October 2019

Square: What squares/resonates with your thinking?

- Thanking others with your eyes
- Connection, listening with ears and eyes and bodies
- Body celebration/movement is SO needed: it’s what we keep focusing on
- Feeling the physicality of community
- Dominant culture = not connecting = no collective decision making
- To stop “performing” in professional spaces, and instead bring my whole self
- Movement, energy-facilitation, cultivating a sense of shared agency in the space
- Value of engagement, relationship valued, willing to be uncomfortable
- Co-creation process
- Agency – WE get to make meaning
- Play
- Connecting weaving positives
- There I joy in our bodies and our collective

Circle: What are you still circling your mind?

- Urgency
- Are there spaces where collective meaning making cannot happen?
- My sister was really meant to be here today
- All of it
- How to encourage/amplify collective meaning making at work
- Perfectionism
- How courageous it is to act in ways against the invisible/unspoken rules/limitations/barriers we create for ourselves and others on what is expected and possible
- Tipping points?
- Ways to engage that push the boundaries of my comfort
- What is meaning really?
- How do we surface tension?
- Self, family, community, “nation”
- How to hold difference and not feel bad or unconnected
- How to bring art to systems

Triangle: What change or action do you want to take?

- Use movement as liberation in office spaces
- Listening
- Read “Revolution Starts at Home”
- Making NW space more hospitable
- Jump! Try new things
• Move my body as I need and encourage others to do the same
• Talk about collective meaning making at faculty conference, use sculpture this week at training an outreach vs. engagement, have a staff meeting where we all join from home??
• Examining myself
• Increase opportunities to connect to each other
• Embodiment, eye contact, walking reflection, the process of opening
• Staying in this moment
• Allow myself to MOVE