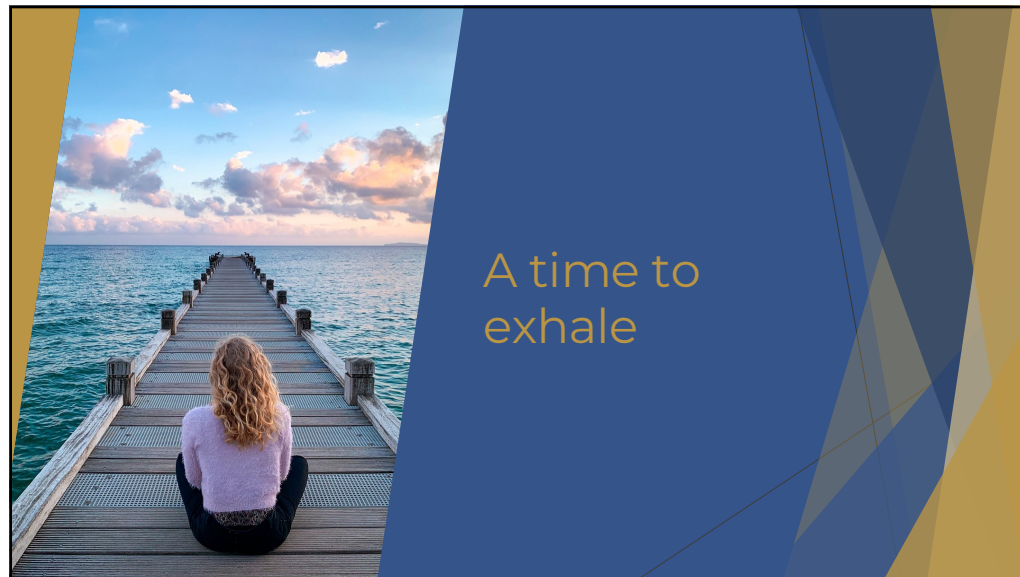
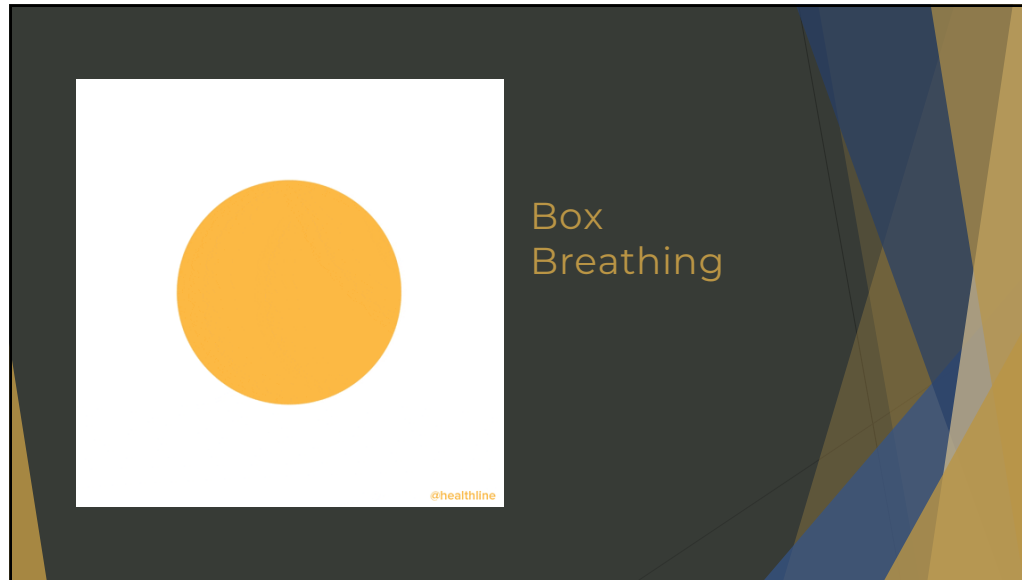




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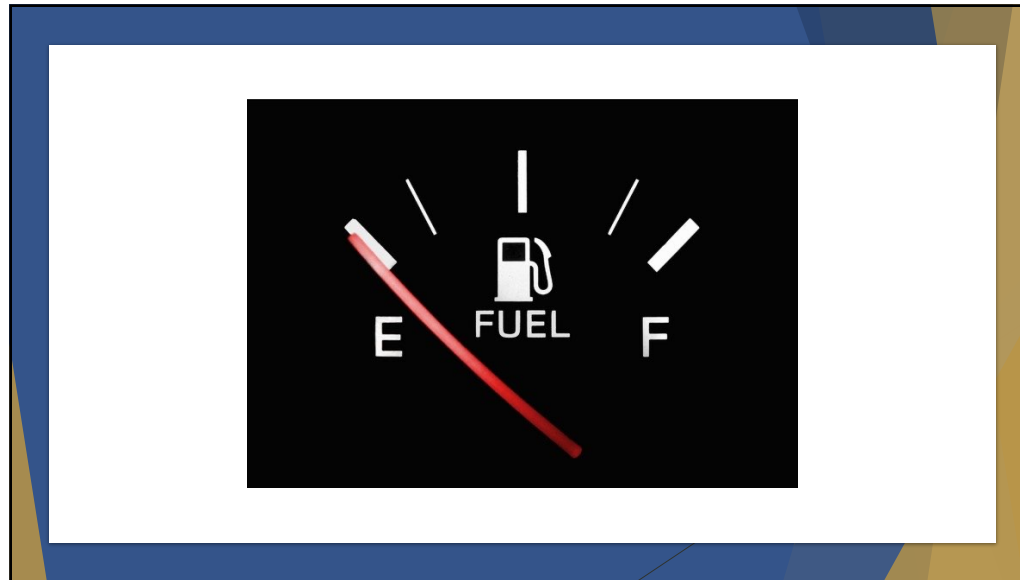
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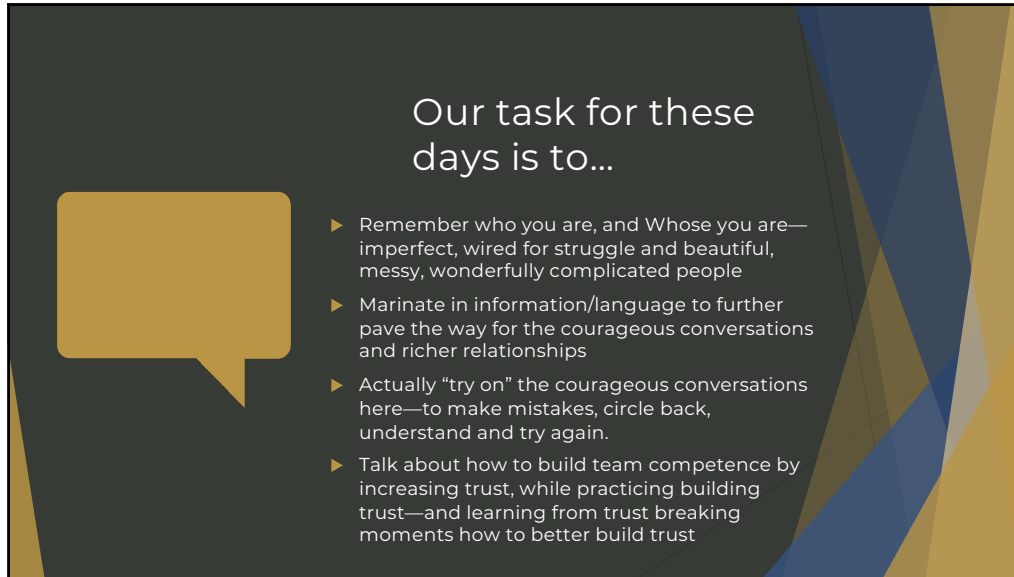
For slides and resources, and to sign up for the “Wired for Connection” newsletter!

