

11:53:25 From Royce : Royce Holladay – I work with Glenda in the Institute. I'm in sunny, warm Minnesota today in Circle Pines.

11:54:18 From Mary Conger : Reposting here to the group: Hello! I'm Mary Conger, in NYC, where I've just completed my doctoral dissertation about organizational ombuds as complex systems leaders. Happy to be here!

11:54:21 From francisfe@gmail.com : ok..thanks

11:54:56 From Rene Garcia : René from Montreal, Consultant at Boreala Management

11:54:58 From francisfe@gmail.com : I am Francisco Fernández, in Medellín (Colombia). Facilitator and Consultant..

11:55:49 From Steve Trivett : Hi both. Steve fro UK. Looking forward to the session. I work as an Ontological Coach supporting behaviour change in a VUCA environment.

11:56:28 From Mary : Hi, Mary here from Raleigh, NC – nice to see you all!

11:58:05 From Anne Plagge : Jean Sullivan from Iowa

11:58:43 From Carolyn Camman : Carolyn Camman, from Vancouver BC

11:58:58 From Baseem : hi everyone from Iraq Baseem Abdulhadi

11:58:59 From Tina Smith : Hi all, Tina from Atlanta!

12:13:37 From Jennifer Jones-Patulli : Inquiry, <https://www.hsdinstitute.org/resources/resources-inquiry.html>

12:14:05 From Tina Smith : Time managment – balancing family, work and self

12:14:41 From Helena Luginbuehl : i am thinking about the difficulty of leaving habits

12:14:58 From Shauna F : Difficulty of doing something new in public

12:14:59 From Mary : tension btw logic and emotion

12:15:34 From hoffie : Being more clear in communicating my own needs

12:16:01 From Sara Swords : Defensiveness is often to protect ourselves

12:17:26 From Tina Smith : TIme in in tension – how might what I do now cause regret in the future?

12:17:39 From Nathalie Ducrot : Cognitive Neuroscience seem to demonstrate that those elements are wired in our human brain which create resistance to change. What do you think?

12:17:39 From Steve Trivett : Unable to face facts or see alternatives

12:18:33 From Mary to Nathalie Ducrot, All Panelists : which elements, Nathalie?

12:19:15 From Nathalie Ducrot : Judgement, Conflict, Defensiveness, etc..

12:24:46 From francisfe@gmail.com : Self reflector: how to open options for actions...I like that...is REFLECTION FOR ACTION..nos simply for thinking...great

12:24:57 From francisfe@gmail.com : correcto: Self reflection

12:26:33 From Karen : S0 critical for all relations, this! Especially in keeping the client- consultant relationship clean, clear & emergent!

12:28:06 From Tina Smith : What is exciting is that all of these feed authenticity

12:28:32 From Shauna F : So important, and so challenging to move from advocating (for your stuck position or why you can't) into inquiry about possibilities

12:29:08 From Mary : yes, Tina – all of the responses (even on the left side) are authentic, and can shift

12:29:38 From Mary : in my humble opinion!

12:32:59 From Tina Smith : I love the phrase "blessings of complexity" as som many see it as a burden

12:33:33 From Laura Williams : I've found the clarity of these to be so helpful in identifying the trigger—the left side, when I see those arise in me, helps me pause much earlier and I have a good place to go with them...more agility, more quickly...or go away and come back in with a new stance...

12:33:43 From Myron Lowe to All panelists : Using HSD to explore guilt, fear, and failure to open options and possibility. Wow!

12:33:59 From Sara Swords : I am learning to tune into my inner system more where I pick up on changing sensations which usually points to rising negative emotions. Helps to point to something being about to happen which Glenda mentioned

12:34:35 From Rene Garcia : How we can train ourselves to to stand in inquiry?

12:34:57 From Mary to James Roussin, All Panelists : they are a set of interdependent pairs, similar to polarities

12:36:45 From Jennifer Jones–Patulli : Practice standing in inquiry, <https://www.hsdinstitute.org/resources/resources–inquiry.html?fbclid=IwAR3bHcKYgj2ndvZYZWlITg8U0WryJ2wsPuM0yc8lFG9o7RPd7Jx5oznE9uA>

12:37:36 From Jennifer Jones–Patulli : Adaptive Action Cycles, <https://www.hsdinstitute.org/resources/adaptive–action.html>

12:38:21 From Rene Garcia : Thank you Jenn!

12:42:09 From James Roussin : What can I learn?

12:42:24 From miriamvolle : What am I noticing? What is happening in my body at this moment?

12:42:25 From debbie : What am I telling myself?

12:42:45 From Reed : What is kind?

12:42:55 From Helena Luginbuehl : What is my gut feeling?

