and seeing through someone else's eyes, people are able to understand and respect the other person.

2. Factual Listening

"Ooo, look at that!"

People only listen attentively when the information is different from what they know. This new information is added to the information that is already known.

1. Down-loading

"Yeah, I know that already."

When transferring information that is already largely familiar, people only listen to reconfirm what they already know.



How do you listen?

- ❑ What level?

Feel free to give examples.....

An exercise: WHO AM I?

In pairs based on AI (apreciative inquiry)

Interviewing

Who am I

Ask open questions

Listen with full attention

2 times 15 minutes

Afterwards: short report on content and proces

Principles of Natural leadership



The Principles of Natural leadership

During the trails we handle from the following principles:

□Sensing

We open all senses. We feel what is going on and what we want to do, what direction we want to take. We don't feel obligated to the program or all other plans.

□Stillness

When we're walking we're quiet. In the silence we find space for new insights.

□Solitude

Because of the silence 'being alone' is also part of the experience.

The Principles of Natural leadership

□Simplicity

We leave everything behind that reminds us of the civil world. Watch, phone, headphones, but also roads, bridges, and all other man build things. We completely take care of ourselves, we carry everything we need of clothes, food, etc. We don't have to uphold any schedule or performance measure. "We go with the flow."

□Service

We respect the nature and nature will reward this respect in different ways.

□Servant leadership

Is felt because we care for each other.

The Principles of Natural leadership

□ Sharing

Beside the spontaneous sharing of our experiences during the day we have a council once a day, unless there is no need to. In the council we share candidly and present ourselves vulnerable. What we share is completely free and no one needs to feel obligated to speak “at the service of the group”. You only have to share what you feel and what you feel like sharing. We encourage you to speak truly from your heart.

□ Self

The program is a personal journey and not a group process. It’s about “being with/working on yourself” and not about judging others.

□ Secrecy

Only wind or water can take it away.
Everything being shared stays in the group.

□ Synchronicity

Nothing is coincidental. Where attention goes, energy goes.

Natural leadership

- ☐ What does natural leadership mean to you
 - ☐ How do you live these principles?
 - ☐ What do you need or what is your desire?
 - ☐ How do you take care of yourself?
-
- ☐ When it's tough how do you remain in the eye of the hurricane?
(bridge towards self management)

Break outs....

Selfmanagement

❑ What is that exactly?



The Goal of Self Management

Learning to cope with your emotions so you can achieve your goals and make your desires a reality.

Circle of influence and involvement

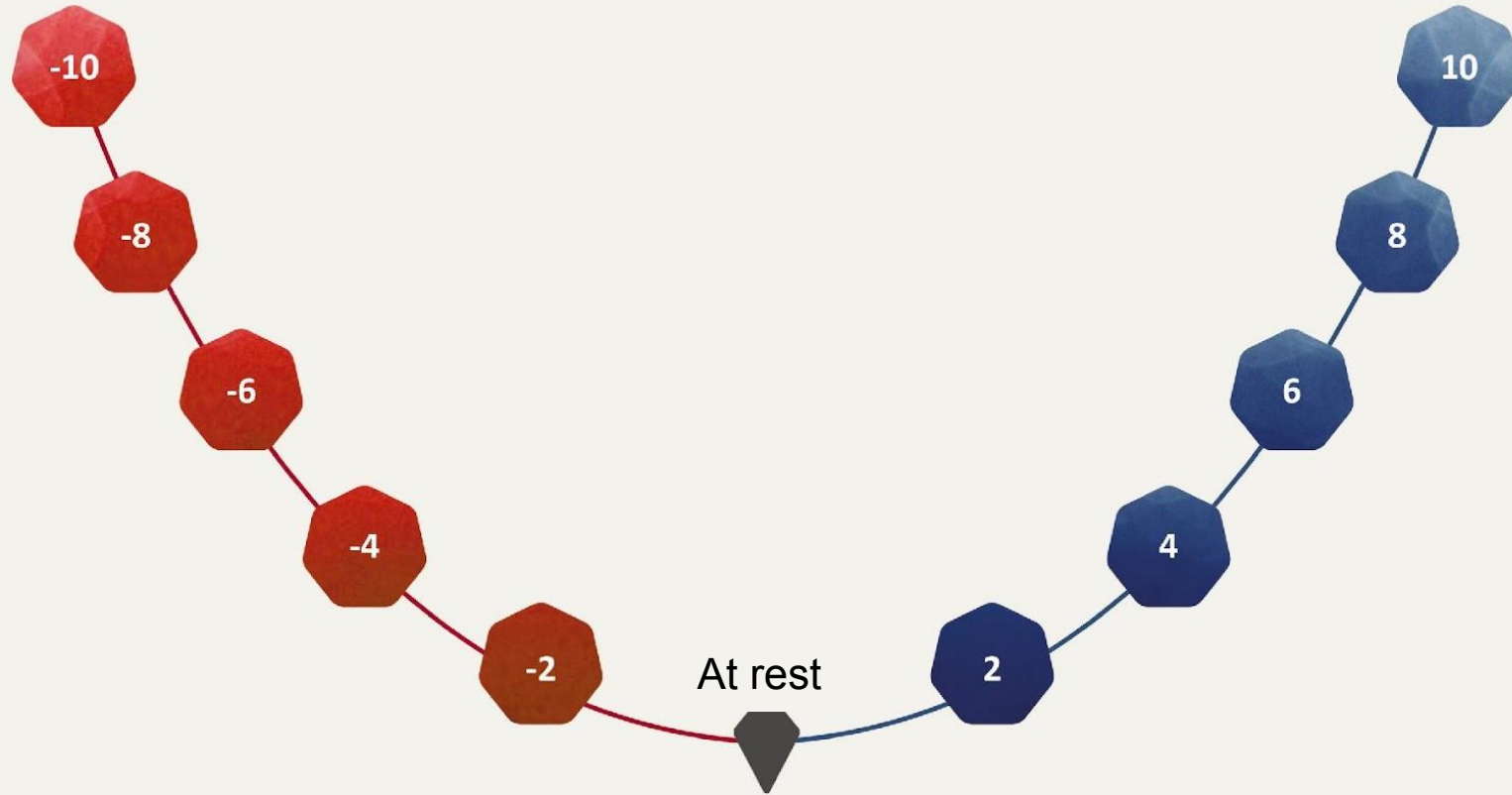
This means that you:

