21st Century Wisdom Tools that Broaden and Build

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Appreciative Inquiry: The Power of Positive Change Conference
Orlando, Fl. USA, 16-19, September, 2007

Session Name: 21st Century Wisdom Tools that Broaden and Build
Facilitators' Names: Robyn Stratton-Berkessel and John Findlay

1. **Play**
   Type anything you like, the words or your favorite song, a list of what you had for breakfast or the quick brown fox jumps over the lazy dog.

1. Play: Believe it - then you will see it.
2. Play: Appreciative inquiry in education is what interests me most.
3. Play: I had a great time shopping last night at the Florida mall.
4. Play: Upbeat
5. Play: Mickey mouse loves Al
6. Play: Shoot for the moon and if you miss you can land between the stars hello and so forth
7. Play: Coffee, bagel a bagel that was not toasted enough
8. Play: Come from the Dominican Republic
9. Play: I'm ready for more wisdom
10. Play: Global sharing
11. Play: Failure is only failure when you quit trying
12. Play: Come together
13. Play: I love having dinner with friends
14. Play: May
15. Play: Nutrition
16. Play: Serendipity
17. Play: Can some tell me if this is my stop?
18. Play: You can't have too much character or wisdom
19. Play: A wonderful conference ... back home today
20. Play: Enjoy and play
1.2. If you could be a fairytale, movie, TV or cartoon character who would you be and what would you be like to live with?

1. positive girls: Wonder woman
2. IKB: Shirley temple / fun!
3. positive girls: Bell from Beauty & the Beast
4. IKB: Buddha / illuminating
5. 10: Tinkerbelle, house full of dust and attitude.
6. Mickey & Friends: Spiderman: messy webs, difficult to cozy up to, flighty
7. IKB: Snow white / turning evil into good!
8. E3: Mary Poppins - Be fun and entertaining for kids and watch them grow in intelligence and environment that creates out of the box thinking
9. positive girls: Wonder woman - Invincible< happy to help at any time
10. trio plus: Tinkerbelle - Could be a little mischievous; travel quickly; hear conversations others might not want me to hear
11. positive girls: Bell - accepting of other cultures
12. trio plus: Kim possible - everything is possible
13. Inquisitive Quartet: Winnie the Pooh -- relaxed, loves honey and sweet
14. E3: Cruella deville I would live alone
15. trio plus: Winnie the pooh- I will have my honey all the time with me!
16. 10: Batman1: I’d be speedy all over, hard to find, never home, eating fast food all the time, and having fun.
17. IKB: Peter Pan / aloof
18. The Internationals: Spiderman - very hard to live with. Moving a lot. Masked and tough to read. See things from high places - overview. Sticky
19. positive girls: a four year old - fun, living in the moment, seeing crazy opportunities
20. trio plus: Olive oil--spinach!
21. Inquisitive Quartet: CJ on West Wing--pressed, funny, rushing around, alive
22. E3: Peter pan... playful
23. magic dreamers: happy, fun to live with
24. Mickey & Friends: Samantha Stevens/fun because I’d know when to use my magic and when to rely on my human talents to get out of situations
25. Mickey & Friends: Flicka - fast paced. low maintenance
26. Themes: fun, active, adventurous, loving, not Spiderman...just honest, they know who they are, magical talents, love life, commitments
EUNIOA
21st Century Wisdom Tools that Broaden and Build

- Brainstorm as many words that using ONLY the vowel "a" e.g. lava. Score 1a = 1, 2a = 2, 3a = 5, 4a = 10, 5a+ = 25.

1. aardvark
2. banana
3. and, ant, asp, akasaka, alaska, ardvark, at add, halast, fat analis, always, ask, pan, part fast was, ark, dark, that, kabala, kabala
4. man
5. abracadabas
6. a, aabracadbro, banana, hay, albama, play, lay, pray, lava, aardvark, play pray, lava, java,

- abalaclava, baklava, at, as, harp, asthma, tan, barn, lawn, farm, savannah, crawl, tankard, manna, drama
- a
- slaw, play, stan, at, aardvark, lava, canaan, caravan, canesta, tara, ask, ham, drawback, bastard, ball, balk, valcan, ballas!

