Agile ORLANDO
JULY 24-28 2023

PRESENTED BY Agile Alliance
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#AGILE2023
Paradox

https://www.DenisseVega.com
Inspiring Perspective
Agreements

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

https://www.diversityinclusioncenter.com/archives/ouch_files/Archives/Ouch_Vol5No1.html
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
- When it's over, just say
  “Thank You For Sharing”.

• Share

Person 1

Person 2

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How was this experience for you?
Looking at the present
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
• When it's over, just say
  “Thank You For Sharing”.

• Share

Person 1  Person 2

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How was this experience for you?
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
  - When it's over, just say
    “Thank You For Sharing”.

- Share
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

• When it's over, just say
  “Thank You For Sharing”.

• Share

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How was this experience for you?
Sometimes amazing presents come wrapped in strange ways.
Join Agile Alliance today!
Become an Agile Alliance member and help support our non-profit mission, while gaining access to valuable benefits like online events, in-person conference discounts, and event session videos.