

First
Friday

WELCOME

IN CHAT,

Where are you Zooming in from?

 **CORENTUS**

October 6, 2023

Coherence Moment



Corentus Community of Global Practitioners

with a Passion for Transforming Teams



Executive Certificate in Leadership Coaching



Development, Support, & Care

Our Time Together

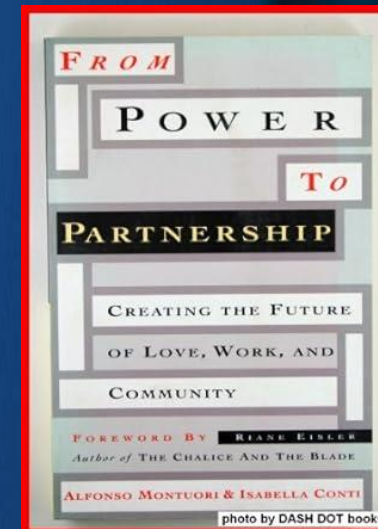
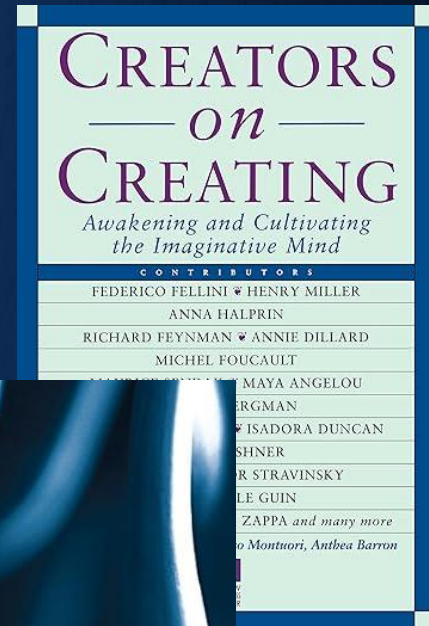
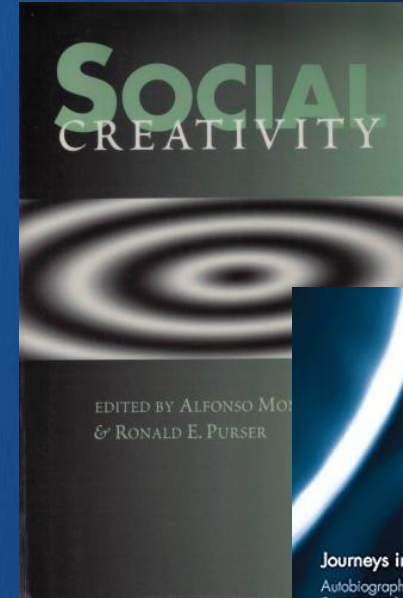
- **State of Mind Check-in**
- **This Month's Theme**
- **Thought Leader and Q&A**
- **Mindful Moment**



Corentus State of Mind Check-in



Our First Friday Thought Leader



Alfonso Montuori

Professor, California Institute of Integral Studies

Principal, Evolutionary Strategies

Author, several books and numerous articles



CREATING FUTURES

SOME POINTERS AND SUGGESTIONS

ALFONSO MONTUORI, PHD



THE FUTURE BEGINS HERE

- If we want to create the future, we have to begin by embodying the future.
- In order to embody the future, we have to know what we want the future to be, and how we want to be in the future.





Approach and Avoid Motivation

- What are we against?
- What are we for?
- Have we lost track of the latter?
- Is what we're for *really* what we're for?



Hope and a Space of Possibilities

- Without hope, we really do perish. Or at least get really grumpy.
- Even before specific goals, we need a sense of the possible.
- It's easy to lose perspective, and think that what is, is what we're stuck with.
- A creative mindset is open to and generates possibilities.
- We need both What IS and What IF thinking.



The Future Creates the Present?

- Yes, but it's the *expected* future.
- And the expected future can in many cases, be changed.
- (Sorry about the death and taxes part)



CONNECTING WITH YOUR FUTURE SELF

Getting out of the day-to-day,
the urgent, in order to pay
attention to something very
important.

It's all too easy to let the time
slip by...





Communicate with your future self, part 1.

- Write your future self a letter, to various intervals in the future: 12 months, 1 year, 3 years, 5 years, 10 years, etc.
- Tell them who you are, what you're committed to, and who and where you promise to be on those dates.

Communicate with your future self, part 2.

- As your Future Self, write to your Current Self from 12 months, 1 year, 3 years, 5 years, 10 years ahead, etc.
- Tell your Current self who you are, what your life is like, what you're focused on, and, if you like, share some advice with your Current Self.



CULTIVATING Skills for a Creative Mindset

- Tolerance for Ambiguity and Uncertainty
- Independence of Judgment
- Contextual Awareness—Listening, scanning the environment
- Cultivating Yin and Yang, e.g., empathy AND being able to ask hard questions.
- Awareness of time: Now when to slow down and when to accelerate
- Question assumptions
- Make connections
- Be playful.



THANK YOU

SEE YOU IN THE FUTURE!





Thank you!
Reach out.

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