

UK15: Building Our Temenos

Contracting Needs and Wants from the Pre-Programme Webinars of the 16th and 23rd September 2020_From the Chat Box and Conversation

Question 1: What do you need to build a safe container for you and your work in community on Zoom?

From Webinar 1a on 16th September 2020

- For everyone to be heard even with a large class.
- To be seen, heard, and un-judged as I try to do the same for you
- Judgment free, lean into possibility, to be heard - seen - felt - held
- Non judgement and trust
- Listening beyond words; deferring judgment.....
- Openness; challenge; respect;
- Challenge with a non judgemental perspective- kindness - compassion and curiosity
- To be challenged and supported
- What I need is... a space to be authentic, real, vulnerable, challenged.
- Safety to surface emotions come to the surface - I hope we can hold each other in that way
- Space and time to reflect and be myself, whatever is going on
- Create space for be vulnerable to make this space a learning one
- Finding space and time to be playful and have humour especially with so many people on screen and needing to manage time and input
- Give space to everyone in the group
- Lots of experiences
- Bring real world issues and concerns and contradictions
- Enthusiasm, welcome, interest, enjoyment
- Confidentiality, allow us be beginners and grow into the wisdom. Safety net.
- Exploration of values and positionality in coaching
- Check-ins and check-outs

From Webinar 1b on 23th September 2020

- Permission to be human - perfectly imperfect
- Come with goodwill leave with goodwill
- Permission to be honest, vulnerable, to make mistakes, to ask lots of questions.
- A sense of spaciousness; space to deep vulnerable authentic conversations David Whyte's invitation: permission to fully disappoint and be humiliated ! Honesty, compassion and willingness to go deep
- Open and honest communication
- Self compassion
- Yes permission to disappoint and be humiliated
- Permission to be powerful and authentic
- Confidentiality; Trust; vulnerable to make mistakes; willingness to go deep; compassion; everyone owns their own stories; assume the best of everyone;
- Personal approach is important to me
- I would really like honest and open feedback
- That there is no direct criticism, and no assumptions
- Give feedback directly

- For Everyone to be open, honest and forthright with each other. If we hit a rough patch, or encounter conflict, we will address conflict directly. We agree to give feedback directly to individuals, and take it offline if it's one to one. Each to be transparent with each other, and trust one another.
- We will ask for what we need...
- A sense of spaciousness; space to deep vulnerable authentic conversations
- Allowing space for those of us who need to think before speaking.
- Space to ask lots of questions
- Experiential Learning and small groups that change so we can all work with everyone.
- Courage and trust
- Bravery
- Blood, sweat and tears
- Virtual chocolate and fun
- Lightness and irreverence
- Fun
- Yes to fun!!
- Agree lots of fun & energy and hope to meet in person some day!!
- Yes authenticity:
- Breaks, informal comfy dress code (for me!), eating ok, ...
- Permission to put video camera on at times when I need a break from the screen

Question 2: How will we know that your needs are not being met / that this is not working for you?

From Webinar 1a on 16th September 2020

- Sometimes I have a challenge, as an introvert, to quickly reflect at a deeper level and expressing my feelings after translating them into a different language
- Different ways of interacting - variety of group sizes
- For the longer sessions will there be bio breaks?
- Permission to be clumsy

From Webinar 1b on 23th September 2020

- Either speak up in the group or send an email directly
- Check in and check outs
- I will speak up directly and be vulnerable
- Share through regular check-ins
- Happy to share
- Shouting & crying
- Private chat message to let you know I'm feeling uncomfortable maybe
- I will talk to someone
- I might take some time to understand what is missing for me, so I may go quiet without fully knowing why... and then later I will see and know what I need to say. Might do this privately or with group, depending.
- I know I can go quiet and withdraw a bit if I am challenged or overwhelmed so I know I need to speak up.
- If you see me with my hands in my face please ask what happened
- I know I like control, especially in zoom or other online stuff....but I'm trying to be less upset if the control goes out the window....so aiming to stay chilled...