## **Workplace Conversations**

Being reactive & judgmental

	Gamesmanship	v.	High-Quality Making-Meaning Conversations
MIN	DSET		The state of the s
	Collaboration is transactional		Collaboration is relational
	Collaboration is competitive; zero-sum game		Collaboration is seeking to understand others & seeking to be understood in the pursuit of excellence
GOA	ALS #1		
	Play cards close to the chest		Transparency, authenticity and candor
_	Minimize personal "losses"		Optimizing an Idea Meritocracy
	Optimize looking good personally		Optimizing Collective Intelligence
_	Being good at knowing		Being good at "not knowing"
ВЕН	AVIORS		
	Self-centeredness		Humility
_	Wandering Mind		A Quiet Mind
_	Be disrespectful		Be kind & caring
_	Close-minded		Open-minded

Pausing and reflecting

V

## High-Quality Making-Meaning Conversations







Listening to confirm

Listening to learn—to clarify

"Yes, but"

"Yes, and"

Telling—advocating

Asking learning questions

Multi-tasking

Being fully present

**Timidity** 

Courage to explore

## EMOTIONAL STATE





Negative emotional state

Positive emotional state

Emotions do not belong in the workplace

Positively Emotionally connect & relate with others

Fearful of looking bad or being hurt

I trust my team members—I feel safe

Ego: Big Me

"Otherness": Big We

Being defensive

Being One with others

Cautious—being risk adverse

Having the courage to explore

Stressed

 $Inner\ Peace-calmness-stillness$