7

The fact that I’m not fragile doesn’t mean it didn’t break me.
Renata Suzuki



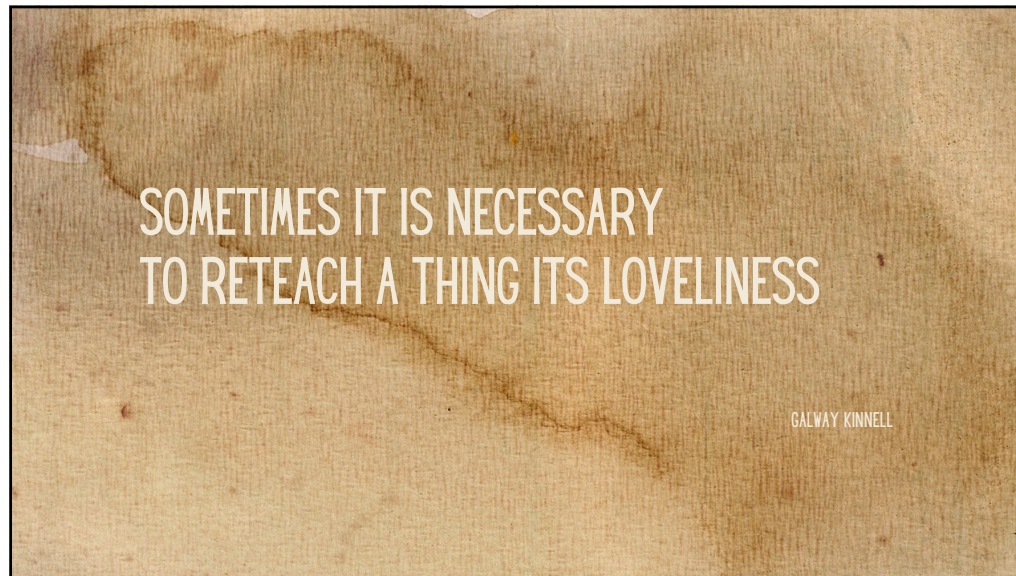
8



Our task for these days is to...

- ▶ Remember who you are, and Whose you are—imperfect, wired for struggle and beautiful, messy, wonderfully complicated people
- ▶ Marinate in information/language to further pave the way for the courageous conversations and richer relationships
- ▶ Actually “try on” the courageous conversations here—to make mistakes, circle back, understand and try again.
- ▶ Talk about how to build team competence by increasing trust, while practicing building trust—and learning from trust breaking moments how to better build trust

9



10



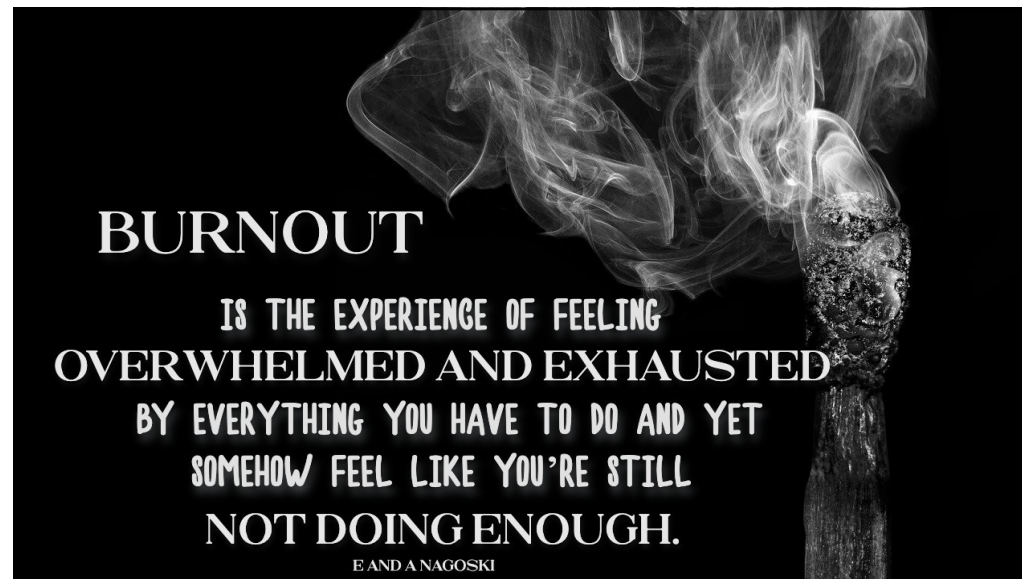
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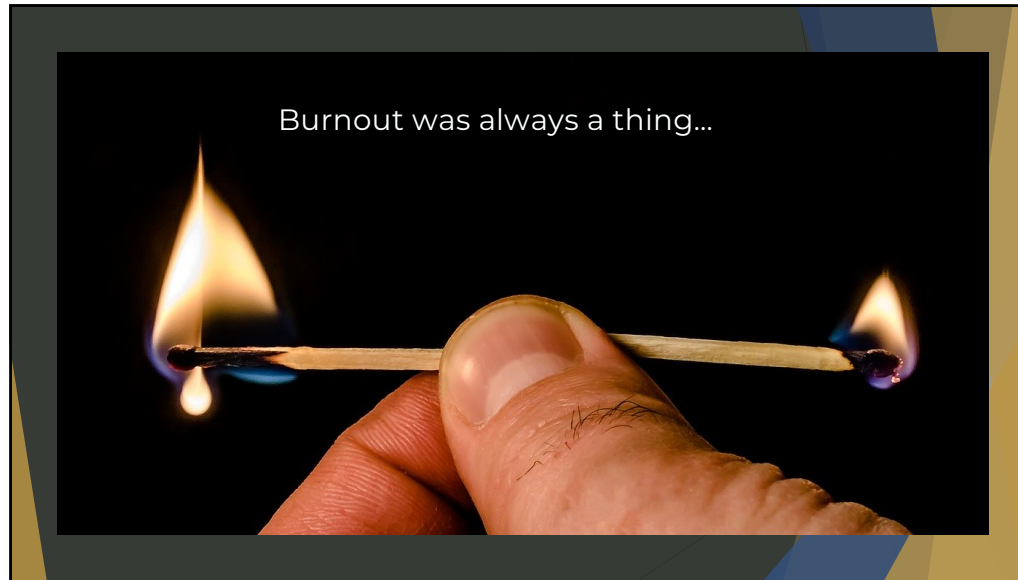
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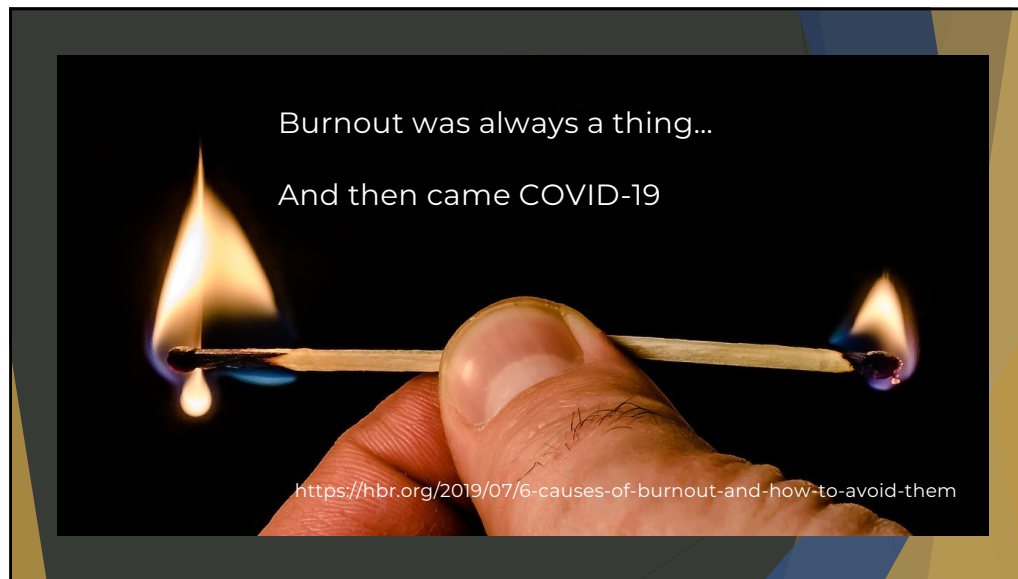
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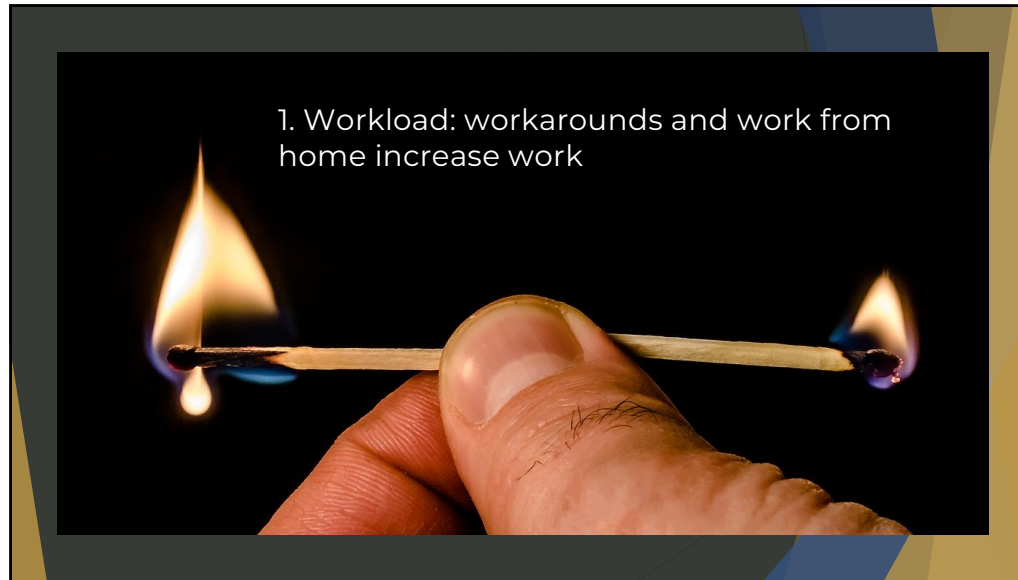
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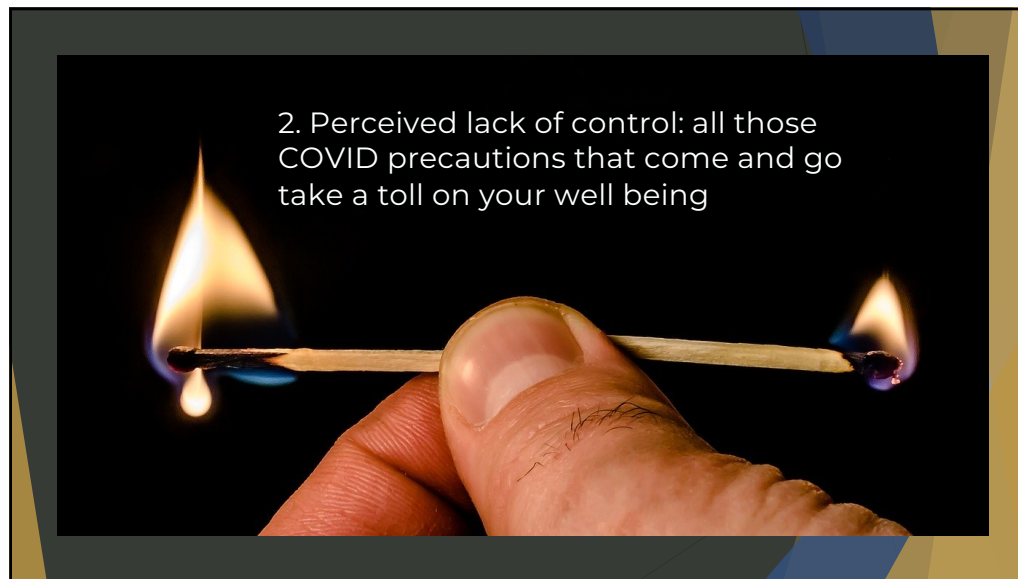
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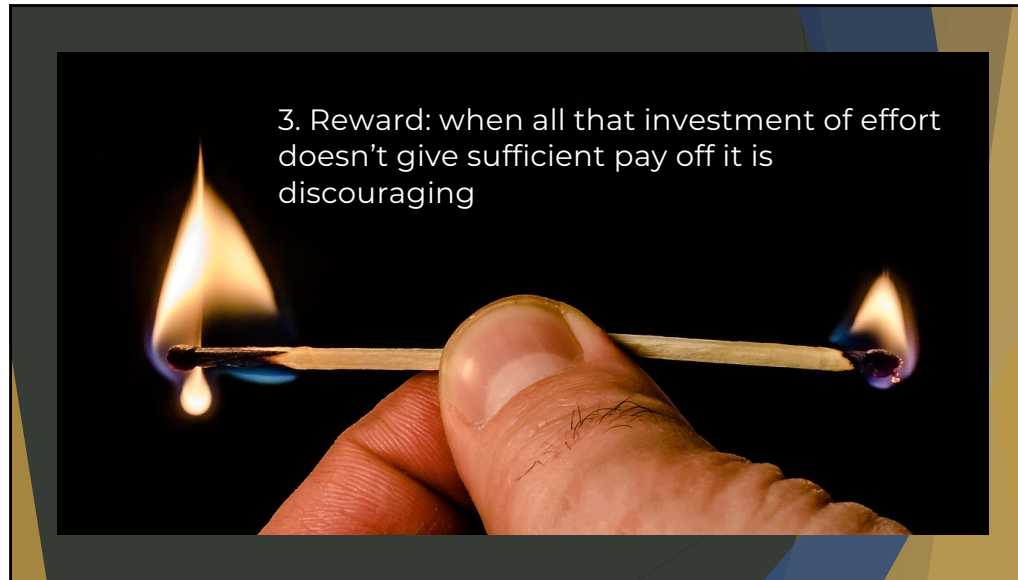
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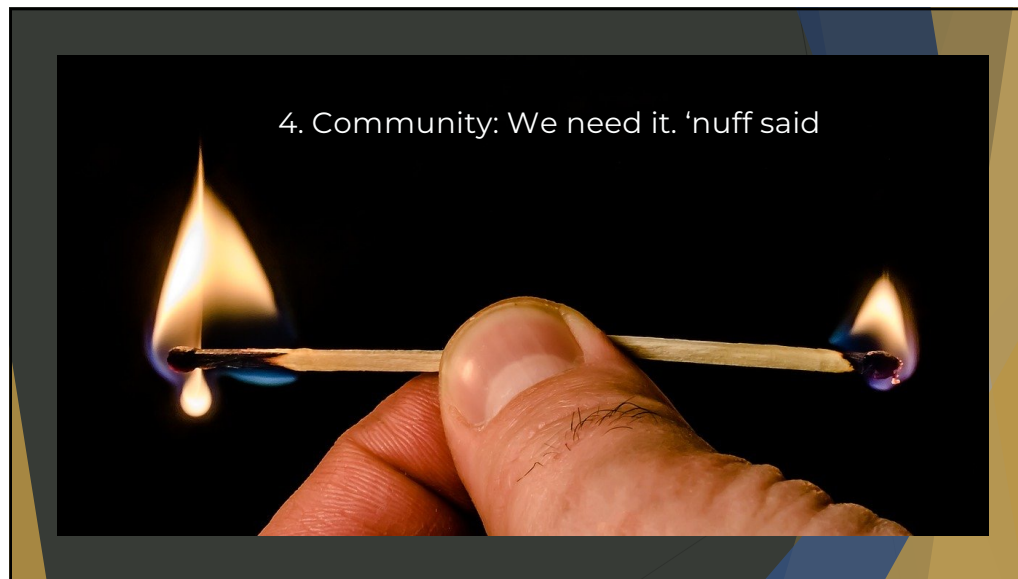


