

## Zoom chat - Ben Haggard

- 13:04:29 From Stefan Fiedler to Everyone:  
Greetings from Prague, Ben!
- 13:04:55 From Akanksha Anand to Everyone:  
Greetings from New Delhi!
- 13:06:37 From 0-Universidad para la Cooperación Internacional to Everyone:  
Take turns doing the following exercise. Allow five minutes per person:  
Bring into mind someone you know well and care deeply about.  
Briefly describe the issues or challenges that they struggle with.  
Pause to clear your mind.  
Now describe their potential—what is innate in them that they could become.  
Notice what shifts in you when you move from challenges to potential.
- 13:23:38 From Estefania Pretelt to Everyone:  
Time pass to fast!!
- 13:24:07 From Akanksha Anand to Everyone:  
Reacted to "Time pass to fast!!" with ❤️
- 13:24:31 From Akanksha Anand to Everyone:  
We missed your last reflections Estafania please share on the larger group for all four of us if you would like to?
- 13:24:44 From Zaki Raheem to Everyone:  
Reacted to "We missed your last ..." with ❤️
- 13:24:54 From Estefania Pretelt to Everyone:  
Reacted to "We missed your last ..." with ❤️
- 13:29:09 From Analisa Winther to Everyone:  
I appreciate all the men for sharing so openly <3
- 13:29:53 From 0-Universidad para la Cooperación Internacional to Everyone:  
Reacted to "I appreciate all the..." with ❤️
- 13:30:03 From Obed Azofeifa to Everyone:  
❤️🙏
- 13:30:09 From Akanksha Anand to Everyone:  
Reacted to "I appreciate all the..." with ❤️
- 13:30:15 From Estefania Pretelt to Everyone:  
Reacted to "I appreciate all the..." with ❤️
- 13:30:21 From Stefan Fiedler to Everyone:  
Reacted to "I appreciate all the..." with ❤️
- 13:33:38 From Stefan Fiedler to Everyone:  
re:Obed's last comment:  
Before you said the word shadow I was already thinking along those lines hahaha vibezzz  
To add: the essential, inseparable duality of light and shadow. The greater the light the, greater the shadow (contingent on what it's cast off)
- 13:34:25 From Obed Azofeifa to Everyone:  
Reacted to "re:Obed's last comme..." with ❤️
- 13:34:27 From Akanksha Anand to Everyone:  
Isn't that exactly being solution focused versus problem focused?... So you are able to see the potential..what we see anew when we focus on solutions...
- 13:34:46 From Akanksha Anand to Everyone:

Reacted to "re:Obed's last comme..." with ❤️

13:35:54 From Akanksha Anand to Everyone:  
Replying to "re:Obed's last comme..."  
Contingent on what it is cast off is an important qualifier / aspect of how we're thinking on these lines..... But love this line of thought.. 🙏😊🥂

13:39:22 From Akanksha Anand to Everyone:  
This was a helpful answer... So its more like being solution focused is a good start... But we are going even beyond that in adopting a completely different lens with the potential of a system

13:42:50 From 0-Universidad para la Cooperación Internacional to Everyone:  
Reacted to "This was a helpful a..." with 👍

14:01:00 From Akanksha Anand to Everyone:  
I think what I find challenging is integrating that left brain versus right brain thinking in how we apply that to day to day work we do.... In any part of the system we are in... But I've myself always (intuitively) been biased towards looking at and understanding the big picture.... Instead of just a narrow set of problems I'm given to solve... That information has always seemed critical irrespective of how much systems thinking an org is receptive to implement...

14:04:10 From Akanksha Anand to Everyone:  
It's messy to think in terms of a 'living entity'.... An organism.... Its essential to welcome that 'mess' or complexity... But how do we try and bring that in practical application in our work when current systems are based in thinking insilos.... Its all connected and we then go back to systems change..and simply implementing thinking in terms of systems more at all levels...

14:10:10 From Akanksha Anand to Everyone:  
Incorporating 'intelligence on the ground'...extremely relevant! Agreed 🥂

14:10:54 From 0-Universidad para la Cooperación Internacional to Everyone:  
Reacted to "Incorporating 'intel..." with ❤️

14:14:19 From Stefan Fiedler to Everyone:  
on the left/right brain thread, am prompted to share this fascinating talk  
The Psychological Drivers of the Metacrisis: John Vervaeke Iain McGilchrist Daniel Schmachtenberger  
<https://www.youtube.com/watch?v=-6V0qmDZ2gg>

14:14:37 From Obed Azofeifa to Everyone:  
Reacted to "Incorporating 'intel..." with ❤️

14:14:40 From Obed Azofeifa to Everyone:  
Reacted to "on the lefit/right b..." with 🔥

14:15:15 From Akanksha Anand to Everyone:  
Reacted to "on the lefit/right b..." with 👍

14:16:18 From Zaki Raheem to Everyone:  
Reacted to "on the lefit/right b..." with 👍

14:20:20 From Elyes Mkacher to Everyone:  
Also, there are more bacterial cells in the human body than human cells. Another dimension of complexity and interconnections.

14:20:32 From Akanksha Anand to Everyone:  
Reacted to "Also, there are more..." with ❤️

14:20:51 From Akanksha Anand to Everyone:

Replying to "Also, there are more..."

True! Love that...

14:21:30 From 0-Universidad para la Cooperación Internacional to Everyone:

Reacted to "Also, there are more..." with 😊

14:24:26 From Analisa Winther to Everyone:

As an executive leadership coach, I support many leaders in clarifying their purpose to inform their contribution as well as create a vision for what they personally want, which then informs their relationship to and the future of the company.

If any of you have been in transition figuring out what's next in your regenerative journey, let's set up a chat :)

I feel moved to do some pro bono coaching to see how we can manifest even more potential :)

14:25:07 From Stefan Fiedler to Everyone:

Reacted to "As an executive lead..." with ❤️

14:25:43 From 0-Universidad para la Cooperación Internacional to Everyone:

Reacted to "As an executive lead..." with ❤️

14:26:46 From Obed Azofeifa to Everyone:

Reacted to "As an executive lead..." with ❤️

14:27:09 From 0-Universidad para la Cooperación Internacional to Everyone:

Thanks Analisa.. very nice offer :)

14:27:21 From Elyes Mkacher to Everyone:

Reacted to "As an executive lead..." with 🌻

14:27:35 From Nathalie Ravilet to Everyone:

Reacted to "As an executive lead..." with ❤️

14:27:36 From Elyes Mkacher to Everyone:

Reacted to "True! Love that..." with 🌻

14:27:43 From Nathalie Ravilet to Everyone:

Reacted to "As an executive lead..." with 🌻

14:27:54 From emanuela vanda to Everyone:

Reacted to "As an executive lead..." with ❤️

14:28:19 From Estefania Pretelt to Everyone:

Reacted to "As an executive lead..." with ❤️

14:29:01 From Gabriela Alarcon to Everyone:

Reacted to "As an executive lead..." with ✨

14:30:34 From Zaki Raheem to Everyone:

Reacted to "As an executive lead..." with ❤️

14:30:36 From Akanksha Anand to Everyone:

Thank you Ben!