

## True for You: A Technique to Consider – Examples

EXAMPLE 1: a group of participants in a training about effective meetings

Sharing our meeting practices...

1. I'm starting to see SURE principles at more meetings lately: Safe, Useful, Respectful, Engaging.
2. I've recently affirmed or celebrated one of my colleagues.
3. When I have to facilitate a meeting, I often get nervous and anxious.
4. I wish I had more opportunities to design or facilitate meetings.
5. I feel more seen in meetings than I used to.
6. I recently took a risk in a meeting that paid off.

EXAMPLE 2: a quarterly gathering of women connected to a church community

What am I learning about myself...

1. I learned that physical activity is important for my happiness.
2. I learned that I need people in my day-to-day life.
3. I learned that I am quite selfish with my time.
4. I learned that I have unique needs that are different from others around me.
5. I learned that I am more self-conscious than I realized (now that I am on Zoom so much!).

EXAMPLE 3: a strategic review with a Leadership Team of a large organization

Where are we today...

1. As a Leadership Team, we constantly use the strategic objectives as a map or tool for planning and decision-making.
2. I can easily access our vision, mission, core values and strategic objectives to share or use.
3. I still believe in our strategic objectives.
4. Some of our strategic objectives we are addressing well, but some are being overlooked.
5. I am passionate about one of the strategic objectives.
6. I feel that as a Leadership Team we are aware and use the strategic objectives, but I'm not sure if our staff thinks about it at all.

EXAMPLE 4: a women's book club

Starting a book talk about 'This Tender Land' by William Kent Krueger...

1. I felt badly for Odie for the entire book.
2. I felt most connected to Mose in this book.
3. I have known people in my life that had special powers (like Emmy) who were not aware of them for a long time.
4. Albert was not always a helpful leader.
5. This book reminded me how important it is for human beings to feel a sense of 'belonging'.
6. This book inspired me to consider the role nature has in my life, learning and healing.