CRAFTING CONNECTION

Dimension 1 workbook

Connecting Within

FELICITY DWYER

Welcome

Welcome to your workbook, the first in a series of three, designed to accompany the book Crafting Connection.

This workbook explores the first dimension, *Connecting Within*. You'll find a reminder of the key messages from each chapter, and a series of reflective questions, based on those in the book.

Connecting Within

In this dimension, you're invited to explore different aspects of connecting with yourself. Starting with your connection to where you are now - in space and time, you'll move on to consider your connection with your physical body, with your values, with your thought processes and with your relationship to metaphor and story.

I hope you enjoy this reflective journey.

Felicity

Crafting Presence (chapter 1 summary)

The ability to connect deeply with the present moment allows you to connect with yourself and therefore with others.

Being grounded in the present gives you a perspective from which you can learn from the past and plan for the future.

Simple mindfulness practices can help you gently return your attention to the present moment.

Your perspective?

How easy do you find it to stay present with your own experience, and with other people?

To what extent do you tend towards living in the past or the future?

How do your preferred time perspectives affect how you show up at work?

What helps you to come into a state of presence?

Crafting Body Wisdom (chapter 2 summary)

Connecting with your inner sensations gives you access to greater wisdom, self-knowledge, and intuition.

Integrating the brain and body through movement and sensation helps you to move through, and process, emotions.

Tuning in to the sensations of the body can give you a different perspective and integrates inner knowing with cognitive understanding.

Your perspective?

How easy do you find it to connect with your inner sensations?

What does an ‘inner knowing’ feel like for you?

What effects do different kinds of movement and exercise have on your body, mind, and mood?

How might connecting more deeply with your body affect the way you show up at work?

Crafting Values (chapter 3 summary)

Identify your values by connecting consciously to what's important for you. Pay attention to subtle sensations that may indicate you're not making choices in line with your values.

Notice where there are conflicts between different values. Find ways to acknowledge and honour values that are not currently reflected in how you live your life.

Integrate values into your thinking and behaviour choices to infuse everyday life with a greater sense of purpose. Deliberately choose to act in line with your values, in the way you connect to both yourself and others.

Your perspective?

What do you value? What matters to you?

How do you know that your choices are aligned with your values?

How do you feel when you don't act in alignment with your values?

What changes could you make to live more fully in line with your values?

Crafting Clarity (chapter 4 summary)

Notice sensations, thoughts, and feelings from the perspective of the observing/noticing part of yourself: ‘I notice I’m having the thought that...’

Accept difficult situations by acknowledging them, but putting them into a wider context, integrating a whole range of thoughts or feelings without allowing them to colour your whole view on the world. “Yes…And…” thinking

Make decisions on how to communicate based on these wider and calmer perspectives.

Your perspective?

What are the common/habitual thought patterns that you notice in yourself?

How do you deal with disappointments in your life or career?

What difference could it make at work if you were able to take more of an observer perspective when dealing with difficult situations?

How easy do you find it to expand your awareness, so that it encompasses both positive and more difficult thoughts and feelings?

Crafting your Inner Landscape (chapter 5 summary)

Human beings use metaphorical images and language, with concepts and ideas related to more tangible sensory aspects of our physical experience.

Recognizing how we use metaphor and story can help us to understand our own way of seeing the world, and how we make meaning from our experiences.

Working with and changing our internal metaphors offers us the potential to change our experience of the external world.

We can rewrite our stories from different perspectives, understanding that our story can be our truth. But where it constrains us, we can tell a different truth, remaining authentic but releasing or empowering ourselves.

Your perspective?

To what extent do you agree or disagree with the ideas in this chapter? What does this tell you about the way you see the world?

What are the metaphors and stories that you use to describe your career path and your current role at work?

Are there metaphors and stories from your past that you'd like to change?

Thank you!

Thanks so much for reading Crafting Connection and downloading the workbooks. I hope you've found the ideas and questions helpful.

I'd love to know your thoughts on any of the ideas raised in the book. You can contact me through my website www.felicitydwyer.com, email felicity@felicitydwyer.com or find me on LinkedIn.

And if you enjoyed the book, I would greatly appreciate a review on Amazon or your preferred online bookshop or review platform.

Would you like to work together?

If you, or your organisation would like to contact me about the possibility of working together, then please reach out, I'd love to hear from you.

There are three main ways you can work with me. These are outlined below, and you can find out more on my website.

Seminars, talks and workshops

Enhance how you connect and communicate at work. Bespoke learning sessions designed to meet the needs of leaders and managers, or for a broader audience of professionals. Formats include small group workshops, conference seminars, and talks. Delivery can be online, or in-person.

Facilitation

Could your team benefit from enhanced connection, co-operation, and teamwork? I work with teams through bespoke facilitated sessions designed to build trust and understanding. Communication style assessments can be included. Other facilitation services include action learning/peer learning groups and acting as an external facilitator for consultations.

Coaching and thinking partnerships

If you'd prefer to work with me one-to-one, I also offer transformational coaching and thinking partnership sessions.

www.felicitydwyer.com