UNCAP Master Facilitator Team













Emotions in Action



ve emotion



High energy

SURVIVING ZONE

Defiant Irritable
Annoyed Worried
Incensed Anxious
Angry Fearful
Frustrated Envious
Impatient Defensive

THRIVING ZONE

Challenged Optimistic
Confident Engaged
Receptive Eager
Excited Enthusiastic
Proud Happy
Stimulated Astonished

BURNOUT ZONE

Exhausted Empty Sad Hopeless Depressed Tired

RECHARGE ZONE

Passive Calm Serene Peaceful At Ease Mellow Carefree Reflective

Low energy



+ve emotion





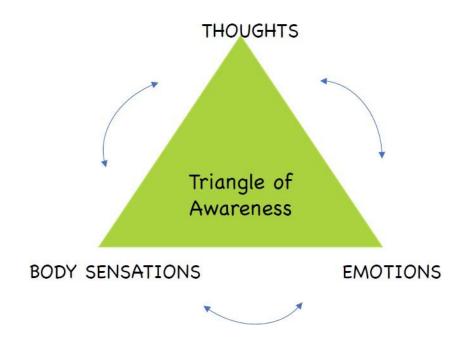
Check in – Mindful reflection: Centering A grounding practice

Centering

Grounded with feet shoulder width apart Focus on your:

Length – pulling up to your full height (your dignity)
Width – side to side (the space you inhabit in the world)
Front to back - find your breath – find your heartbeat
Imagine all those who have shaped you at your back

Finish with setting an intention for the day







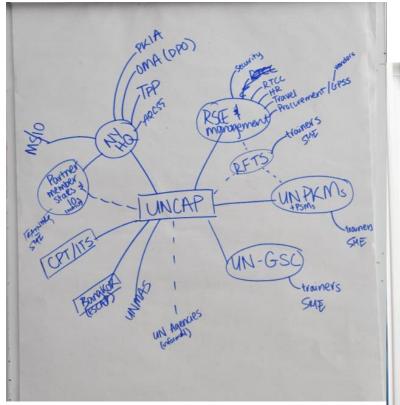


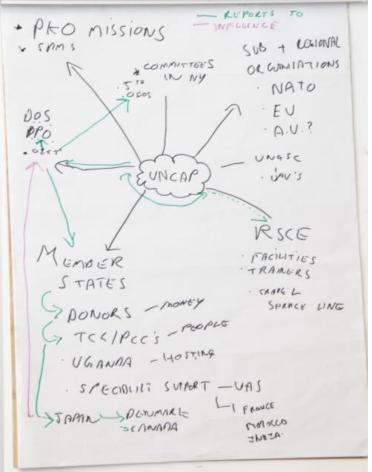


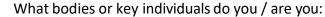




UNCAP stakeholder maps







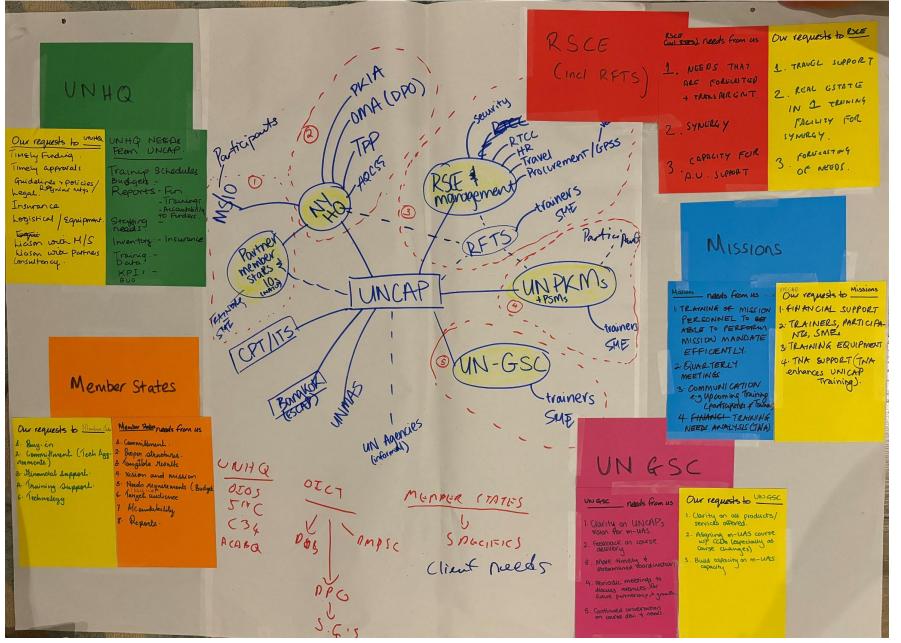
- · report to
- influence
- listen to
- get support from
- respond to
- observed by





In the shoes of....