John & Robyn

- trio plus
- cananal

Inquisitive Quartet

- aabracadbro, banana, hay, albama, play, lay, pray, lava, aardvark, play pray, lava, java, abalaclava, baklava, at, as, harp, asthma, tan, barn, lawn, farm, savannah, crawl, tankard, manna, drama

- abracadabas

Mickey & Friends

- a
- slaw, play, stan, at, aardvark, lava, canaan, caravan, canesta, tara, ask, ham, drawback, bastard, ball, balk, valcan, ballas!

- and, ant, asp, akasaka, alaska, ardvark, at add, halast, fat analis, always, ask, pan, part fast was, ark, dark, that, kabala, kabala

- EUNIOA
### 1.4. EUNIOA - Brainstorm as many words that using ONLY the vowel "a" e.g. lava. Score 1a = 1, 2a = 2, 3 a =5, 4A = 10, 5a+ = 25.

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<table>
<thead>
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<tbody>
<tr>
<td>1.</td>
<td>magic dreamers: aardvark, anagram, lava, lap, tan, pan, can, want, pat, ta, want, panama, banana, ant, at, and, saga, tag, hand, land, pass, past, cast, amass, glass, tag, tarp, harp, map, tap, pan, can, nap,</td>
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<tr>
<td>2.</td>
<td>trio plus: Banana</td>
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<td>3.</td>
<td>10: and, ant, asp, akasaka, Alaska, aardvark, at add, ballast, fat annals, always, ask, pan, part fast was, ark, dark, that, kaba, kabala</td>
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<td>4.</td>
<td>positive girls: Man</td>
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<td>5.</td>
<td>IKB: Abracadabas</td>
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<td>6.</td>
<td>The Internationals: a, abracadabra, banana, hay, Alabama, play, lay, pray, lava, aardvark, play pray, lava, java, balaclava, bakhiva, at, as, harp, asthma, tan, barn, lawn, farm, savannah, crawl, lankard, manna, drama</td>
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<td>7.</td>
<td>Mickey &amp; Friends: a slaw, play, stan, at, aardvark, lava, Canaan, caravan, canasta, Tara, ask, ham, drawback, bastard, ball, balk, Vulcan, ballast</td>
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<td>8.</td>
<td>E3: rapt, act, aarcvark, ark, all, Barbara, cabana, Havana, savannah, Sahara, barn, panama, Pampa, farm, yarn, warm, cat, sat, fat,</td>
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<td>9.</td>
<td>positive girls: positive girls - 26</td>
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<tr>
<td>10.</td>
<td>trio plus: trio plus triplus65</td>
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<tr>
<td>11.</td>
<td>magic dreamers: magic dreamers 50</td>
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<tr>
<td>12.</td>
<td>IKB: ikb 88 and cool</td>
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<tr>
<td>13.</td>
<td>E3: eE3 = 49</td>
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<tr>
<td>15.</td>
<td>Inquisitive Quartet: inquisitive quartet 75</td>
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<td>16.</td>
<td>10: InquisitiveInquisitive Quartet 75</td>
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1.5. **Beautiful thinking:** Write a 25-word story about the ocean without using the letter "e".

2. **positive girls:** It is a cool body of liquid that flows and is soothing, has a fabulous sound. Many humans want to play in this amazing big bath.

3. **IKB:** Surf and sun, rolling foam and coastal swimming and sailing, kids laughing and running across sands, sunburnt arms and happy dogs barking.

4. **The Internationals:** I swam through a vista of warm, wavy liquid and it was salty without stinging. I was happy to swim fast and playfully again and again amongst fish plants and rocks. I saw sand and coral with tiny barbs. I saw swimming schools of fish and dolphins and octopus and a squid jump in and join us now.

5. **trio plus:** I can float on H2O, got sand on my body, wind in my hair, salt on my lips, gulls calling, soars my soul. I can swim on constant highs and lows all day if I wish.


7. **10:** Down by the glowing, sparkling Pacific coast you will find many colorful bikinis, wild surf, having fun, kissing and hugging and smooching and touching with big hands and small lips.