- ☐ Learning to know and feel your deepest desires.
- ☐ Stop your inner fight between where you are now and where you want to go.
- ☐ Bringing yourself more often and more consciously into the flow.

Managing of emotion

Surviving

Flow



Self Management and the Relation with the CVI?



CVI Energy Givers and Energy Takers

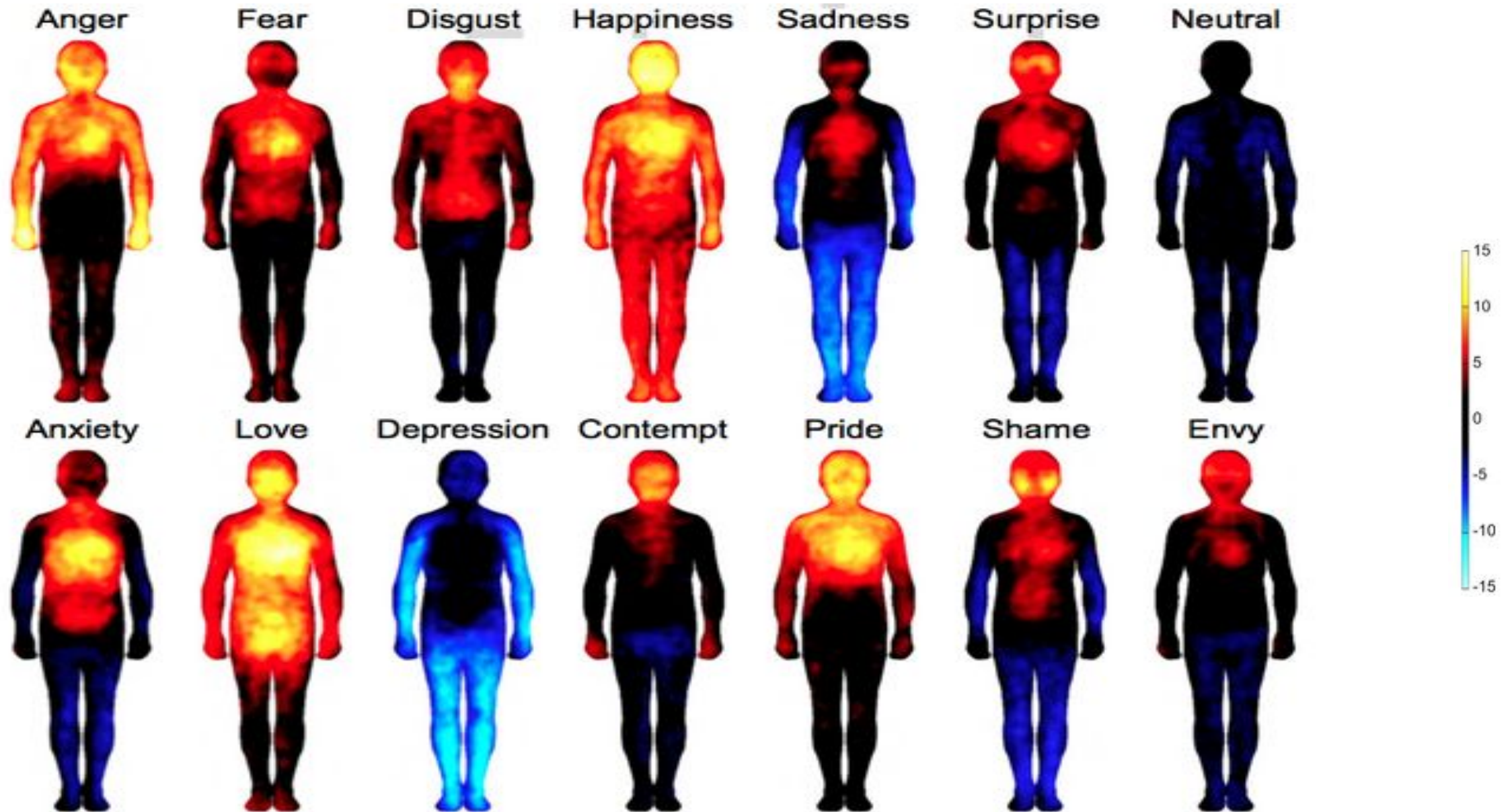
The correlation with RED and BLUE

- *Assertiveness versus intimidation*
- *Love/connection versus manipulation*
- *Wisdom versus interrogations*
- *Knowledge versus distancing*