12:42:58 From Sara Swords : What is missing?

12:43:03 From Nathalie Ducrot : What emotions can I notice and name?

12:44:12 From francisfe@gmail.com : I like the questions about emotions.

12:44:15 From Cornelia Zelter : What do I wish to be true?

12:46:51 From James Roussin : Who do I need to BE in this situation?

12:47:36 From Royce to All panelists : mary can you tell emily how to see how her name shows up? check the Q&A answered list.

12:47:43 From Gregoria Smith to All panelists : What are the consequences of each action if taken?

12:48:21 From Shauna F : So what might I learn from this?

12:48:23 From Nathalie Ducrot : So what if I did not have this issue?

12:48:42 From Reed : What is my purpose in life?

12:49:11 From Kirsten Johnson to All panelists : So what would changing say about who I am?

12:49:14 From Helena Luginbuehl : so what can I learn out of this situation?

12:49:35 From Sara Swords : I'm noticing that some of these So What questions could be asked at the What stage. Is it the quality of the reflection that takes it into deeper inquiry of So What rather than cursory search for immediate answers?

12:50:53 From Royce : Great question, Sara, It is a matter going deeper—using Pattern Logical the models to see more deeply into the patterns you describe in the What?

12:51:01 From Gregoria Smith to All panelists : What does it mean for my future?

12:51:09 From francisfe@gmail.com : NOW WHAT QUESTIONS, give us a bridge to the action plan.

12:51:40 From Nathalie Ducrot : Now what is the first next step that will serve your objective?

12:51:41 From Royce to Tina Smith, All Panelists : It is powerful, isn't it...I'll be sure she sees this. thnx

12:51:53 From Shauna F : I would give the question about support about 3 votes if I could. So important to have a buddy, or support person as we take action.

12:52:13 From James Roussin : Now What? is much like being the designer of our own lives.

12:52:18 From Royce : I agree Shauna!!!

12:52:33 From Royce : good point, Jim.

12:54:30 From James Roussin : Does the Adaptive Action connect to the notion of SENSE and RESPOND?

12:54:32 From Svitlana Larina to All panelists : now what should i learn?

12:55:05 From Royce : @ Jim—yes...sense is the

12:55:08 From francisfe@gmail.com : Now What is the following up actions?

12:56:26 From Royce : What?Sense is the what—so what u=is the understanding and exploration of implications, etc, that inform our response.

12:56:39 From Royce : that's to Jim'd ?

12:56:47 From James Roussin : Nice. Thanks Royce

12:57:13 From Royce : sorry about the typing...

12:57:29 From debbie : so, get out of my own 'echo chamber'!

12:57:47 From Royce : great way to put it Debbie

12:57:51 From hoffie : I find the what sense very useful, what is my body sense

12:58:04 From Shauna F : Great – thanks!

12:58:24 From Royce : It'll be great

12:58:25 From Gregoria Smith : Thank you much, all of you.

12:58:28 From Jennifer Jones–Patulli : Other learning opportunities, <https://www.hsdinstitute.org/learning-opportunities.html>

12:58:42 From Mary : I think self improvement is like other change projects – it takes us into uncertainty. And this type of inquiry opens up possibilities, making new choices more visible and viable

12:58:58 From Baseem to All panelists : thank you so much for the

interactive and nice webinar

12:59:21 From James Roussin : These learning opportunities are so helpful and supportive to HSD work. Thank you!

12:59:27 From Royce : thanks for being with us, Baseem

12:59:33 From miriamvolle : Does the certification program provide CEU credits?

12:59:50 From Rene Garcia : This was extremely helpful! Thank you very much!!

12:59:51 From Laura Williams : Thank you!

12:59:52 From francisfe@gmail.com : thank you both

12:59:58 From Tina Smith to All panelists : Thank you very much Glenda, Royce and Mary!!

13:00:01 From francisfe@gmail.com : and everyone of the attendees..

13:00:03 From Seblewongel Denneque to All panelists : thank you very much.

13:00:05 From francisfe@gmail.com : great session

13:00:06 From Jennifer Jones-Patulli : Thanks!

13:00:12 From Nathalie Ducrot : Many Thanks Glenda, Royce, Mary and friends

13:00:16 From debbie : thank you for this opportunity. it really helps me to get under the imporant concepts.

13:00:19 From Mary : bye all!

13:00:19 From Steve Trivett : How can I access the slides for this session please. Gera session. Many thanks Steve

13:00:22 From Helena Luginbuehl : Great session - thanks Glenda and Royce and to everybody

13:00:23 From Reed : Thanks all!

13:00:26 From francisfe@gmail.com : good day