8. **magic dreamers:** Today I saw a big soft salty fluid opportunity for joy with sand, sun and fun, and fish, wind, surf and play turns into a good day for all. Too much sun, not much fun though!

9. **Mickey & Friends:** Bill was surfing on a balmy day, slipping through glassy liquid, sun on his back, wind driving him on. Shark says "tasty!"


Waves of change
3: Layer 3

1. synthesis
2. listening
3. Integrate and synthesize information into overall framework. Creating systems with a capacity for self-reflection so they are able to reflect on their actions while they are doing them. Reflection in action... I'm a great typist. I passionately seek out alternative viewpoints and constructs to illuminate and transform stuff.
4. Using the wisdom traditions from the past, using a facility with language and communication, as well as skills for teaching; we look forward to how to teach the next generations, so that ideas can be built on and developed and amplified. We use what we know from teaching and technology to unite minds for more power and creativity; developing tools and processes for the next generation we expect the integration of the different waves of human evolution will transcend and include all levels.
5. Real facilitation, listening and inquiry skills, calm and serene presence, writing skills, ability to see connections and use that to expand the pie or transform the pie, finding common values in seemingly different organisations, humility, synthesising and create... knowing when it's good enough.
6. Work on oneness, energy, higher levels of consciousness, with proven methods, increased awareness of positive and negative energies.
7. Taking broad concepts and interrogating them toward concepts, synthesising that and...

Making it new and broader, bring sense of possibilities, bring in humor, imagination, encouraging resilience in the face of challenge, wisdom to the improvement of the world, vision and alignment.
8. Help people think out loud, deeper presence with others, in tune with the world, courage, ability to connect with people, boldness, capacity for strategic synthesis, skilled with technology and cautious about how we use it, positive framing.
9. Kindness, poetic appreciation of beauty, listener, nurturer, zeal, enthusiasm, share the practicalities, energy-driven.
10. To engage and connect people globally to share their collective wisdom for the betterment of the world.
11. Connecting, synthesis, becoming whole, becoming one, growth and development, creativity, teaching, self-reflection, applying technology for the common good.
12. Leadership with humility.

Waves of Change
1.6. Thinking about the emerging Wisdom Age, and thinking about your strengths / capabilities / resources what might help to make an amazing difference?

3. E3: Integrate and synthesize information into overall framework. Creating systems with a capacity for self reflection so that they are able to reflect on their actions while they are doing them - reflection in action. I'm a great typist. I passionately seek out alternative viewpoints and constructs to illuminate and transform stuff.
4. IKB: Using the wisdom traditions from the past, using a facility with language and communication, as well as skills for teaching; we look forward to how to teach the next generations, so that ideas can be built on and developed and amplified. We use what we know from teaching and technology to unite minds for more power and creativity; developing tools and processes for the next generation we expect the integration of the different waves of human evolution will transcend and include all levels.
5. positive girls: Real facilitation. Listening and inquiry skills. Calm and serene presence. Writing skills. Ability to see connections and use that to expand the pie or transform the pie; finding common values in seemingly different organisations, humility, synthesizing and create........ knowing when it's good enough
6. magic dreamers: Work on oneness, energy, higher levels of consciousness with proven methods. increased awareness of positive and negative energies
7. 10: Taking broad concepts and interrelating them to other concepts, synthesizing that and making it new and broader, bring sense of possibilities, bring in humor, imagination. Encouraging resilience in the face of challenge, wisdom to the improvement of the world, vision and alignment
8. Mickey & Friends: Help people think out loud, deeper presence with others, in tune with the world, courage, ability to connect with people, boldness, capacity for strategic synthesis, skilled with technology and cautious about how we'll use it, positive framing
9. trio plus: Kindness, poetic - appreciation of beauty, listener, nurturer, zeal, enthusiasm, share the practicalities, energy-driven.
10. The Internationals: To engage and connect people globally to share their collective wisdom for the betterment of the world.
11. Themes: Connecting, synthesis, becoming whole, becoming one, growth and development, creativity, teaching, self-reflection, applying technology for the common good leadership with humility
Broaden and Build Theory of Positive Emotions

“.........positive emotions broaden people’s modes of thinking and action, which overtime builds their enduring personal and social resources.”