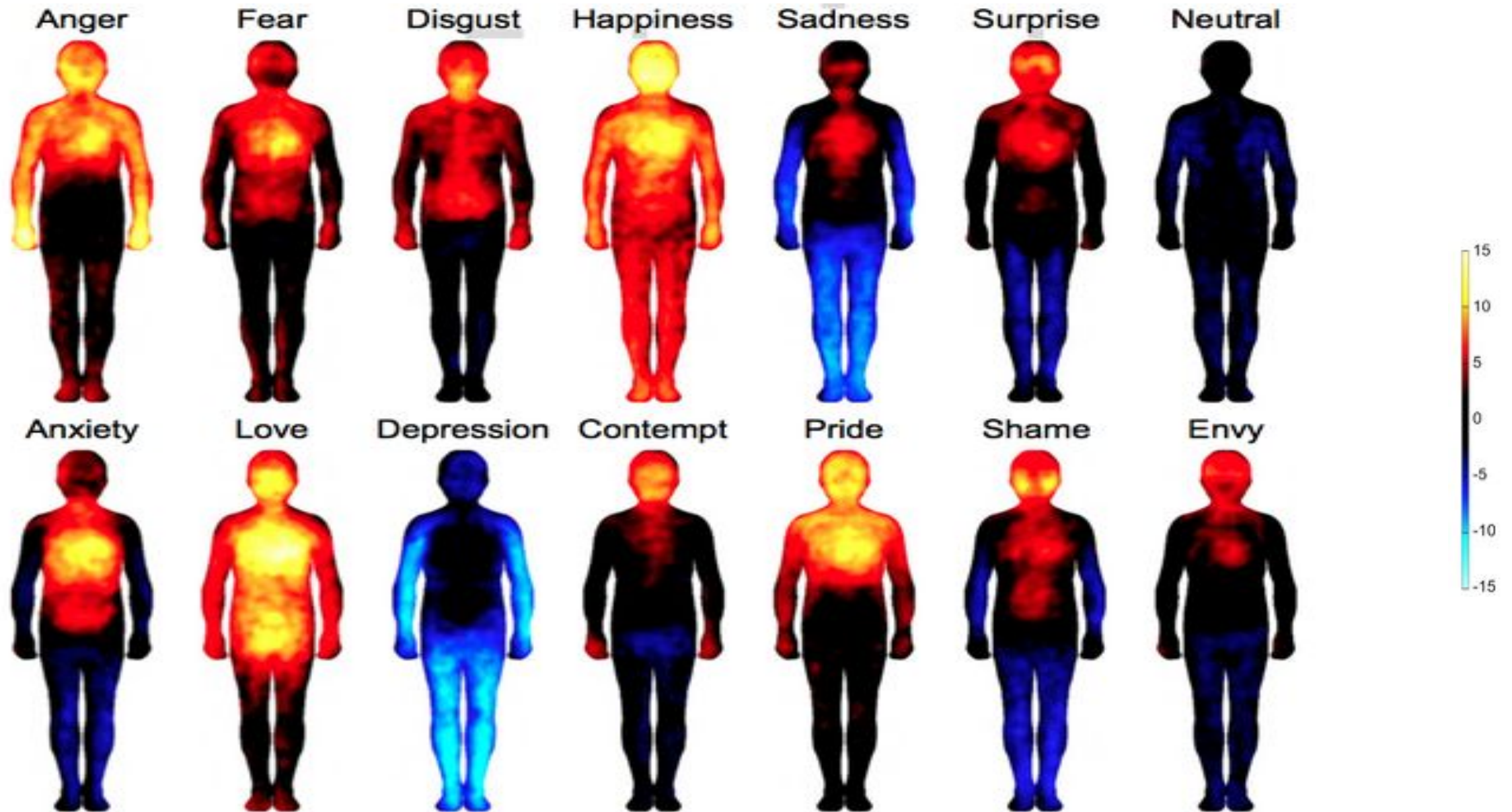
Emotions

What type of emotions do we know, and do you recognise within yourself...?

Emotions in the Body (bron PNAS)



Emotions in the Body (bron PNAS)



Blue emotions on / of

Happiness



Love



Pride



Neutral



Experience in Blue and Red



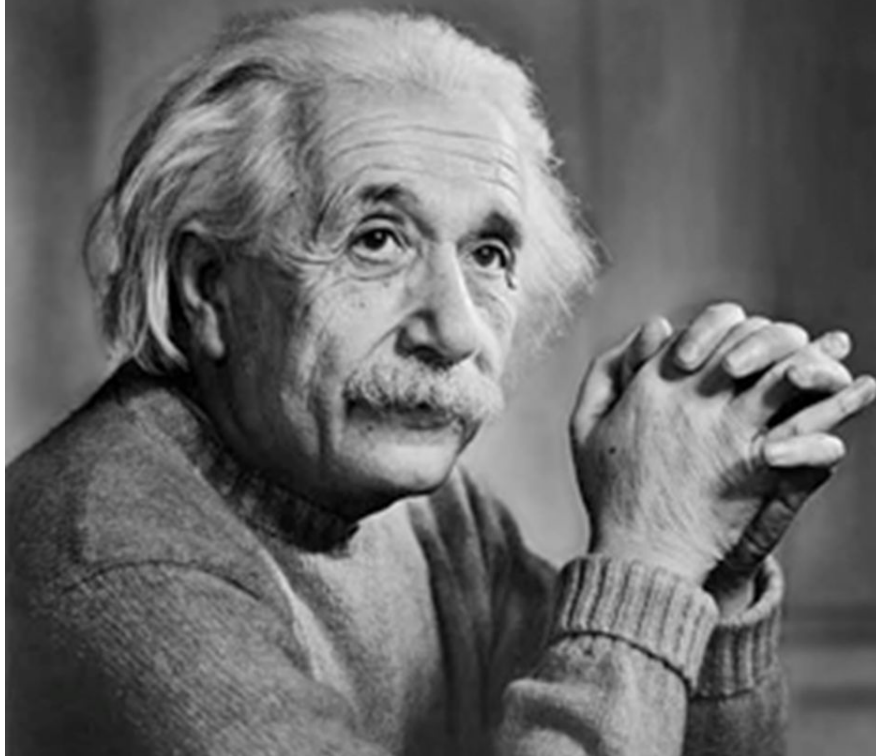
What 2
elements
make it
pleasant

Life is a mirror:
what happens in your head
and hart, is what happends
around you

-365 Days succesful-

If you can't explain it **simply**, you
don't understand it well enough.

