



VIRTUAL SESSION 4

THRESHOLD EXERCISE

RECOGNIZING GRATITUDE

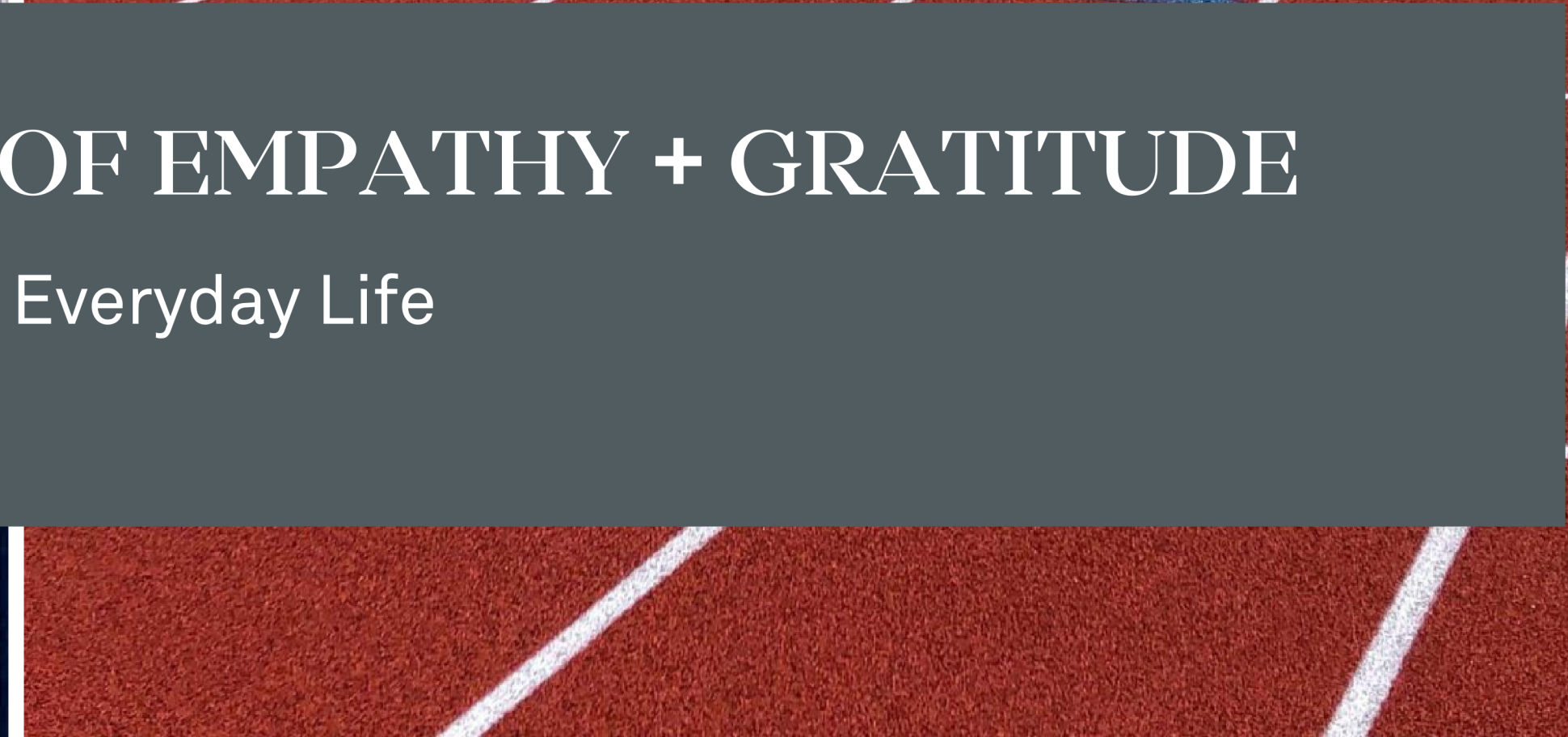
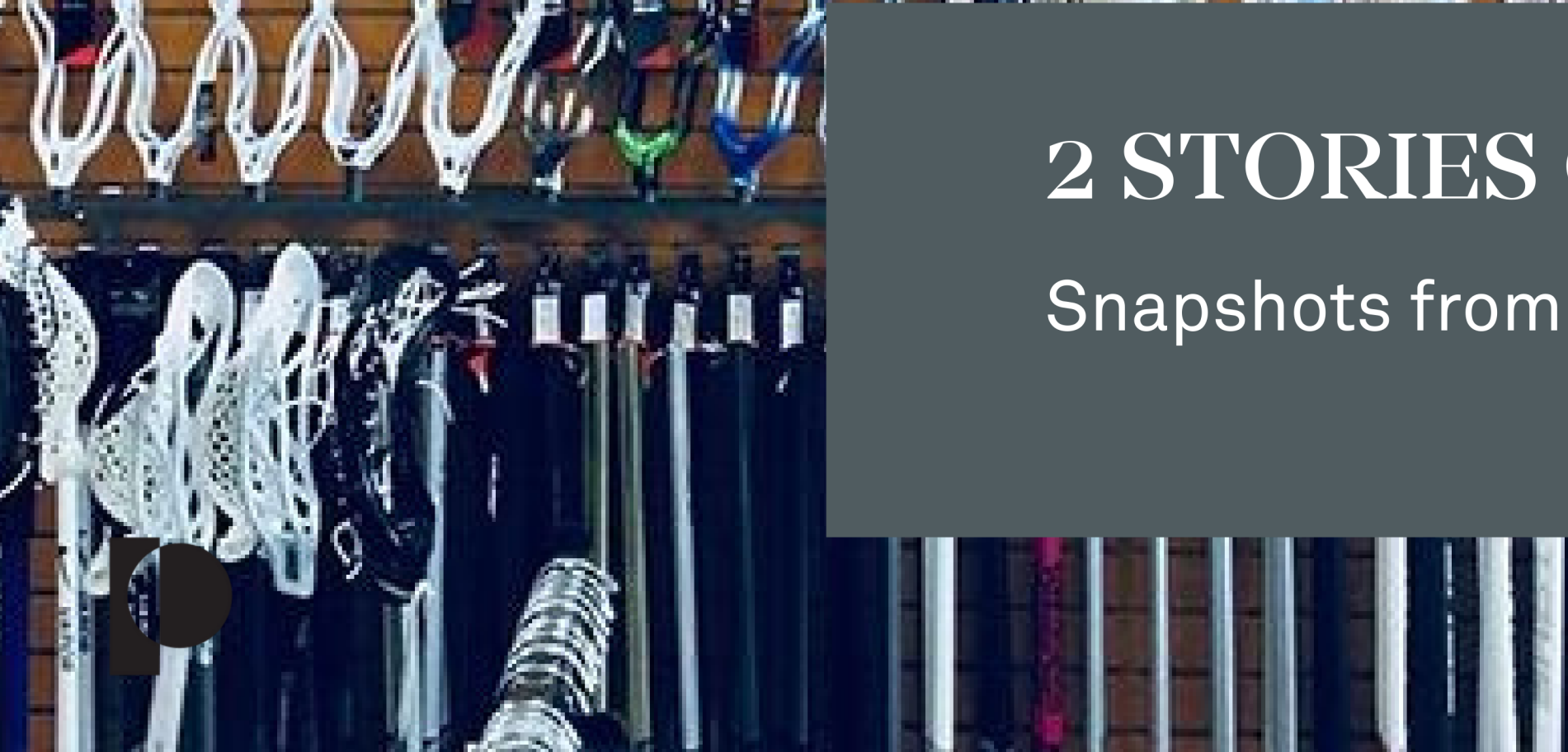
STORIES / From Everyday

