



Engrow eBookclub

23 March 2018

Today's Rules of engagement

Trusting others ...p38

BRAVING

Boundaries

Reliability

Accountability

Vault

Integrity

Nonjudgement

Generosity

Any other?

What part of the book / which
quote in the book spoke most to
you?

Chapter 1: Everywhere and Nowhere

Quote by Maya Angelou

You are only free when you belong no place – you belong every place – no place at all, The price is high. The reward is great.... P26

How do you interpret this quote?

Chapter 2: The Quest for True Belonging

4 challenges on page 36:

- 1) People Are Hard to Hate Close Up. Move In.
- 2) Speak Truth to Bullshit. Be Civil.
- 3) Hold Hands. With Strangers.
- 4) Strong Back. Soft Front. Wild Heart....

Which one of these resonates with you the most?

Chapter 3: High Lonesome: Spiritual crisis

What are some of your thoughts on dealing with unchecked loneliness?

On unchecked loneliness, we can

- 1) Identify
- 2) Have Courage
- 3) and then Connect.

What can we do if we have trouble connecting?

On page 59...

“if we can find a way to feel hurt rather than spread hurt, we can change.”

What does feeling hurt look like for you?

Chapter 4: People are hard to hate close up. Move in

On conflict transformation....p79:

What did you think about Dr. Brown's BRAVING skills for navigating conflict? Have you tried any yet while reading this book and if so what at was the experience like?

P 82....What is your defense when you get fearful and anxious in conflict with other? How can you shift your focus to arriving at "conflict transformation?"

Chapter 5: Speak truth to Bullshit. Be Civil

On page 107:

“If leaders really want people to show up, speak out, take chances, and innovate, we have to create cultures where people feel safe – where their belonging is not threatened by speaking out and they are supported when they make the decision to brave the wilderness, stand alone, and speak truth to bullshit.”

As leaders (in our family/company/community), how can I cultivate this type of culture there where my people that show up and speak out while feeling safe?

Belittling and demeaning comments, insults, and other rude behavior can deflate confidence, sink trust, and erode helpfulness so will not be a part of my tribe’s culture. What would you “civility standards” be for your tribe?

Chapter 6: Hold Hands. With Strangers

On page 139...Getting Social

What has been your experience with making true connections on Social media?
Do you think it can be as powerful as face to face?

Chapter 7 Strong back. Soft front. Wild Heart

On p 147

“ All too often our so-called strength comes from fear, not love; instead of having a strong back, many of us have a defended front shielding a weak spine. In other words, we walk around brittle and defensive, trying to conceal our lack of confidence. If we strengthen our backs, metaphorically speaking, and develop a spine that’s flexible but sturdy, then we risk having a front that’s soft and open.... How can we give and accept care with strong-back, soft-front compassion, moving past fear into a place of genuine tenderness? I believe it comes about when we can be truly transparent, seeing the world clearly- and letting the world see into us”

Roshi Joan Halifax

What does this quote mean to you?

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