

Facilitating Difficult Conversations for Legacy Futures

Based on the work of
Trudy Pelletier

A model for personal mastery

What do I want?

The results, the outcome.

What should I do?

What will I find myself saying?

So I can be.....?

You are, who you say you are.



“Biting the bullet.”

We all have....

Attitudes

Experiences

Views

Opinions

Patterns

Beliefs

Mindset

Stories.....



These are our context.

The power of context

It shapes and colours our experiences of life.

It is the lens through which we see the world.

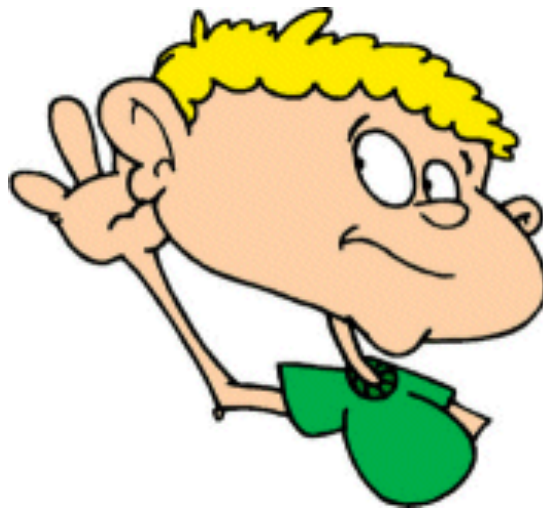
BUT each of us has a different lens.

It what we take in that **VALIDATES** or **DISCARDS** what we see.

Neuroscience demonstrates that 80% of what we take in is sourced by existing patterns in our brains..... we see 20% of reality.

FACT!

People don't listen to what you say, they listen to themselves about what you say! This alters what you 'see' or take in.



The Power of Context

It is a constraint

It is decisive! Why we do, or
don't do something.

It appears unchangeable

Is lived as if it's true.

It is pervasive and not considered (blame someone
else v challenging your own thinking)



Serena Williams.....

If Serena Williams, who can serve a ball at 120 MPH is serving to you. What actions is your context preparing you for?

If you are facing an 8 year old ready to serve, what actions are you preparing to take?



Our actions are directly correlated to how we think about things..

It starts with **AWARENESS**

Recognise the pattern

Q: What is it that I am not seeing?

Q: How could I see this differently?

Q: How can I grow from this?

Q: What is the opportunity

Shine a light on yourself.



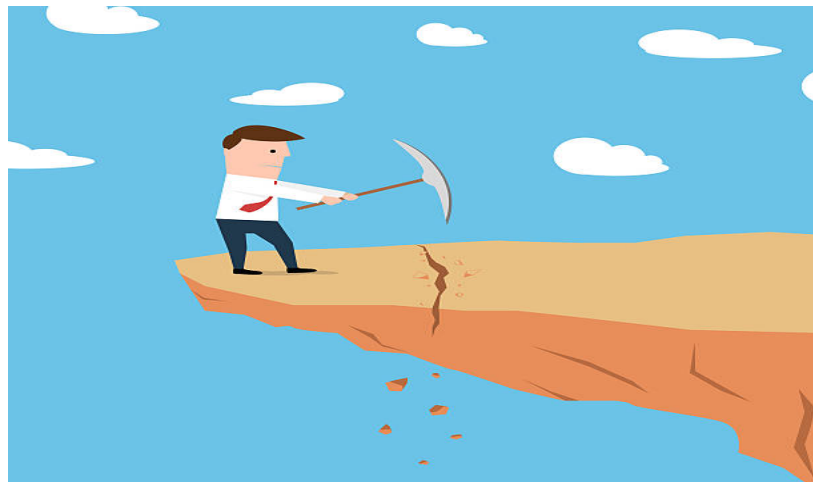
Seeing what's in your blind spot

- What was your first experience of failure?
- Who were you in your family? eg black sheep
- What was your first experience of not belonging?
- What decisions did you make about yourself?
- When do you let yourself off the hook?
- When do you settle for an unproductive behaviour or habit?
- What is your view of yourself because of this?



Seeing what's in your blind spot

- With what kind of people do you have limited expression?
- What is the role that I took on as a child that still serves me today?



Legacy Future

“Anything that has been handed down from the past, as from an ancestor.”

A future driven by something that did or didn't happen is wrong! It needs fixing



The magic

By holding POSITIVE thoughts you stimulate frontal lobe activity

BEFORE you sleep ASK a question you want answered.