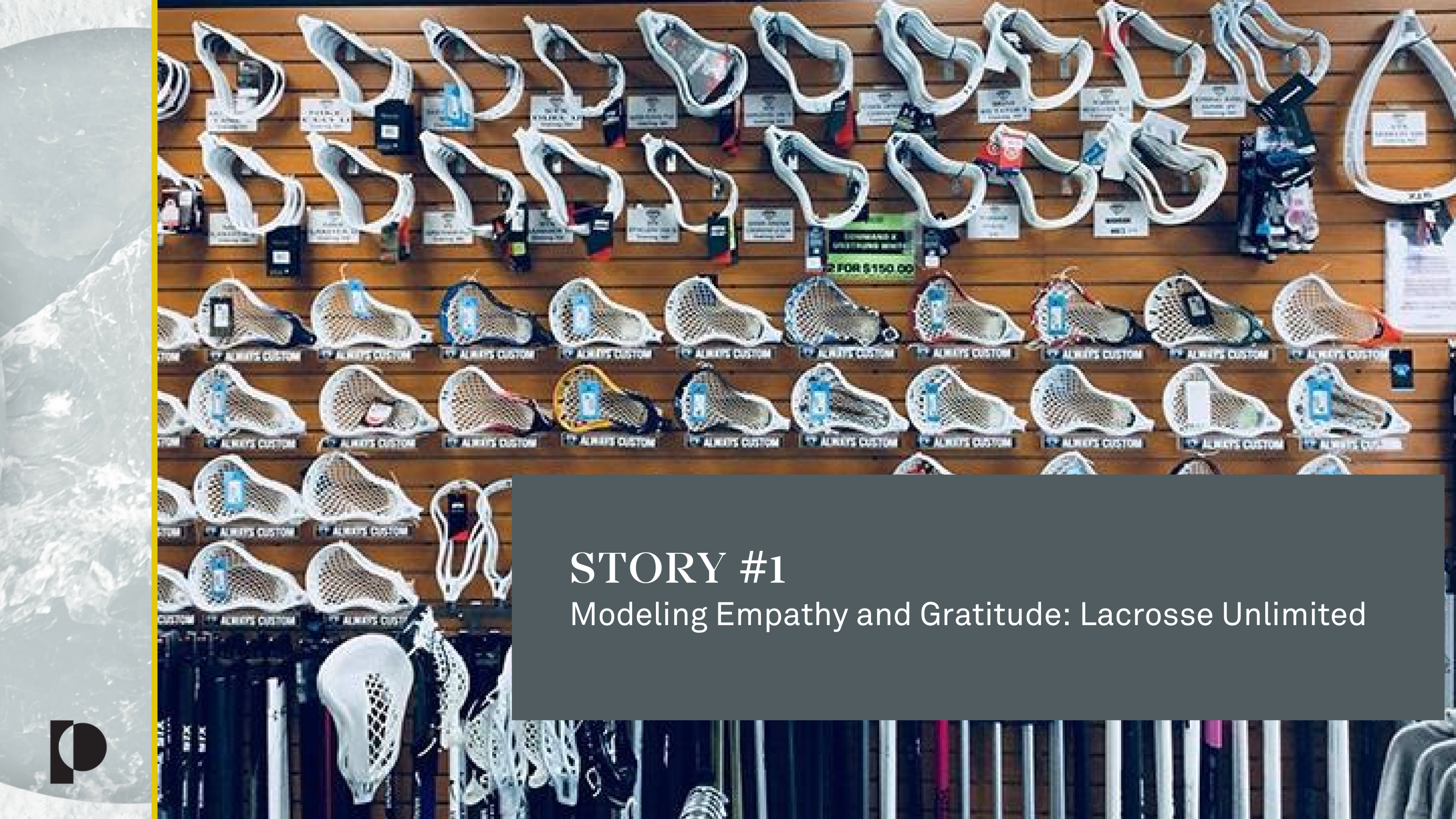
POETRY / "The Raincoat" By Ada Limon



2 STORIES OF EMPATHY + GRATITUDE

Snapshots from Everyday Life





STORY #1

Modeling Empathy and Gratitude: Lacrosse Unlimited



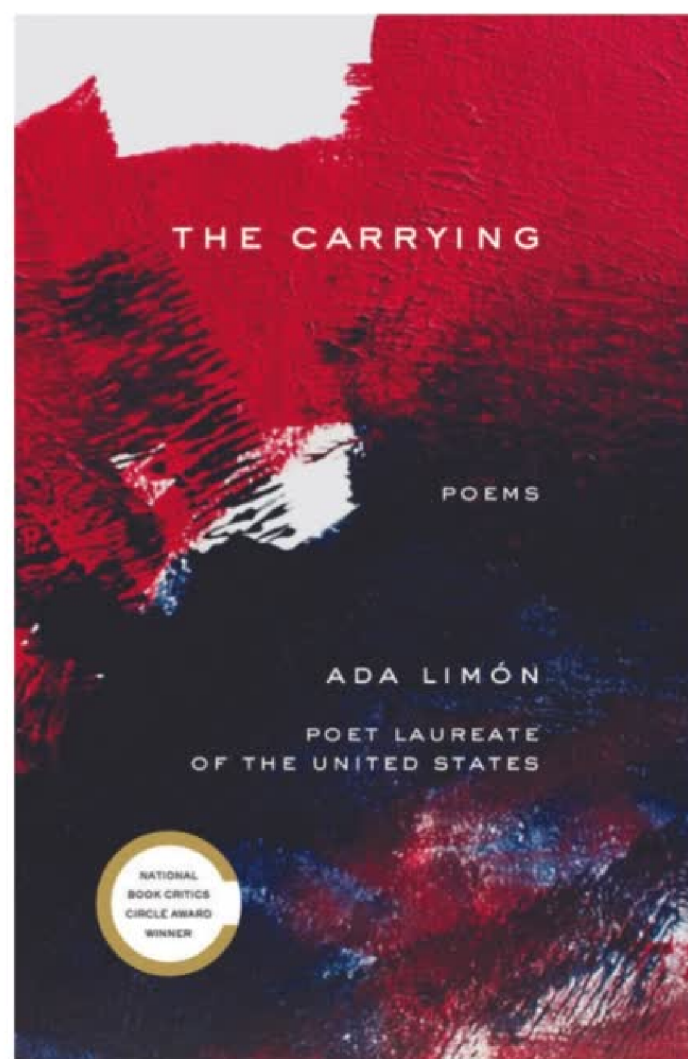


STORY #2

Doing a Hard Thing Together: The Longfellow Track

The Raincoat

by Ada Limón



The Raincoat", from THE CARRYING by Ada Limón. Copyright © 2018 by Ada Limón. Used by permission of Milkweed Editions.

When the doctor suggested surgery and a brace for all my youngest years, my parents scrambled to take me to massage therapy, deep tissue work, osteopathy, and soon my crooked spine unspooled a bit, I could breathe again, and move more in a body unclouded by pain. My mom would tell me to sing songs to her the whole forty-five minute drive to Middle Two Rock Road and forty-five minutes back from physical therapy. She'd say that even my voice sounded unfettered by my spine afterward. So I sang and sang, because I thought she liked it. I never asked her what she gave up to drive me, or how her day was before this chore. Today, at her age, I was driving myself home from yet another spine appointment, singing along to some maudlin but solid song on the radio, and I saw a mom take her raincoat off and give it to her young daughter when a storm took over the afternoon. My god, I thought, my whole life I've been under her raincoat thinking it was somehow a marvel that I never got wet.



Habits of Introspection

**Habits of Stepping Away
from the Dance floor for
"Balcony Time"**