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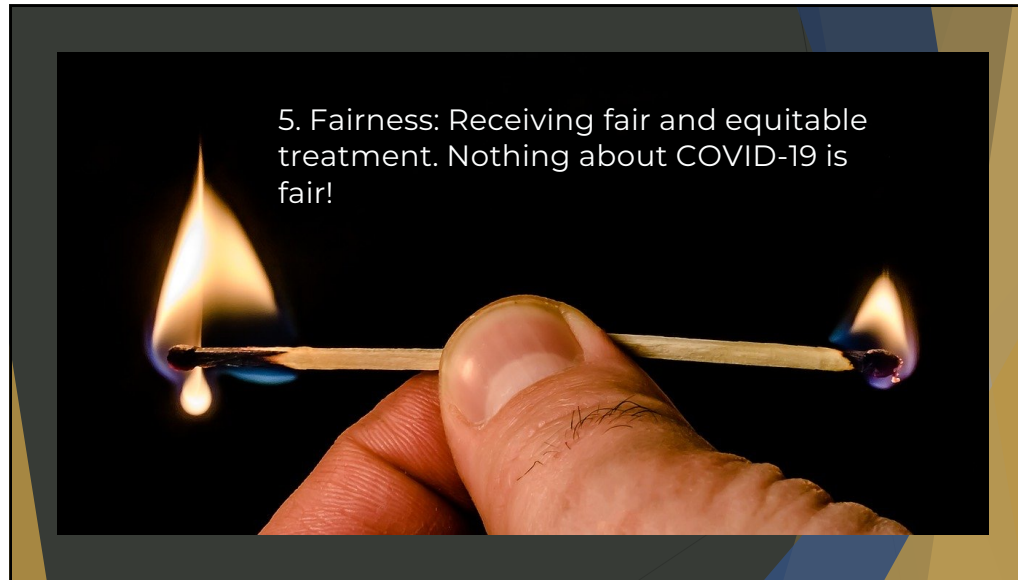
3. Reward: when all that investment of effort doesn't give sufficient pay off it is discouraging