– Albert Einstein



Self Management

Future

80%



Dashboard
Life here and now

10%

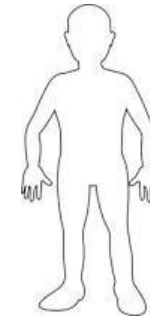


drive
r



Past

10%



Body = Car



Self Management

Future

40%



Dashboard
Life here and now

50%

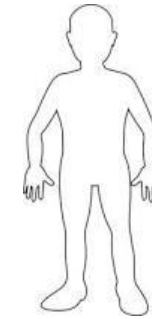


drive
r



Past

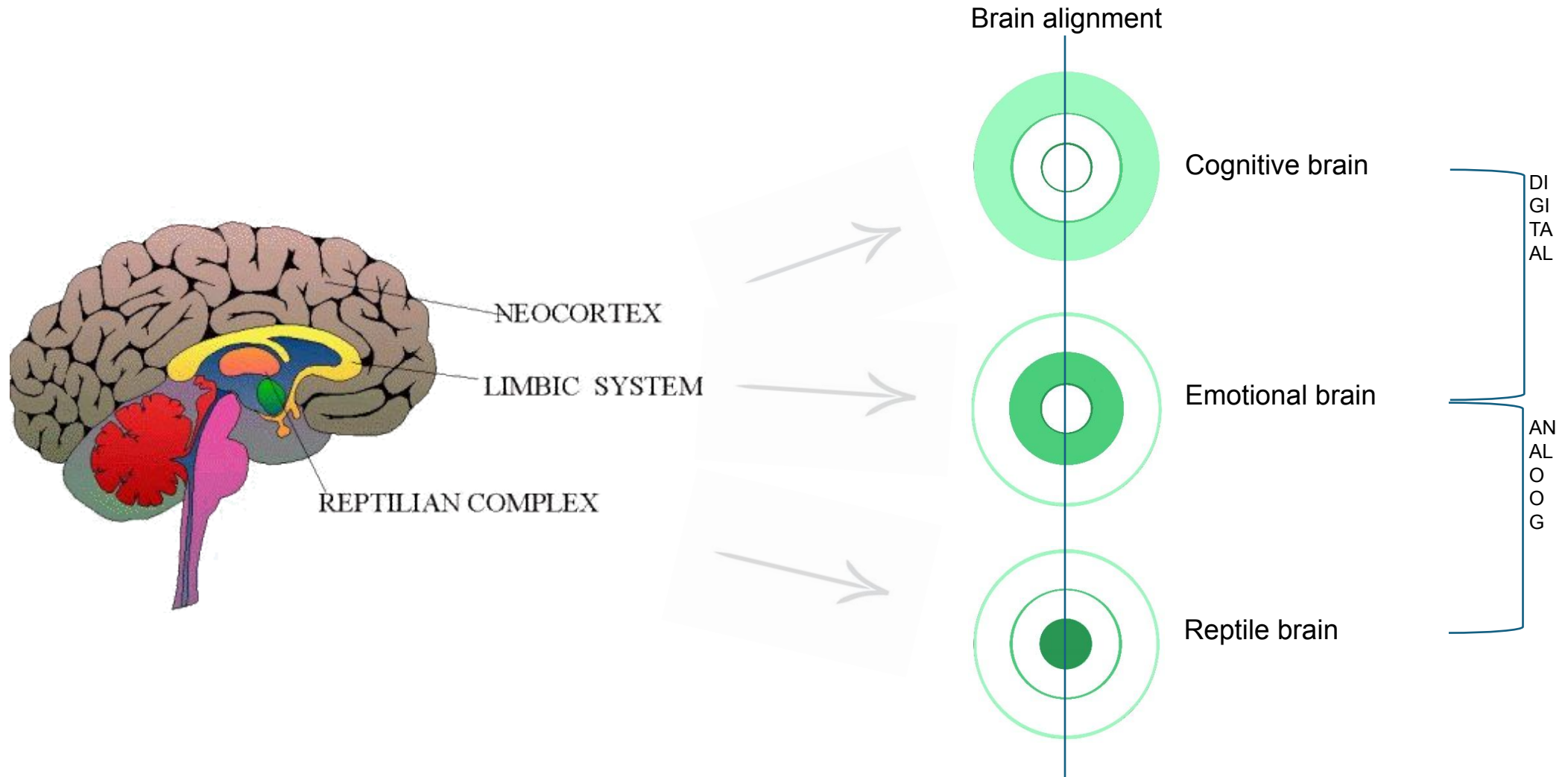
10%



Body = car



De 3 Brains



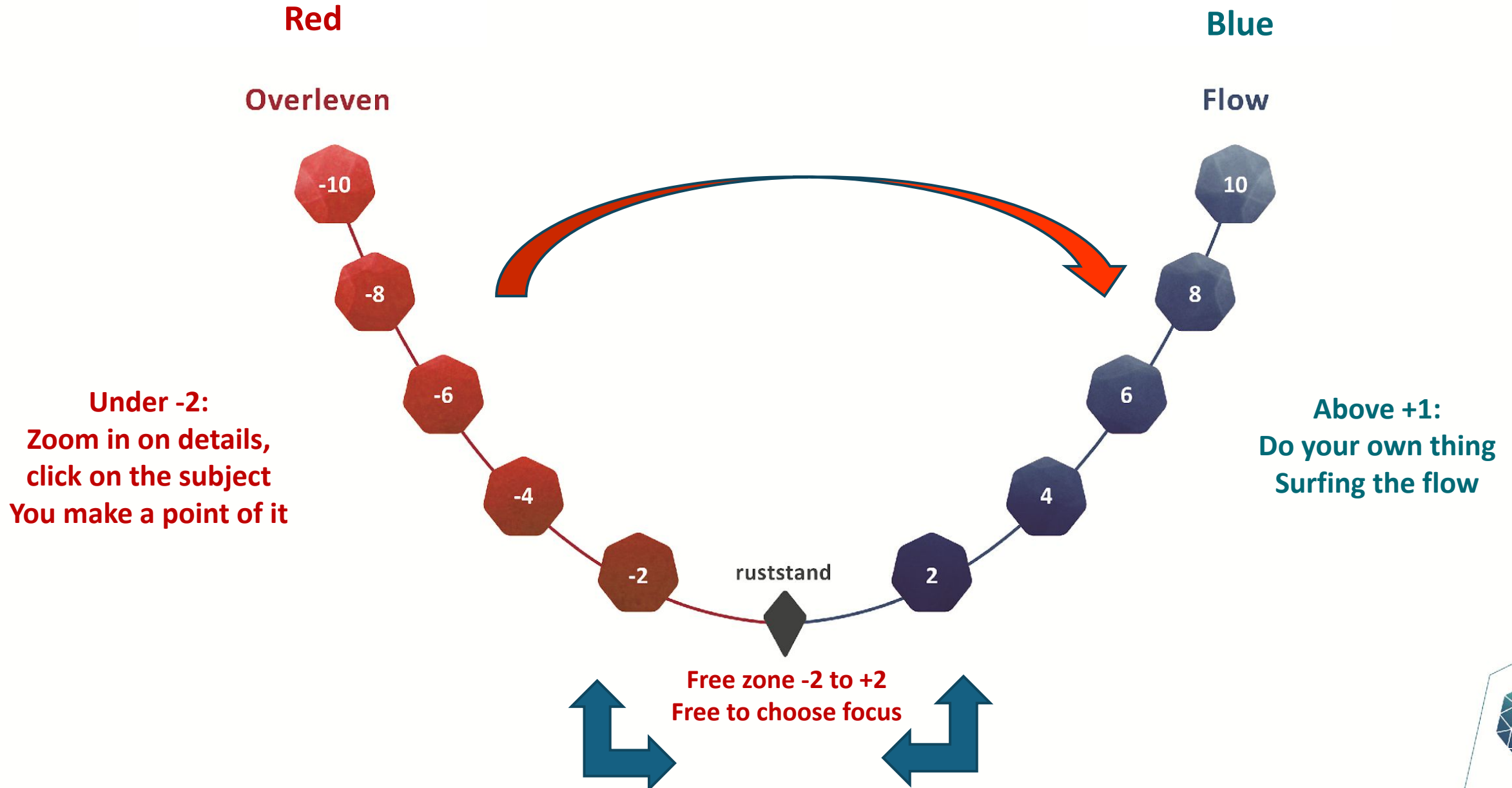
Reality of the Day



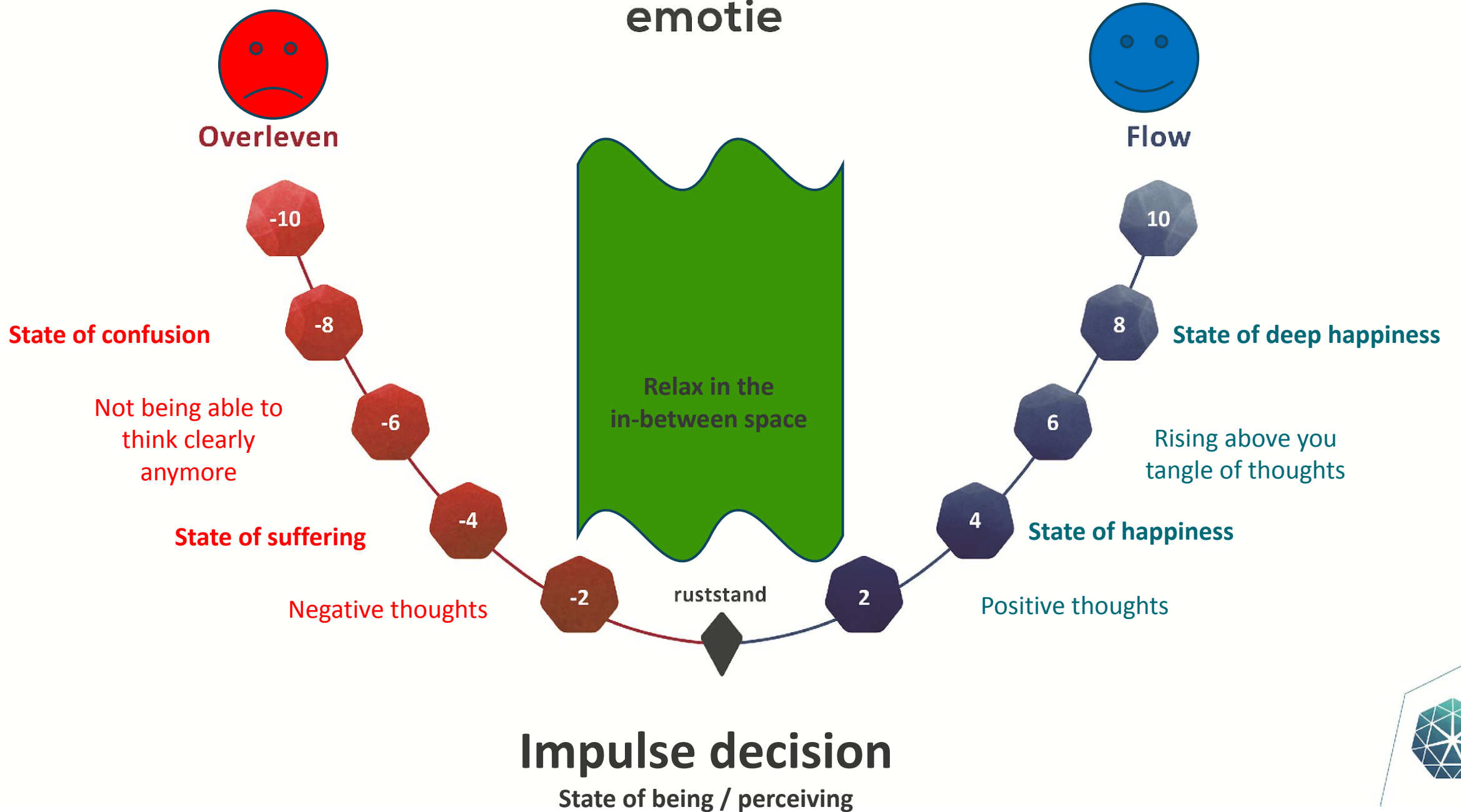
The Space Inbetween



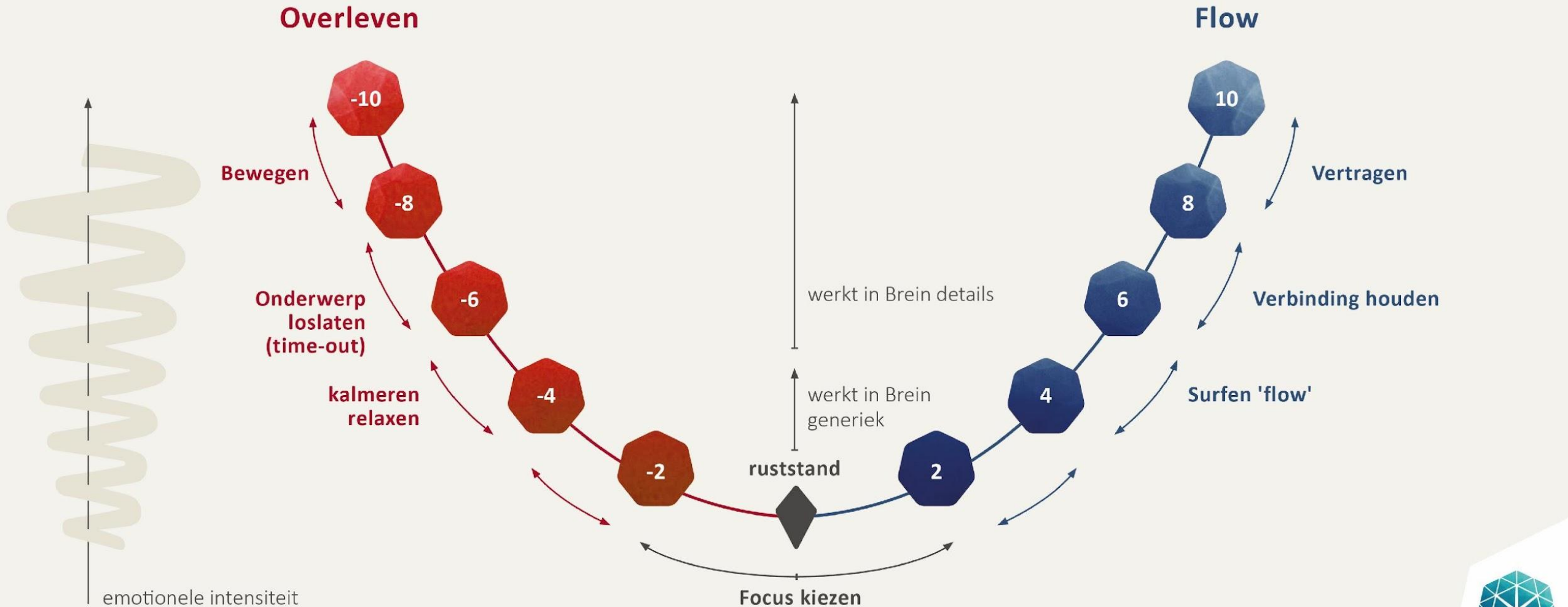
Managen van emotie



Managen van emotie