**Habit of Responding not
Reacting**

THRULINES

"The Bigger Cause"
The "Why" Underneath



THE ART OF SEEING


Empathy and Gratitude to
Understand Others' Perspectives



BUILDING SHARED CONTEXT

Leading Through Resistance and Fear





**“There’s a huge difference between the
opportunity to have your say and the
opportunity to be heard.”**

Terry Pearce



Sharing Letters that Express Thanks




Questions to Ask in Building Trust Through Empathy and Gratitude

FROM "LEADING OUT LOUD" BY TERRY PEARCE

- What am I truly thankful for with regard to this chance to communicate or those with whom I will interact?
- Who and what circumstances can I authentically acknowledge as a gift?
- On whose shoulders do I stand?
- When considering the change that needs to happen, what emotional and mental resistance will others have?
- What do all of those affected by this change have in common?
- What aspirations do we all share?
- What core value, principle, or belief is represented by this change?





**“Good leaders get people to work for them.
Great leaders get people to work for a
cause that’s greater than any of them – and
then for one another in service of that
cause.”**

Terry Pearce



San Diego



DATES

June 12-13



HOUSE

5366 Calumet San
Diego, CA 92037



HOTEL

910 Prospect St
La Jolla California
92037 US

Agenda

Monday

10:30am-5:30pm PST

Sessions

6:30pm PST

Dinner

Tuesday

8:00am-11:30am PST

Sessions

PST Lunch and Combined

12:00pm-2:00pm

Session with incoming
cohort





STORY #3

Pausing for Presence: 3rd Grade Basketball