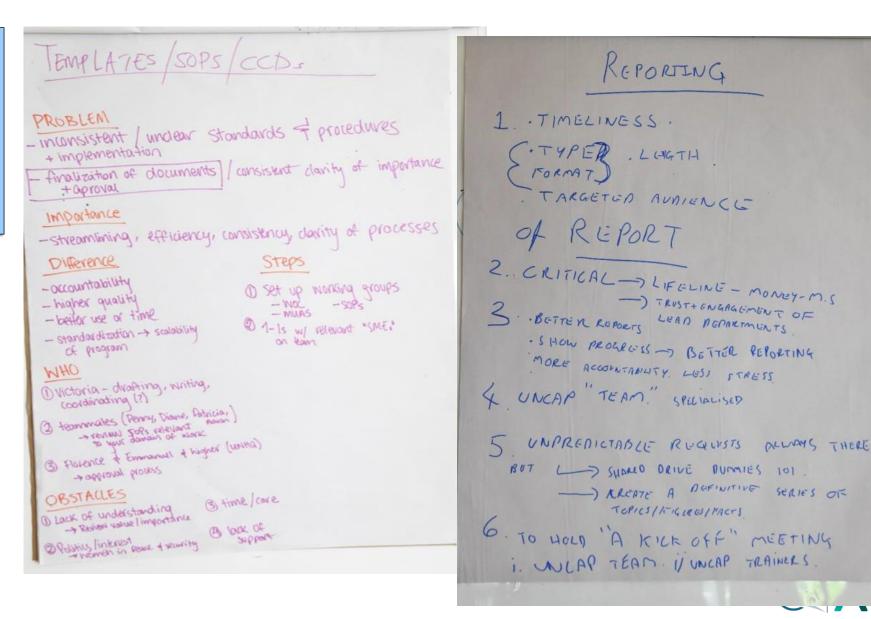




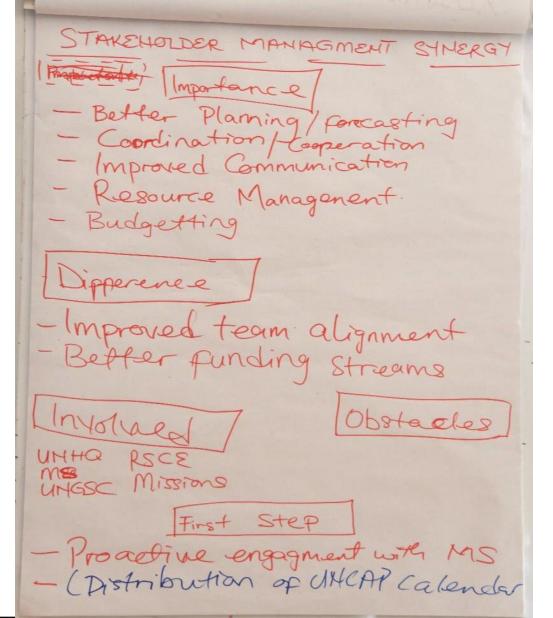
Collective Brilliance: Taking the learning forward for UNCAP

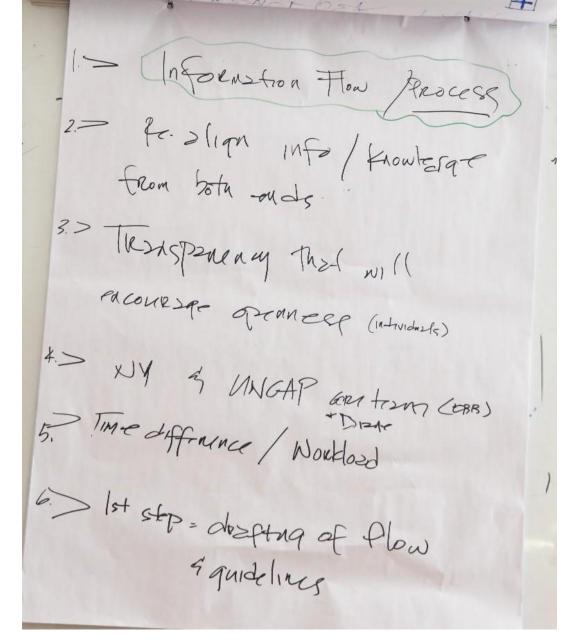
Collective Brilliance 6 Questions

- 1. What's the idea or problem to be solved?
- 2. What's important about that right now?
- 3. What difference will it make?
- 4. Who needs to be involved?
- 5. What might get in the way and how will we get round that?
- 6. What's our first step?





