

Reflection:

- Parks and Heifetz both talk about the importance of “holding steady.” In what area is this practice proving most challenging? What has helped?
- In Chapter 6 Heifetz recommends four “interventions” that can be useful for moving adaptive work. Experiment with one of these interventions, and reflect on how it goes.
- At the end of Chapter 5 Parks draws a distinction between Ambitions and Aspirations. How would you mark that distinction in your own life?

Action:

- During our time together in Seattle, we will ask you to review where you started with your puzzle and how it has evolved (or been obliterated) over time. Review your original puzzle, and use the slide template provided to collect your thoughts, and come prepared to offer a short (5-7 minute) presentation about how you and the work have changed over the past 9 months.
- Next, please a) bring a photo of yourself from an earlier stage of your life/career when you felt like you had just crossed a meaningful threshold and b) bring an image or artifact that represents or reflects the growth you've experienced since that time.
- Connect with your Consultation Partner for a 30 minute check-in. Catchup with each other and touch on something that you have carried into your work from our Atlanta session on failures, challenges, and communication.
 - Laura B | Asher
 - Robin | Laura T
 - Matt | Cynthia
 - Mike | Zack

Reading:

- Parks: Chapter 5: Listening to the Music Beneath the Words: The Practice of Presence
- Heifetz/Linsky: Chapter 6: Giving the Work Back & Chapter 7: Hold Steady