Barbara Fredrickson
University of North Carolina
Positive Emotions expand our thought action repertoire

- Joy: play, innovate
- Interest: expansive, explore
- Contentment: savor, integrate
- Love: connect, relate
- Confidence: innovate, create
1.9. **Now using ALLITERATION, create a METAPHOR that lends meaning to your project powerfully e.g. a Carnival of Clever Catchphrases, a riot of amazing new rich combinations.**

1. Inquisitive Quartet: worldwide web of wisdom
2. Inquisitive Quartet: worldwide web of wisdom
3. IKB: elevating everyone in everlasting evolution
4. Mickey & Friends: Don't dodo... Design Destiny
5. 10: worldwide web of wisdom
6. magic dreamers: ultimate union for utopian universe
7. E3: Prismatic pervaders of purpose
8. The Internationals: Freeing, flowing, future
9. trio plus: hoop of holy wholeness
10. positive girls: Wild, wide waves weaving wondrous wisdom throughout our world
What’s going on?

- Good feelings alter people’s mindsets
- Induced positive affect
  - widens the scope of attention
  - broadens behavioral repertoires
  - increases intuition and creativity
  - facilitates generativity
  - produces greater cognitive flexibility leading to increased flexible perspectives
  - broadens one’s sense of self to include others resulting in greater feelings of connectivity and sense of “oneness”
  - brings people closer to be more sociable
21st Century Wisdom Tools that Broaden and Build

Broaden and Build: what did you experience that speaks to broadening and building?

3: Layer 3

1. Bringing us closer—coming from diverse backgrounds and bringing to the table diverse perspectives and resources—appreciating one another—enhancing generativity—playful, fun in the creativity
2. Teamwork, team spirit, increased creativity, collaborative challenge, flow, inspiring
3. Creative, relational, fun, expanded ability to listen, unique way to share a story, exhilarating, an invitation to be funny and humorous
4. Fun, Social Process, Increase creativity, Build on each other, exercise improvisation

muscles, We surprised ourselves through process and output, increased confidence.

5. Increased creativity, we created a group energy or "bubble", merging beyond our individual bubbles. got to a sense of connectivity and oneness. Felt accomplishment in our task and a sense of group pride.
6. Poetic synergy, connectedness of oneness, productively generated many ideas, gets you into flow, novelty of using technology differently.
7. Creates flow, creates spirit of team, expands

Broader and Build Theory of Positive Emotions

“.........positive emotions broaden people’s modes of thinking and action, which overtime builds their enduring personal and social resources.”

Barbara Fredrickson
University of North Carolina
1.11. **Broaden and Build: what did you experience that speaks to broadening and building?**

1. 10: Bringing us closer--coming from diverse backgrounds and bringing to the table diverse perspectives and resources--appreciating one another--enhancing generativity--playful, fun in the creativity.

2. magic dreamers: Team work, team spirit, increased creativity, collaborative challenge, flow, inspiring.

3. The Internationals: Creative, relational, fun, expanded ability to listen, unique way to share a story, exhilarating, an invitation to be funny and humorous.

4. positive girls: Fun, Social Process, Increase creativity, Build on each other, exercise improvisation muscles, We surprised ourselves through process and output, increased confidence.

5. E3: Increased creativity, we created a group energy or "bubble", merging beyond our individual bubbles, got to a sense of connectivity and oneness. Felt accomplishment in our task and a sense of group pride.

6. trio plus: Poetic synergy, connectEd, connEctEd, sEnSe of onEnEss, productive, generalized many idEas, get you into flow, novelty of using tEchnology diffErently.

7. IKB: Creates flow, creates spirit of team, expands the sense of self, builds on creativity, makes more sociable, free jazz improvisations, one-ness, judgment is suspended naturally, generative.

8. Mickey & Friends: Used the same strategy w/out discussing it, moved from what we couldn't use to what we could and that's when it started flowing.
For more information and to contact us

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