19

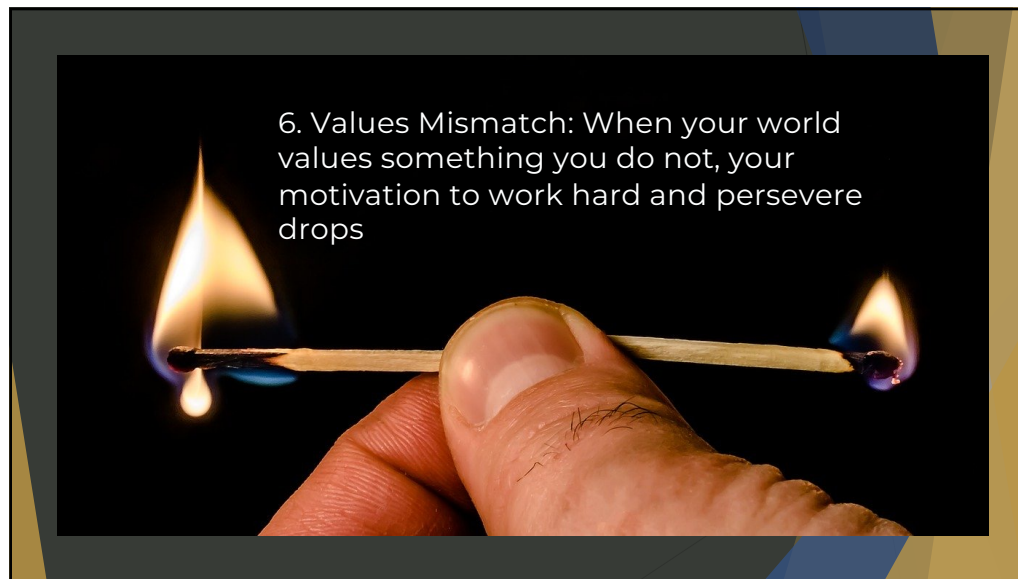


4. Community: We need it. 'nuff said

20



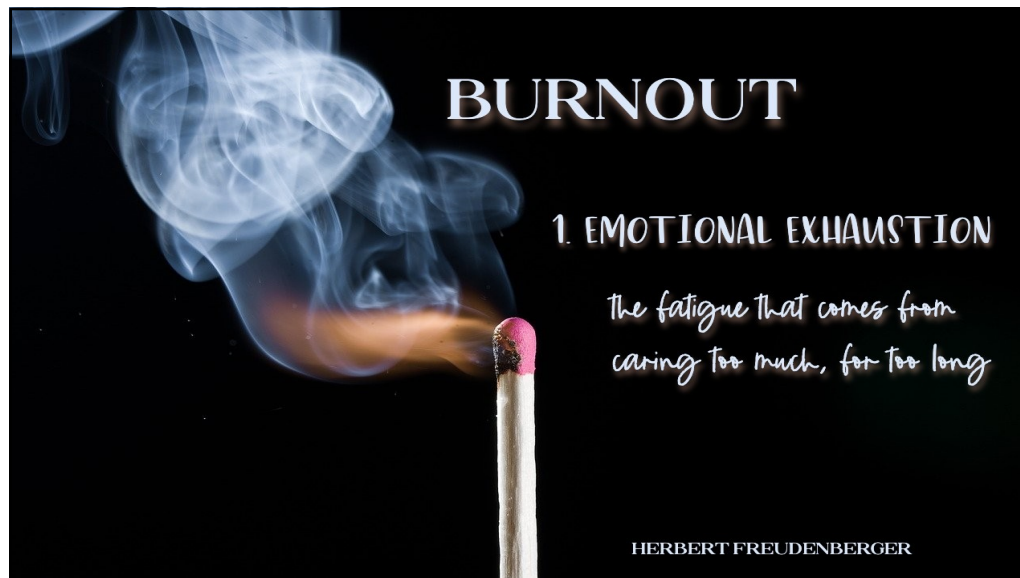
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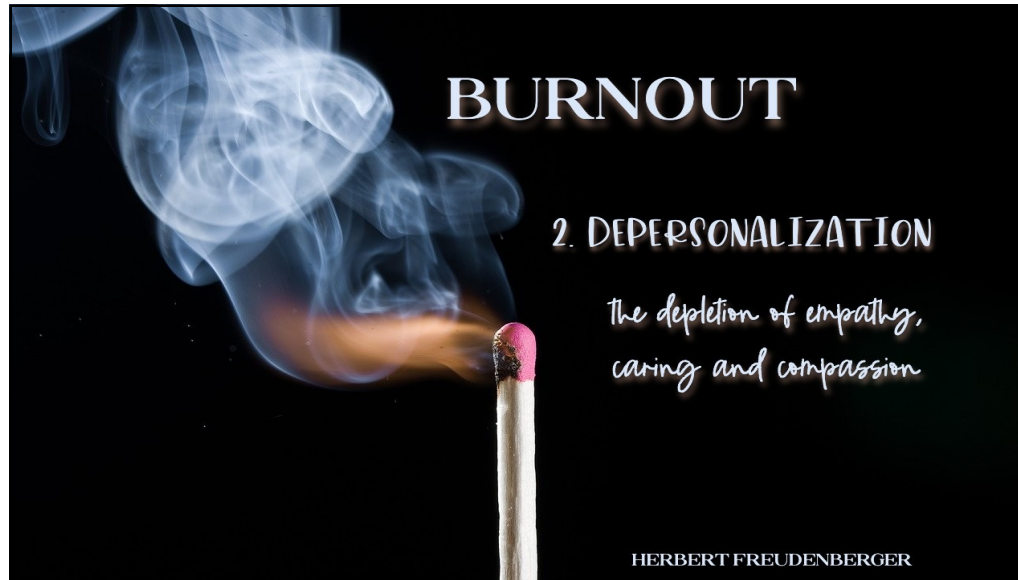
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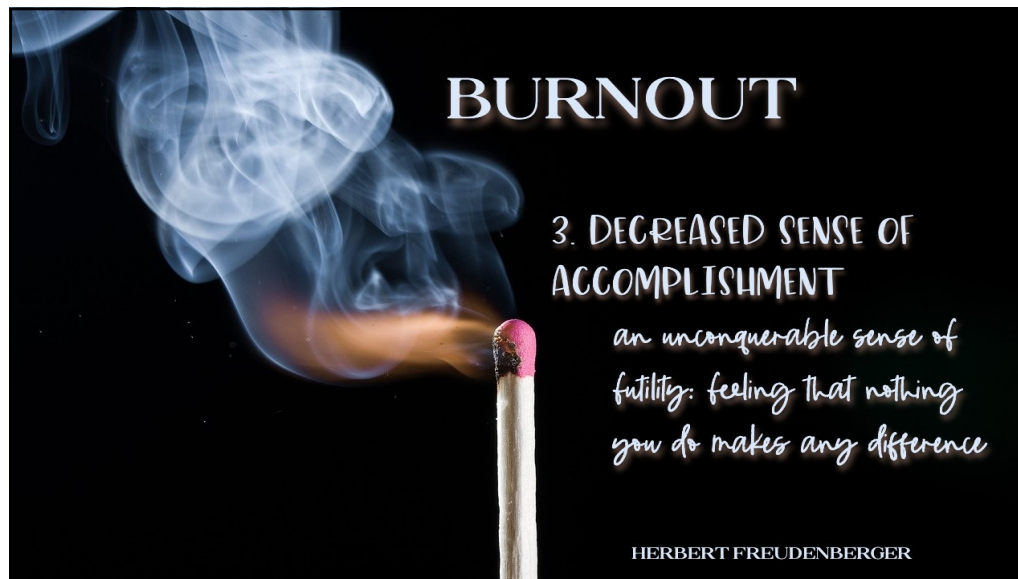
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26

WHAT DO YOU NOTICE?