Managen van emotie



Exercise: describing your emotions

- ❑ Work in duos
- ❑ On your own, fill in the emotion card v.w.b. RED.

- ▢ *What was a big disappointment for you?*
- ▢ *What are situations that influence your emotions?*
- ▢ *What happened with you?*
- ▢ *Where were you?*
- ▢ *When were you -2, -4, -6, -8, -10?*
- ▢ *What did you feel?*
- ▢ *What did others notice about you?*
- ▢ *What does that look like?*

YOU MAY GIVE EACH OTHER FEEDBACK OR GIVE EXAMPLES

Exercise: describing your emotions

- ❑ On your own, fill in the emotion card v.w.b. BLUE.
 - ❑ *What did you experience?*
 - ❑ *What happened?*
 - ❑ *Where were you?*
 - ❑ *When were you at +2, +4 or even higher?*
 - ❑ *Describe, discuss and experience that for a bit.*

YOU MAY GIVE FEEDBACK OR ADD MORE INFORMATION WITHIN THE GROUPS

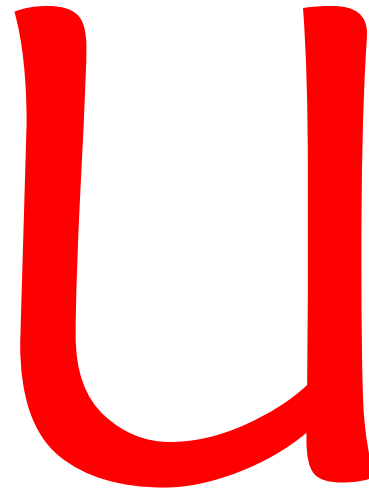
- ❑ *Short discussion*

Pressure
Survive
Red emotions

Exercise:
Reflect for 5 minutes and write down your red and blue moments in key words
that occur in your personal, private and professional setting.
Describe your personal experiences when you are in the "Between space" or "Free
zone".