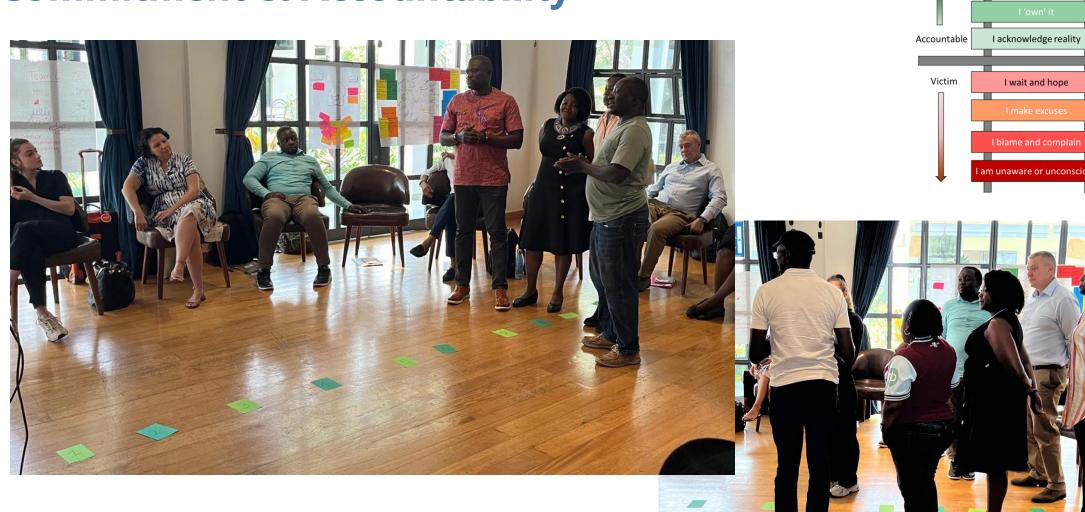








Commitment & Accountability







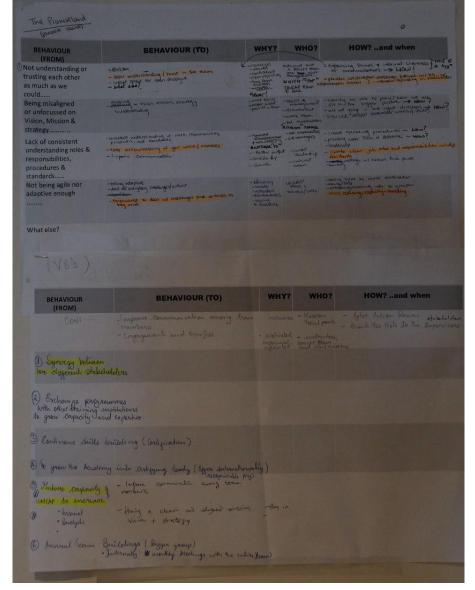
I make it happen

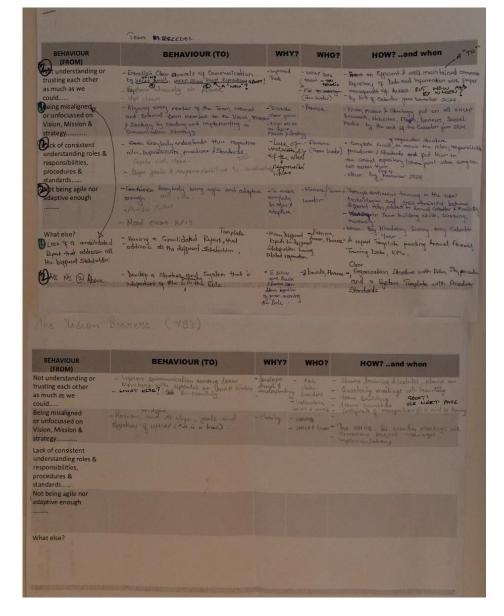
Accountable

Victim

Our final Development Improvement Plans

See separate document on portal









10 great coaching questions – 2nd buddy session

- 1. What is the issue? / What do you want to achieve? What will be the long-term result of achieving this?
- 2. What's important about that outcome / goal? Why is it important now?
- 3. When you achieve this, what will be the benefit for you?
- 4. What's the real challenge here for you?
- 5. What are your options / What have you already tried?
- 6. What resources are you going to need and where would you get these resources from?
- 7. What could get in the way and how will you overcome that?
- 8. What support do you need and where will you get that from?
- 9. If someone else you know was facing this issue, what would you tell them to do?
- 10. What first step will you take and when will you take it?



