



Hello!

We are looking forward to our Wellness Check-In Circle.

Wanted to give you some background and structure for how we will roll to ensure we have a common understanding of the process. Here goes:)

1. Please take a moment to answer this one (1) question via SurveyMonkey: <https://www.surveymonkey.com/r/T5TV5MY> All responses are anonymous – we don't see who said what! At the beginning of our time, we will share out the list you made and ensure everyone can commit to the qualities you identified:)
2. The process:
 - a. We will take 2 minutes to have a quick mindfulness sit just to get still, grounded, and present. If that is something new to you, you are invited to view this video from Dan Harris, who has a funny take on mindfulness and yet does an excellent job of showing how simple, practical and impactful a bit of sit can be: <https://youtu.be/4sXBEflXUno> (Length is 13ish minutes).
 - b. Tatiana and Harold will lead with their check-in to provide a real-life example and then whoever wants to go next - will go next and Harold will call out names as he sees them on the screen to invite the next person to check-in. You can pass if you are not quite ready to check-in yet – no worries:)
 - c. When someone shares what they want to share, then all can say "Thank you." Or "And so it is." Or any little acknowledgement that you were present during the sharing.
 - d. And around the circle we will go!
3. The Purpose is to let go of something that you need to release. Can be anything! Can be a big thing or a little gnawing thing. We usually tell a little story that helps folks understand why this is helpful. I have posted that on the second page of this document. There are a couple of brief videos that may also give you some background on the purpose. You don't need to watch them all (though they are really brief) but maybe pick one and check it out. All may be accessed here: vimeo.com/user/78833184/folder/3451029 They are:
 - a. Brenè Brown: Embracing Vulnerability (6 min)
 - b. Empathy: The Human Connection (4ish min. Trigger alert: This shares stories of folks in a hospital in an impactful way.)
 - c. Sonder (2 min)
4. Some Guidelines:
 - a. Use "I" statements. You are checking in for you and from you. Best way to get into a bit of a pinch is to say, "We all believe ..." or "We all experience ...". or the like. Using "I" statements are helpful to avoid that and tune into you:)
 - b. There is no questioning or discussion about what anyone check's in about during the circle. It is a simple time of individual release within a community.

That's the skinny! Looking forward to our time together and this special opportunity to be present with each other and ourselves:). If you have any questions – feel free to drop Shawn a line at: shawn@sharetraining.org.

Cheers,
Shawn (+ Harold and Tatiana)



A Story of Letting Go

A long, long time ago a young man had just become a novice Monk and was ordained into his order. In this order, Monks took an oath not to talk to, touch or otherwise interface with any other humans outside of their order. They were to live a simple life of solitude and contemplation.

Now, this brand-new novice Monk had been assigned to an elder Monk to learn the ways of the order and make sure he stayed in alignment with the tenants of his order. The novice Monk was very excited and eager to demonstrate his rigorous adherence to his order and watched every little thing the elder Monk did to learn as much as he could. He intended to be the best Monk he could be.

As they were walking along their path, it so happened that it was the rainy season. They came to a crossing of roads. But as it was the rainy season, the road they were to cross was now a bit of a rushing river. As they approached this rainy season river, a person standing nearby this newly formed river called to them: "Oh Sirs, Oh Sirs! I am wondering if you can help me! I need to get across this river to the other side for an important appointment and I can't get wet or I will ruin my clothes."

Now, upon hearing this, the novice Monk did exactly what he thought his order would want him to do and ignored the person entirely. But then, to his amazement and horror – the elder Monk walked over to the person, offered them his back, which the person quickly mounted, and the elder Monk carried the person across the river to the other side. The person expressed great gratitude as then rushed off to their very important appointment. The Monks then continued their journey along their path.

The novice Monk was aghast and fumed in silence as they continued down their path. Five hours went by and still he was fuming! Finally, not being able to withhold his confusion and ire – he stopped in the path and stomped one of his feet. The elder Monk noticing this, turned, looked at his apprentice and said this: "Yes?" To which the novice replied, "I can't believe you are my teacher! You broke rules 12 – 15 of our order and probably many more! You touched that person! You let them touch you! How am I supposed to learn the ways of our order from such a one as you?!" Confused and perhaps a big amused, the elder Monk replied: "Are you still carrying that person around? I set them down five hours ago."

The End