Luck
Life flow fun
Blue emotions

1.....
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2.....
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3.....
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4.....
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5.....
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Between space or Free zone

1.....
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2.....
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3.....
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1.....
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2.....
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5.....
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Link to your red, blue and experiences, in the in-between, situations and circumstances that are connected to them.

1.....

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2

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□ □ □ □ □ □

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- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



- 1.....
- 2.....
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- 6.....
- 7.....
- 8.....
- 9.....
- 10.....

1.....

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2

■ ■ ■ ■ ■ ■ ■ ■ ■ ■

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[illegible]

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1.



Actions we take
Things we say

Body language

Thoughts

Feelings

Values

Beliefs

Past experience

Fears



How is your Focus?

Take the format: “ What do I want in the coming years? “

- Write 10 results/goals/things down that you want to achieve in the next 10 years.
- In the first column, give a number to each desire how happy/how emotionally important/how important it is to be achieved.
(1 not happy/important > 10 super happy/very important)
- In the second column, give a number to how much you believe you will achieve that desire (1 not at all > 10 fully confident).
- Give a time estimate of when you want to have achieved that goal.
- Multiply per desire the given numbers with each other. This will give an indication of how achievable it is/ how much effort needs to be put in.
- Look at which desires are fully blue and which ones are a ‘reaction from the past’.

□ **Attention:** you only have 30 min time for this exercise

Managen van emotie

From the space in between, I can

1: Observe calmly from alignment

2: See what is needed

3:

.....
.....

4:

.....
.....

5:

.....
.....

Overleven

-10

-8

-6

-4

-2

ruststand

2

4

6

8

10

Flow

Limiting beliefs

Belief 1:

Belief 2:

Belief 3:

Impulse decision



Empowering beliefs

Belief 1:

Belief 2:

Belief 3:

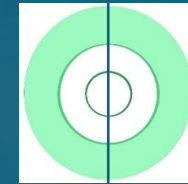


The working principles blue



**Self-management = learning to deal with red emotions.
From resistance to a learning mindset.**

In red nothing works



In Flow (blue) everything works





Survival



Flow

**Moving will
discharge the body!**

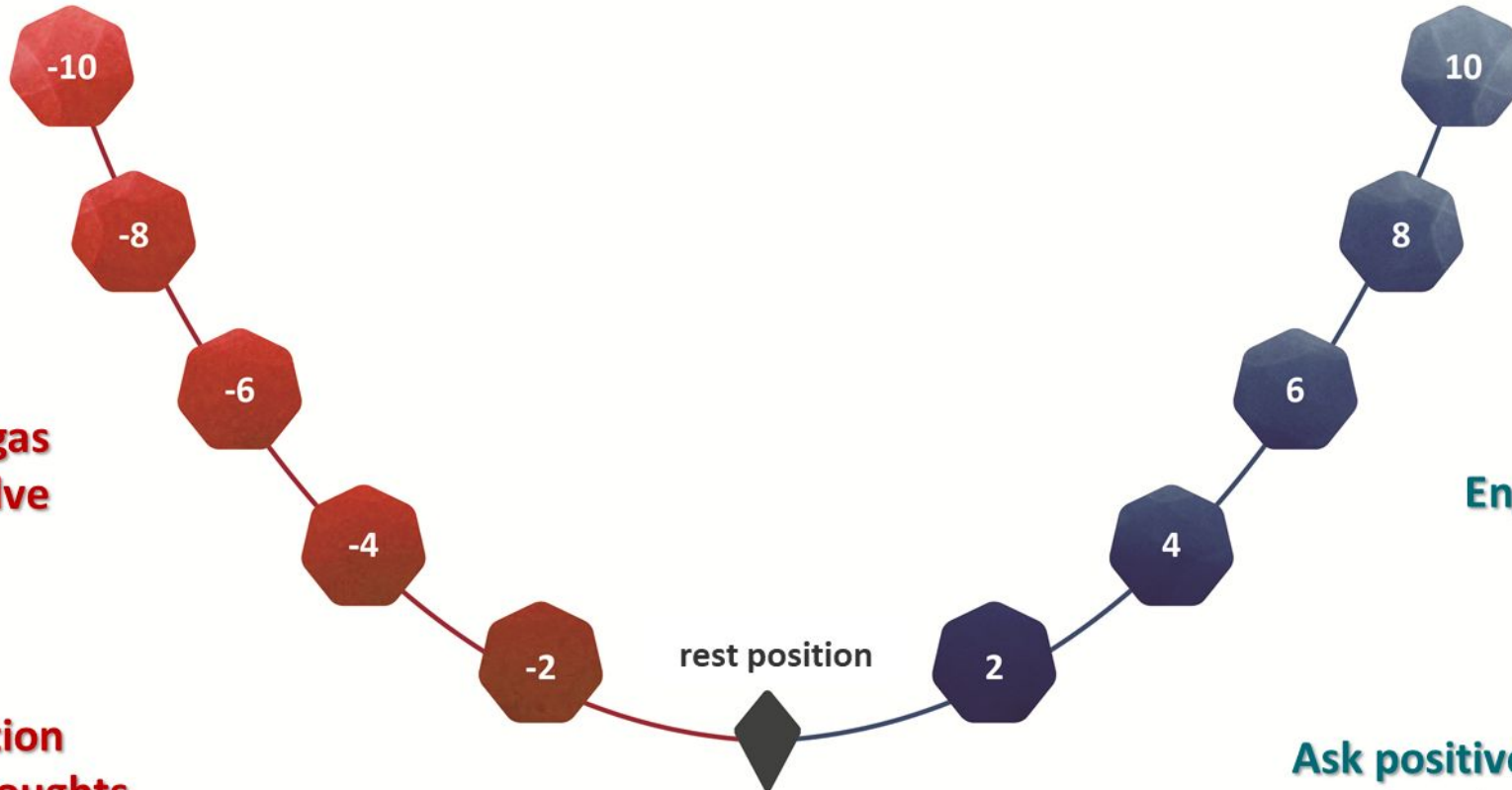
**To delay,
risk of hyperring**

**Let go of gas
Do not solve**

Enjoy

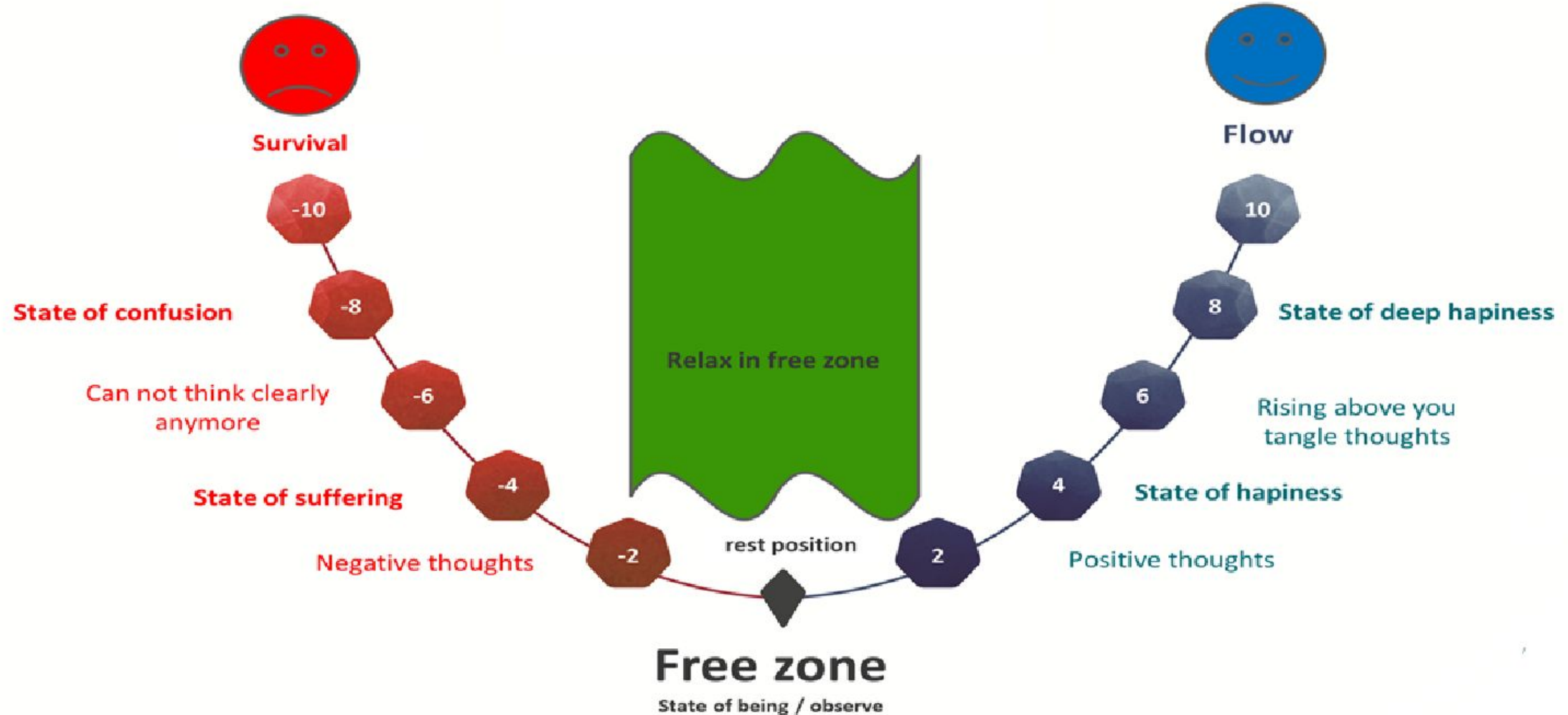
**To seek distraction
Choose positive thoughts
Nice person speak**

**Ask positive questions:
What do you like?
Why is that nice?**



Managing emotions

Energy consumers energy givers



Tips & advice

- ❑ Do not fight with red emotions!
- ❑ In case of red, stop and take good care of yourself.
- ❑ See if you can prevent red escalations.
- ❑ Know your red triggers, learn to ignore them, avoid them (monkey).
- ❑ Act and work as much as possible in your energy givers or Natural Values.
- ❑ Keep focusing on energy givers blue energy and enjoy.



Hard Day – Blue response

Interactive discussion

- ❑ What do we notice ourselves in recognizing emotions (energy givers - consumers)?
- ❑ And how do you deal with managing emotions?
- ❑ Make some notes for yourself.....



Reflection: What was meaningful for you today?

- ☐ What is your take away?
- ☐ What is your (small) action tomorrow?