1. Workload: workarounds and work from home increase work
2. Perceived lack of control: all those COVID precautions that come and go take a toll on your well being
3. Reward: when all that investment of effort doesn't give sufficient pay off it is discouraging
4. Community: We need it. 'nuff said
5. Fairness: Receiving fair and equitable treatment. Nothing about COVID-19 is fair!
6. Values Mismatch: When your world values something you do not, your motivation to work hard and persevere drops

27



28



29



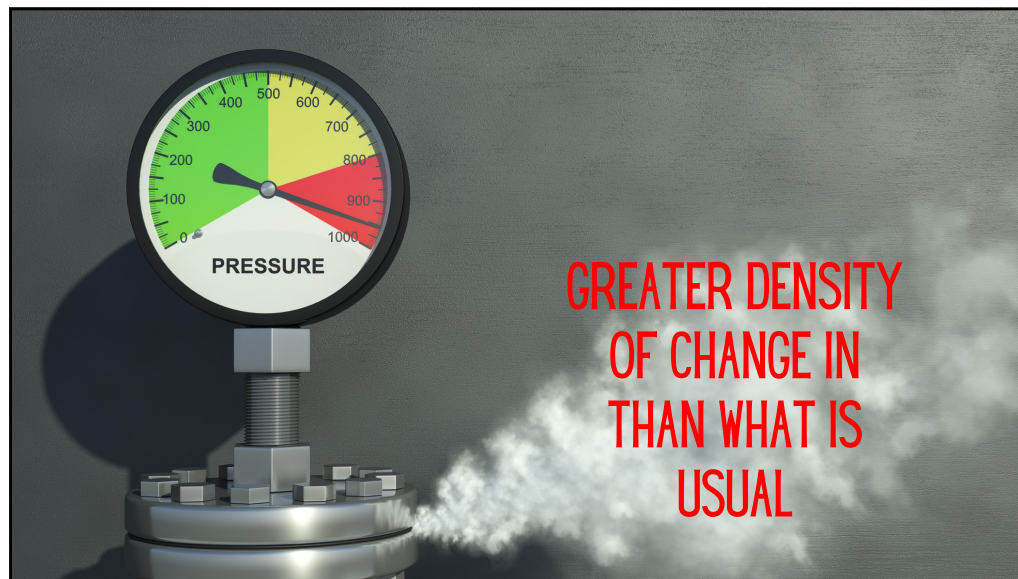
30



**REDLINED INTO
DAMAGE**

Many of us are not
completely
recovered
How could we
possibly be?