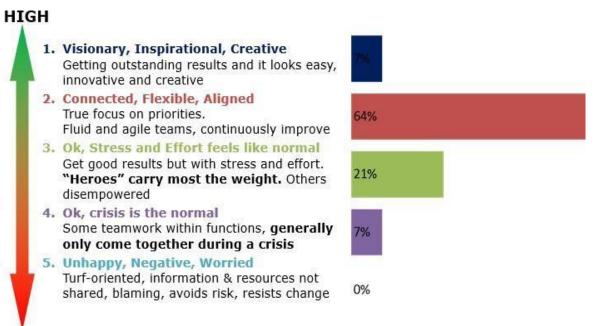




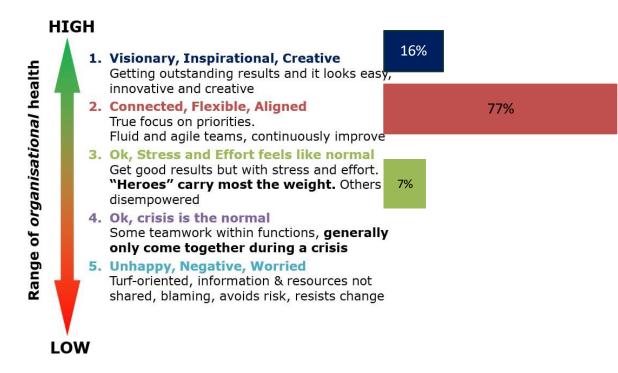


How do you feel about the team at the end of these 3 days?

How we started



Where we are now



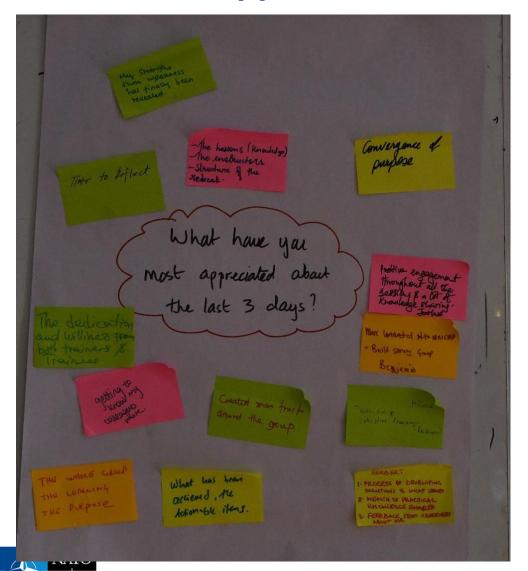


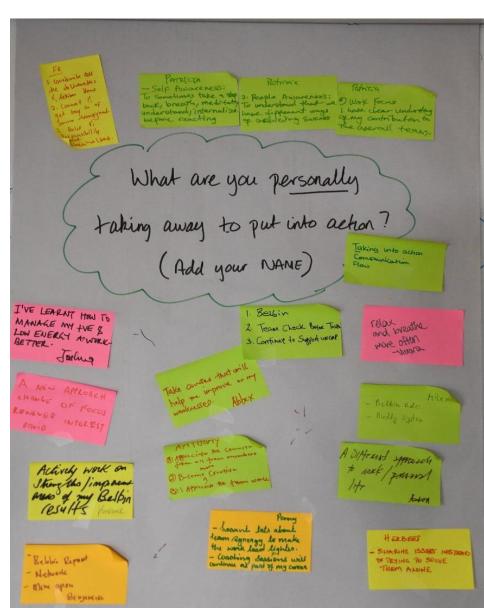
LOW

Range of organisational health



Check out: Appreciations & Commitments









Appreciations









Promise me you'll always remember: You're braver than you believe, stronger than you seem, and smarter than you think a a Milne









