



Rewired to Relate - Learning Group Guide

Chapter 5

Being intentional

Agenda

Thirty- minute call

Time	Activity
5 minutes	<p>Check in</p> <p>Each person share one new mindset you adopted and how that led to a different behaviour and resulted in a different/better impact on others.</p> <p>Check in and refresh group agreements</p> <p>How are you doing with your group agreements?</p> <p>Is there anything to add or change?</p>
15 minutes	<p>Discuss learning from reflections and exercises</p> <p>Remind yourselves of this chapter's reflections and exercises and refer to notes you made along the way. See the following pages in this PDF as a reminder.</p> <p>Learning debrief questions:</p> <ul style="list-style-type: none"> • How did you influence other people's reactions by changing your own beliefs, mindsets and behaviour? • How can you help to reduce threats and increase rewards for others as you interact with them? • What are your top tips for staying aware of your own mindsets and beliefs?
10 minutes	<p>Each person share:</p> <p>Your biggest takeaway from Chapter 5.</p> <p>What have you appreciated about this learning group and how you worked together throughout this programme.</p>

In this chapter you will learn:



- how to shift your own behaviour and shape the impact you have on others
- how to use mindsets as a powerful way to shift your own behaviour
- why we make assumptions, how they create conflict and how to be humble about yours

Try it this week:

Throughout this week, take the time to get curious about how your mindsets and beliefs might be affecting those that you would like to be in better relationship with.

Exercises to practise:

1. Consider a person or team you want to be in better relationship with. Move through these steps:
 1. What do you want them to feel?
 2. What is the attitude or mindset that will help you create that feeling in others?
 3. PRACTISE: Remind yourself of this mindset several times a day.
 4. Notice how it makes you feel, what actions it generates from you and the impact you have.
2. Consider these possible mindsets (ways of thinking). See how you might adopt one or more of these:
 - I am capable and others are capable too; we have different capabilities.
 - I can create positive connections with others.
 - I don't have to know everything; I can support others to be brilliant.
 - I can help to create an empowering team and organisation.
 - There's no such thing as perfection; we're all learning and growing.

To take your learning further:

Write down your key learnings from this chapter and at least one mindset you would like to adopt. Take these to your learning group meeting to discuss.

Be SAFE & Certain



Belonging



Status



Autonomy



Fairness



Expectations



Certainty



Threats

Cortisol
Adrenaline



Rewards

Dopamine

ABC of Mindfulness