31



**GREATER DENSITY
OF CHANGE IN
THAN WHAT IS
USUAL**

32



33



34



35



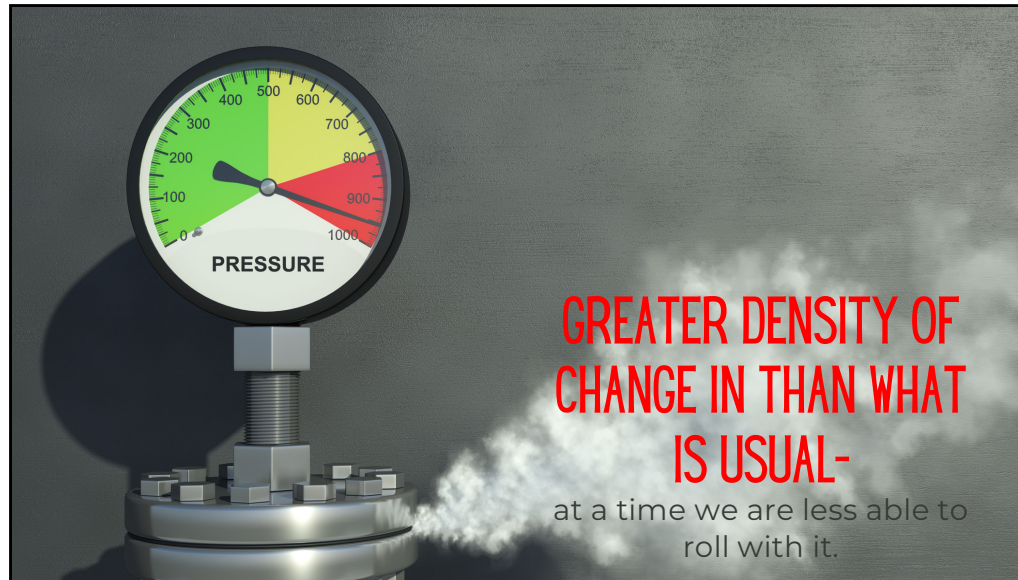
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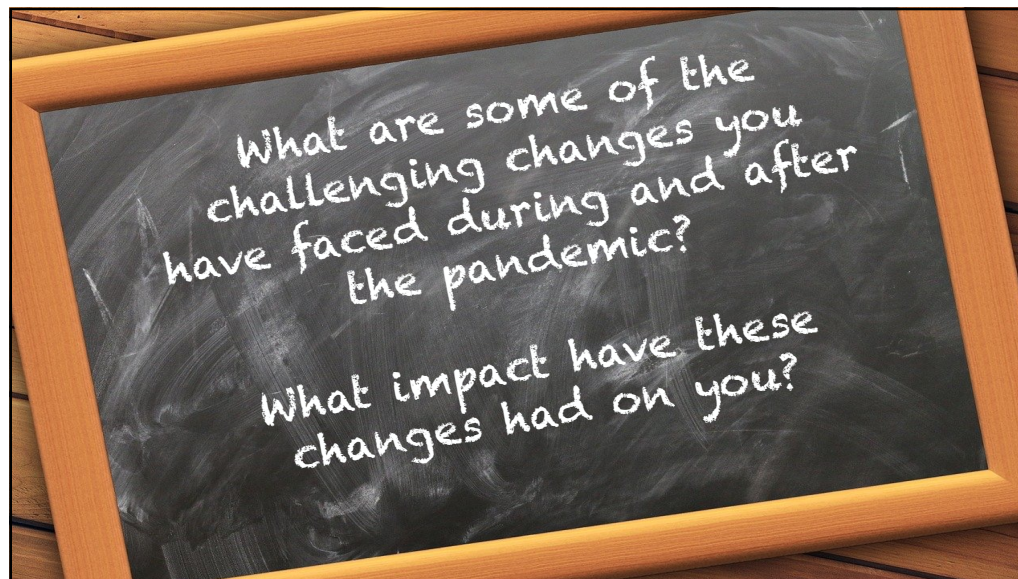
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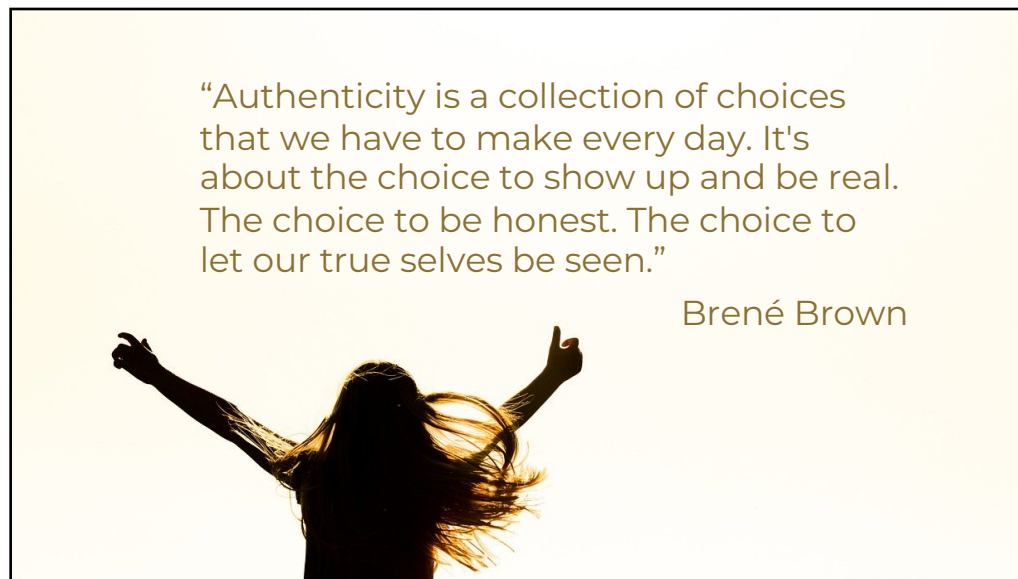
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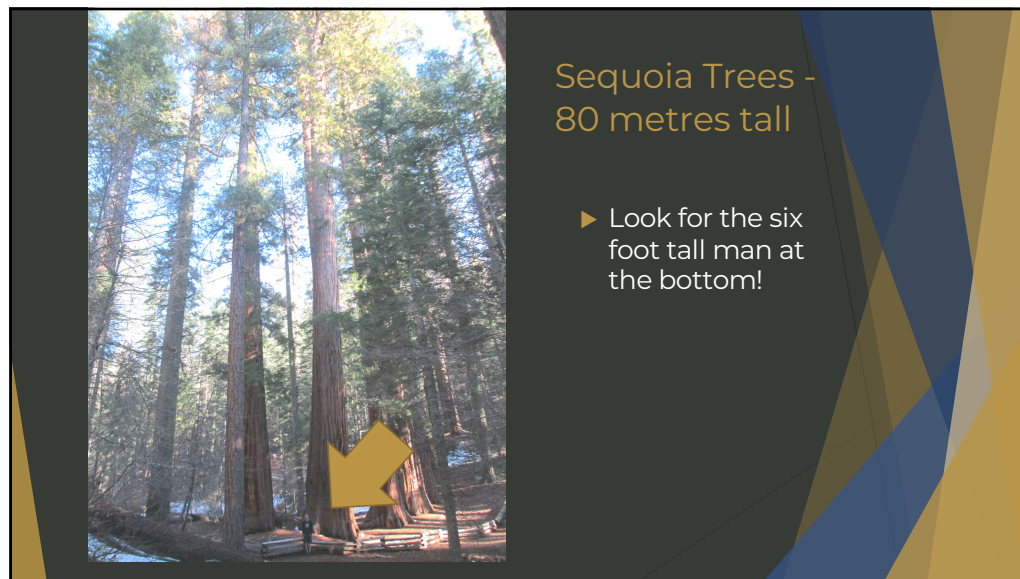
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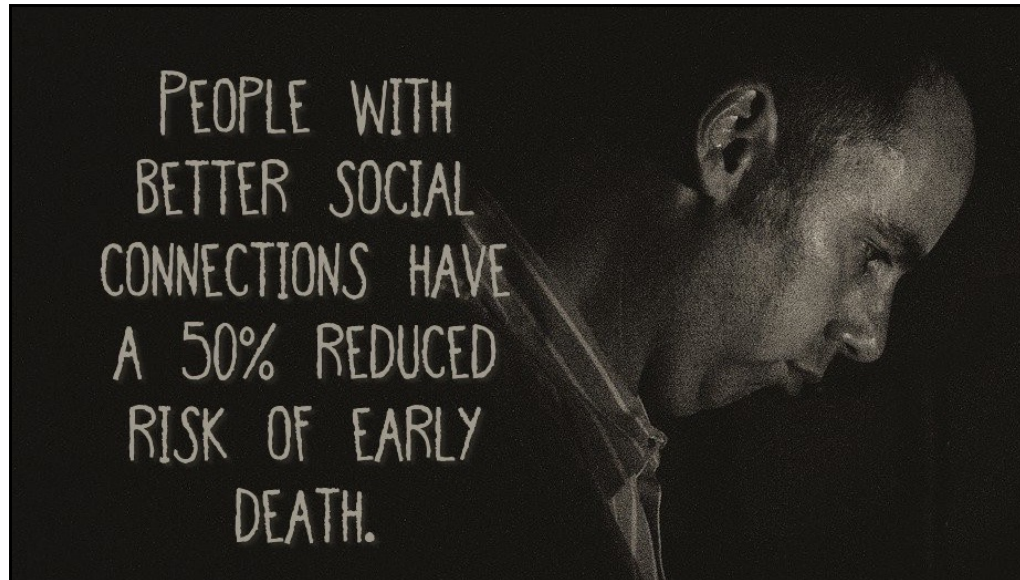
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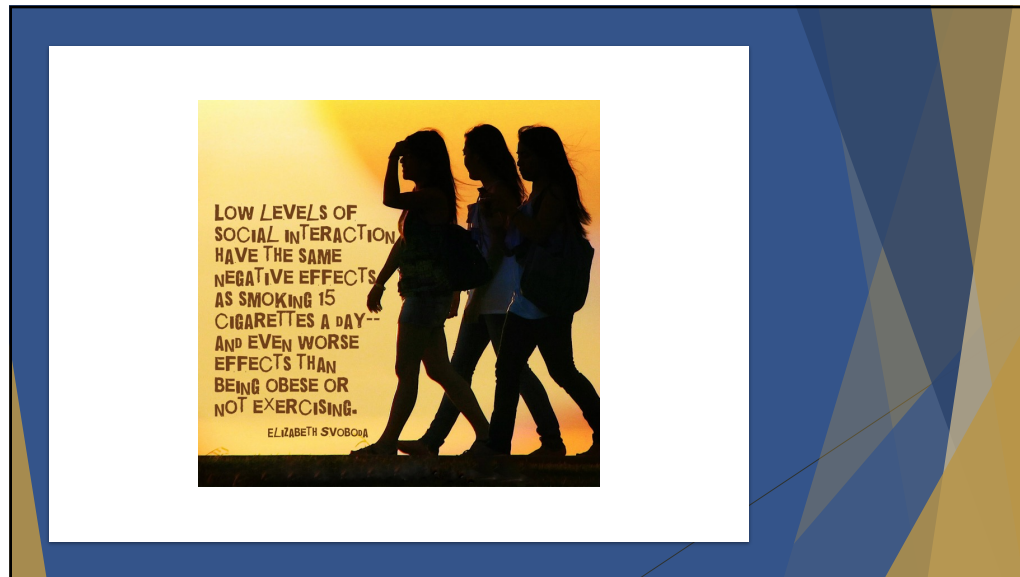
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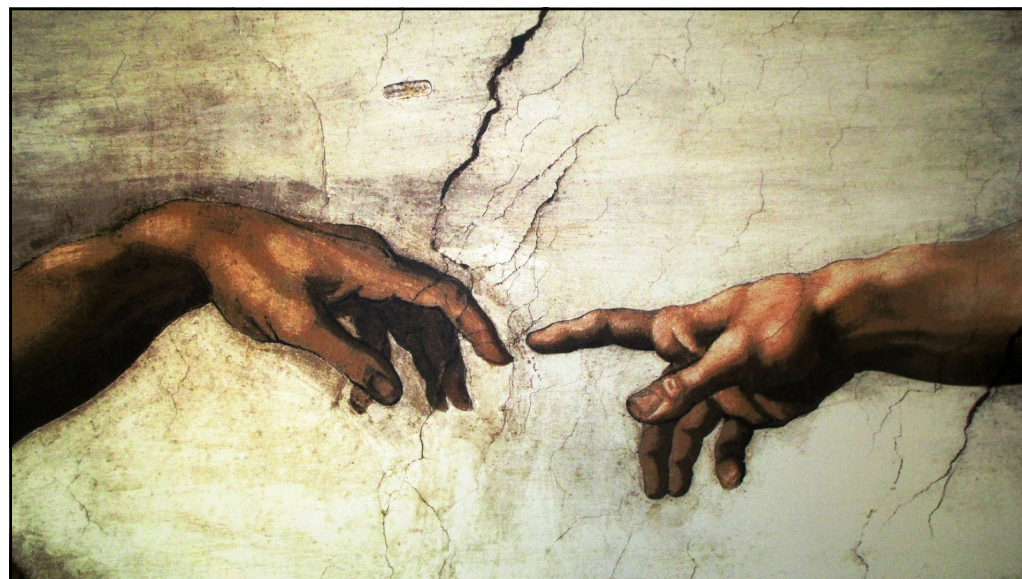
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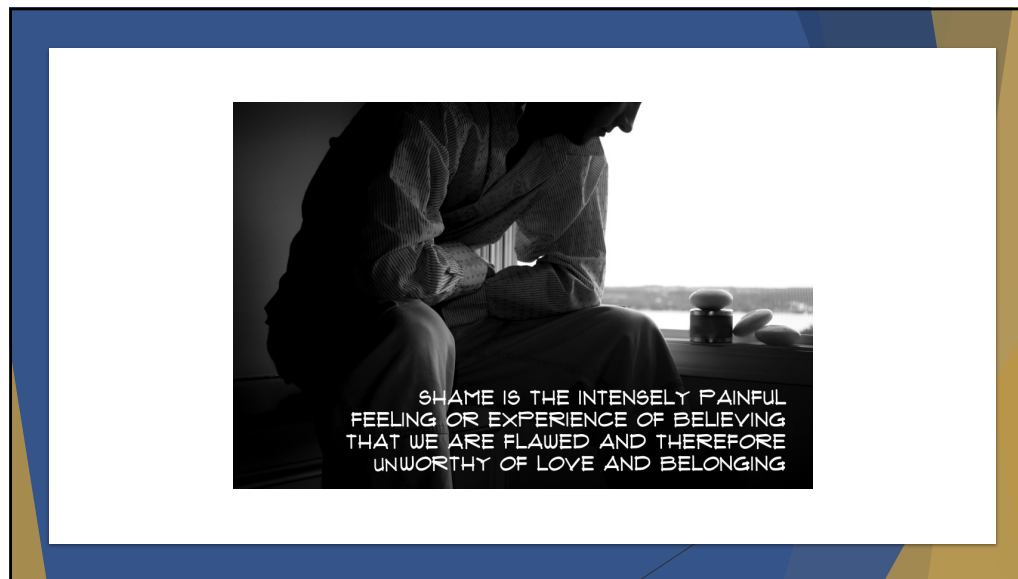
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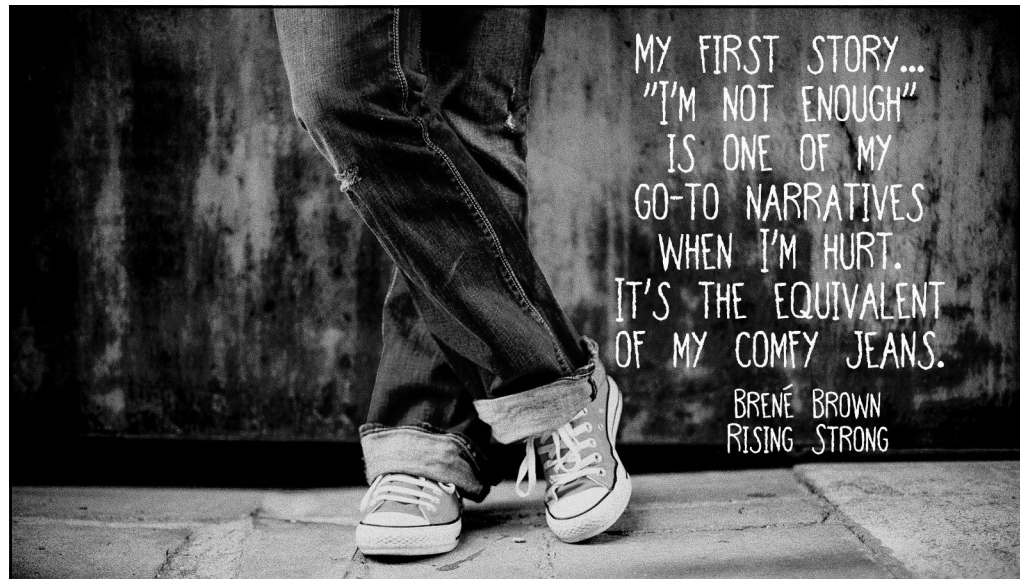
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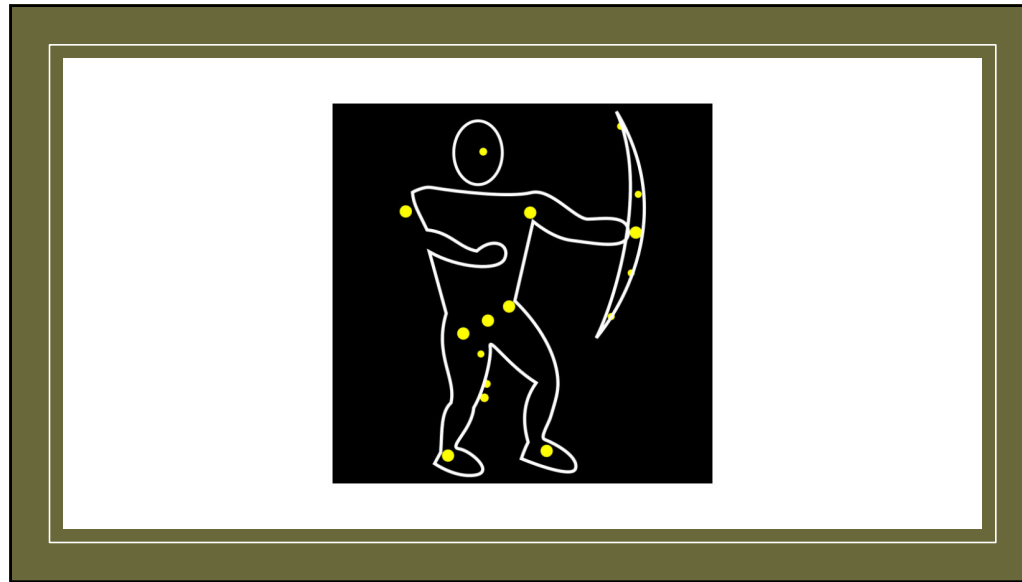
The story I tell myself is...

