

RELATIONSHIP BUILDING

Session 8 – Workshop Session 3

Building Our IDEAL COMMUNITY

Purpose: To learn how to take Relationship Building Skills into the world as an “Ethical Agent.”

Supplies: Paper, Handouts:

Content:

- Review Negotiation
- Ideal Community, Obstacles, Overcoming, Choosing
- Creativity Process
- Becoming an Ethical Agent

Activities:

1. Review and discuss Negotiation
2. Brainstorm Ideal Community, Obstacles, Means of Overcoming
3. Creativity Dialog
4. Choose an Ethical Project

7:30 Good evening. Tonight we'll review Negotiation. Then we'll learn about building an Ideal Community and becoming an Ethical Agent.

7:35 Let's begin by letting go and being here with a meditation.

7:40 Okay. Last time we looked at Negotiation as a way to influence others as a means to get what we want. We learned 8 approaches that improve our chances that the other person will be inclined to give us what we have asked for. Were you able to use any of these approaches since we last met? What did you notice? Let's talk about it.

7:45 Question: What characterizes an "Ideal Community?" Here at WES we talk about creating a more ethical Society. What do we mean? More specifically: what do you mean? Do you mean a society where everyone is nice to each other? Where people respect each other? Let's take those as "givens" and go beyond that. What would an "Ideal Society" – a Utopia! – look like, feel like? I'm going to give you a whole 5 minutes to jot down some preliminary notes as you begin to think about this – knowing that after the class has ended you'll still be thinking about it. So take 5 and write your own list.

7:50 Good - what did you come up with? Let's put some ideas on the board.

7:55 OK. That's a great list: Characteristics of Our Ideal Society – at least a few of them. (You know, there are full semester course on Utopia in Literature?) So there's the Ideal and here we are in the Real World. Now some people see this separation, this discrepancy, and either (1) retreat into cynicism and defeatism because "This World is Terrible" or (2) choose to accept this

world as OK (even Perfect) the way it is, AND work to change it toward their Ideal. After all, that's what Ideals are for: not to depress us, but to inspire us – again it's a choice.

Of course there are some things in the way of that Ideal: obstacles, roadblocks, barriers. Before we can approach them we must identify them. Let's take a couple of minutes and make a list.

(Brainstorm on

board.)

8:00 Wow, looks like some serious barriers there. What'll we do? Let's brainstorm this too – 5 minutes max – who's timing?

8:05 Notice that some of these items are purely external: what to do in the world, and some are more internal: what do I do within my Self? Specifically, let me now ask: from what you have learned about yourself in this class, what kind of approach will be most effective in overcoming these obstacles – that stand between you and your Ideal World? Take 5 and think on that, jot a few notes.

8:10 I'm not going to ask you about those now; we'll come around to them again later. Now we must ask the crucial question: Can I choose to do that? Is it just a matter of Choosing?

Mostly: how did Mother Teresa do all she did? By choosing and thereby calling on her inner resources (surely for her it was Mary or Jesus or God). Or ask how Obama became president: he chose to, made up his mind and decided. It's kind of like getting an ice cream cone. Here,

I'm offering you one of these two ice cream cones: a vanilla one or a chocolate one. Which do you choose? Why? Why? Why? (continue until "Because I Choose It!!")

8:15 Find Self-Assessment – insert here.

8:20 Q & A

8:30 Let's take a five-minute break before we go into Creativity and Ethical Agency.

8:35 So, once we have chosen to do something – and we'll have a chance to talk about it before we close this evening – if we are going to create something, we should be acquainted with the process of creativity – it doesn't just happen by accident. Here's a handout showing the 6 stages of the Creative Process. Let's read through them:

1. Intention: Decide on the idea, problem or goal. Choose an intention. Make a resolution.

(This is the Choosing part.)

2. Emptying: Empty your mind of all that you presently "know" about your subject or goal in order to make room for new creation. This can be done by writing things down, talking to someone else, talking into a tape recorder, doing a "mind-spill," drawing pictures or doing any process which lets you stop having to carry the information in your head.

3. Information Gathering: Gather data and information. Do research and study. Ask how and why. Notice useful information around you. Use focused mental processes to gather, organize and manipulate the data. This stage may go on until the new data overwhelms our conscious attention and we reach a point of frustration.

4. Incubation: Let go of the conscious effort to solve, reorganize, or synthesize, and allow the unconscious to perform its creative work. Trust the unconscious to succeed where conscious effort may falter.

5. Illumination: The answer comes to us. This is the "ah-ha!" We see through the confusion and frustration of the information-gathering stage.

6. Implementation: We use what we created in our unconscious mind to solve our problem or achieve our goal.

Here's a little dialog that illustrates how to use this process. (Jo and I read.)

8:50 OK. We have no time to go further into that – but you have the Handout to study later.

Now in this last part of the session, of the whole course, we will sum up the highlights of what we have encompassed and see how we might use all of that to transform ourselves into...

Ethical Agents! Yes, ethical folks who can act so as to elicit the best from others!

So, how do we prepare to be an Ethical Agent?

1. Review Incidents, Patterns, ECMs. Know Thyself.
2. Understand your patterns; know your real wants.
3. Come from Worth, not Value.
4. Choose worthy goals; make practical plans.

So now I'm giving you 5 whole minutes to choose a Goal, an Ethical Project – big or little.

Choose some “transformative” goal – and then we'll wind up sharing those goals with each other.

9:05 Share Ethical Projects.

9:10 Q & A

9:20 Well, that's it for tonight – and for the course. Your “Homework” is simply to go put your Action Plan into effect – and enjoy yourselves while doing it.

9:22 Final go-around for the course!

9:30 Thanks. See you around.