



# Agile ORLANDO JULY 24-28 2023

PRESENTED BY



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#AGILE2023

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Denisse Vega  
Reboot: Start Fresh



**Agile** ORLANDO  
JULY 24-28 **2023**

<https://www.DenisseVega.com>

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# Paradox



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# Inspiring Perspective



# Agreements

- Confidentiality.
- Less Devices = Less distractions.
- Openness & Participation.

[https://www.diversityinclusioncenter.com/archives/ouch\\_files/Archives/Ouch\\_Vol5No1.html](https://www.diversityinclusioncenter.com/archives/ouch_files/Archives/Ouch_Vol5No1.html)

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JULY 24-28 **2023**

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# Honoring the past

A GRATITUDE CONTAINER

# Ponder

- What are you thankful for?
- What has made you feel fortunate?
- What value came to your day to day that was not present (or so present) and came thanks to this new chapter in life that you are starting?

Write down: What are you going to miss/ not miss

# Find a person

- **Listen**

No judging

No blaming

No Responses/Opinions

Person 1

Person 2

- **Share**

- When it's over, just say

**“Thank You For Sharing”.**





**How was this experience for you?**



# Looking at the present

# Ponder

- What worries you today about this situation?
- Thinking about this situation, what are you afraid of?
- What other uncomfortable emotions are appearing right now?

Write it down

# Find a person

- **Listen**

No judging

No blaming

No Responses/Opinions

Person 1

Person 2

- **Share**

- When it's over, just say

**“Thank You For Sharing”.**



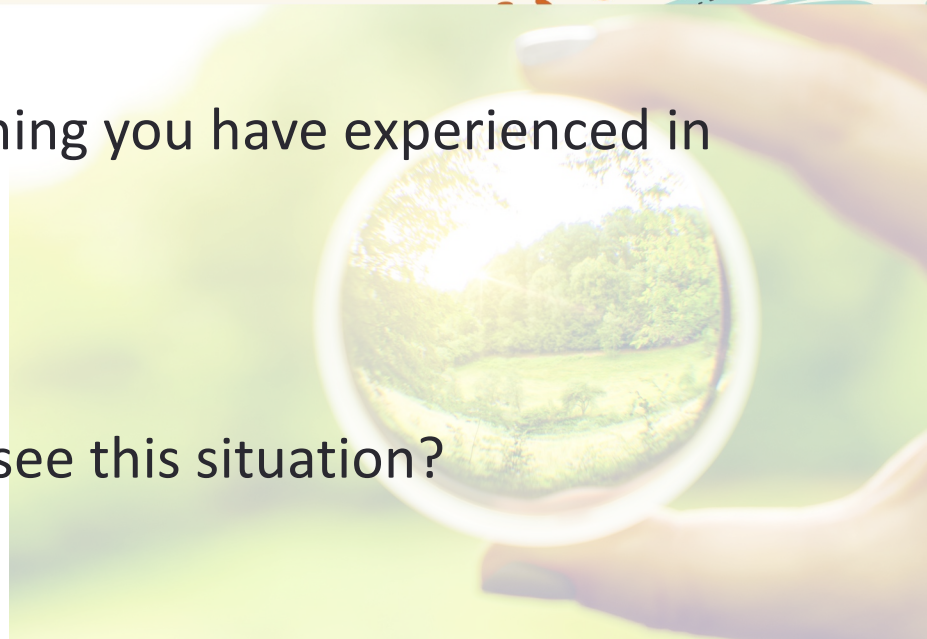
**How was this experience for you?**

A decorative border surrounds the central text, featuring stylized leaves in shades of green, yellow, and orange, along with blue and orange dots and abstract brushstrokes in blue and green. The background is a light cream color.

# Moving Forward

# Ponder

- What inspires you from everything you have experienced in this situation?
- What are other useful ways to see this situation?



# Find a person

- **Listen**

No judging

No blaming

No Responses/Opinions

Person 1

Person 2

- **Share**

- When it's over, just say

**“Thank You For Sharing”.**





**How was this experience for you?**



# Taking Action

# Ponder

- What will you commit to in the following 7 days?
- How will you make yourself accountable?
- Who are you becoming by taking this first step?

# Find a person

- **Listen**

No judging

No blaming

No Responses/Opinions

Person 1

Person 2

- **Share**

- When it's over, just say

**“Thank You For Sharing”.**



**How was this experience for you?**

**Sometimes amazing  
presents come wrapped in  
strange ways.**





# Agile ORLANDO 2023

JULY 24-28

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