65

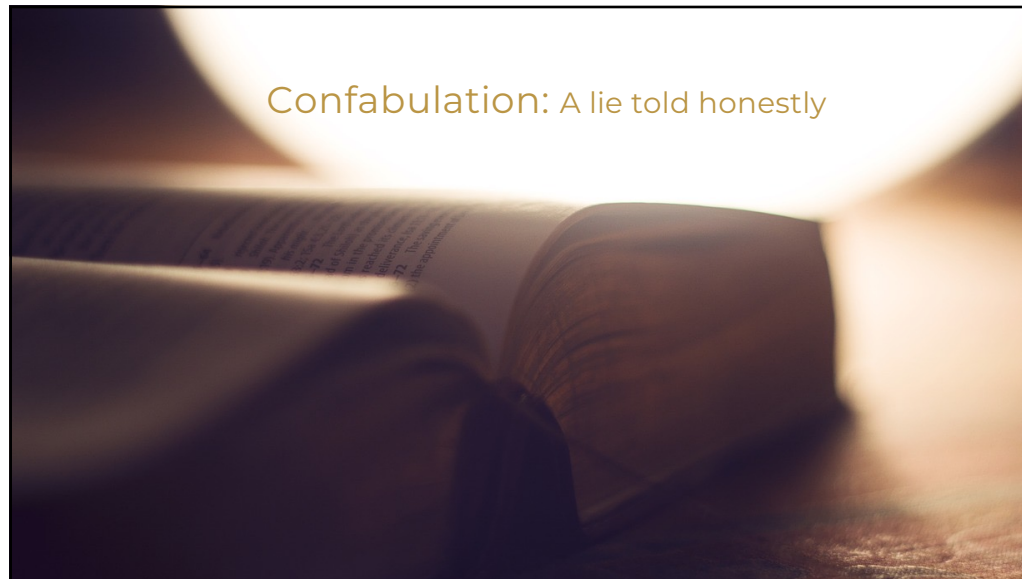


Conspiracy: connecting the dots without realizing that we are adding information that isn't there

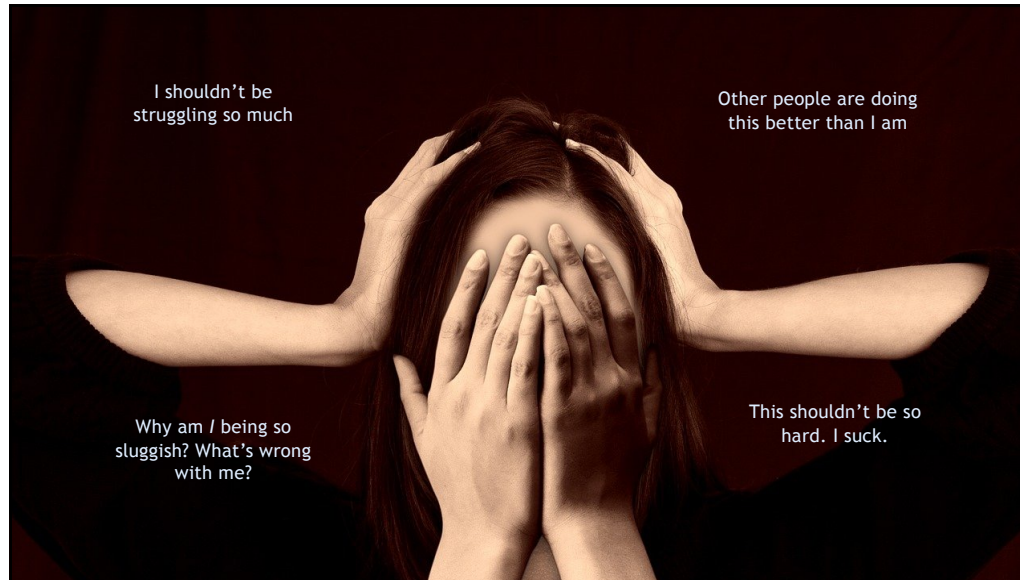
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68



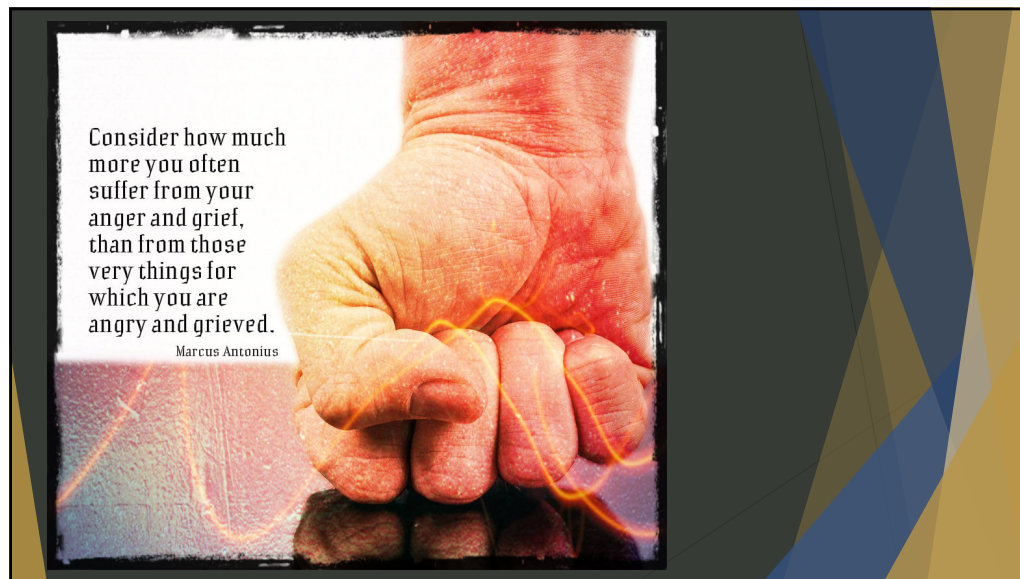
I shouldn't be struggling so much

Other people are doing this better than I am

Why am I being so sluggish? What's wrong with me?

This shouldn't be so hard. I suck.

69



Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.

Marcus Antonius

70

All behavior is a form of communication



The collage consists of four square images arranged in a 2x2 grid. The top-left image shows a laptop with the Netflix logo on the screen, next to a plate of food. The top-right image shows a glass bowl filled with various types of chips. The bottom-left image shows a woman with short red hair, wearing a red shirt, shouting with her right fist raised against a background of flames. The bottom-right image shows a close-up of a wine glass filled with red wine, with a single drop of wine falling into it.

71

All behavior is a form of communication

What is your behavior saying about how you are feeling?

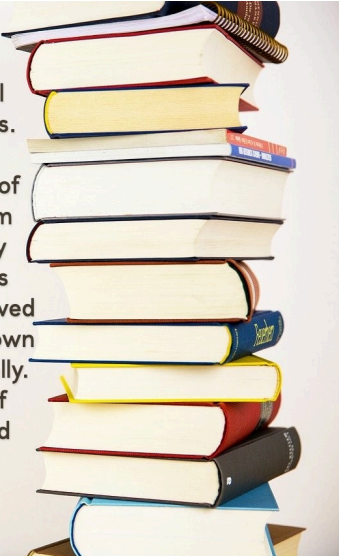


The collage consists of four square images arranged in a 2x2 grid, identical to the one on slide 71. The top-left image shows a laptop with the Netflix logo on the screen, next to a plate of food. The top-right image shows a glass bowl filled with various types of chips. The bottom-left image shows a woman with short red hair, wearing a red shirt, shouting with her right fist raised against a background of flames. The bottom-right image shows a close-up of a wine glass filled with red wine, with a single drop of wine falling into it.

72

My story is important not because it is mine, God knows, but because if I tell it anything like right, the chances are you will recognize that in many ways it is also yours. Maybe nothing is more important than that we keep track, you and I, of these stories of who we are and where we have come from and the people we have met along the way because it is precisely through these stories in all their particularity, as I have long believed and often said, that God makes himself known to each of us most powerfully and personally. If this is true, it means that to lose track of our stories is to be profoundly impoverished not only humanly but spiritually.

Frederick Buechner



73

Peek behind the mask?



74

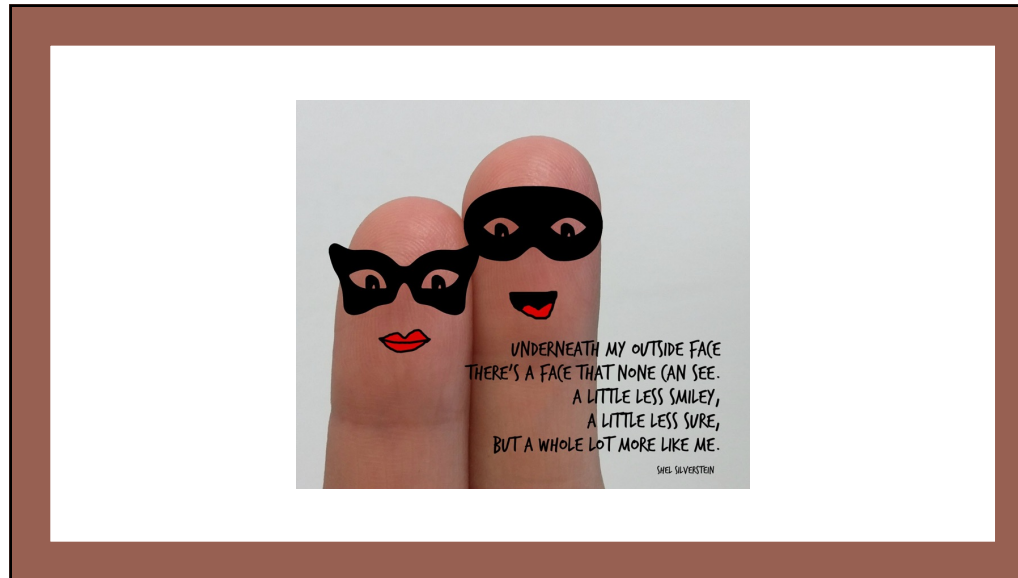
SHARE TOGETHER?

1. What are your fears/concerns about this group as we meet today and tomorrow?
2. When you are lonely, what is your “go to” action? What do you do notice yourself doing when you are lonely?
3. The cultural messages and expectations about vulnerability I feel are...
4. Your hand is on the door of the arena you are about to enter. What is keep you from going in? What feelings or thoughts are you experiencing?
5. What messages crop up as you try to enter the arena?
6. How do you show up when you find yourself afraid of what people will think?

75

Conversation

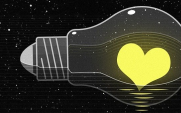
76



77

“Jesus says, “You are the light of the world.” I like even more what Jesus doesn’t say. He does not say, “One day, if you are more perfect and try really hard, you’ll be light.” He doesn’t say “If you play by the rules, cross your T’s and dot your I’s, then maybe you’ll become light.” No. He says, straight out, “You are light.” It is the truth of who you are, waiting only for you to discover it. So, for God’s sake, don’t move. No need to contort yourself to be anything other than who you are.”

— Father Gregory Boyle

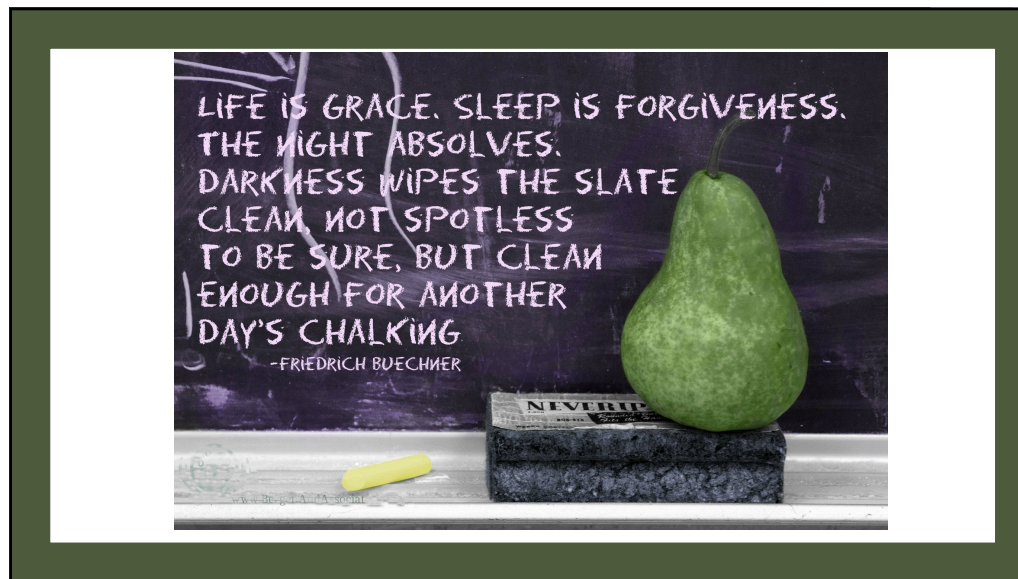


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