

THIRD LEVEL

# TAKE THE LEAD - COACHING CIRCLES WITH THEORY U

This is an opportunity to learn and apply an innovative change method from the Theory U awareness-based system change framework. This involves becoming familiar with the Inner Development Goals (IDGs) and participating in a workshop or course to develop facilitation and transformative skills for sustainable development.

## Facilitation of the Workshop:

Laura Vetter and Ricarda Pedrosa  
Theory U Hub

JUNE 2023

3 Sessions + 1 Workshop  
Exact dates in the next slides!

Registration Link

<https://questionpro.com/t/AQ90NZxw3y>



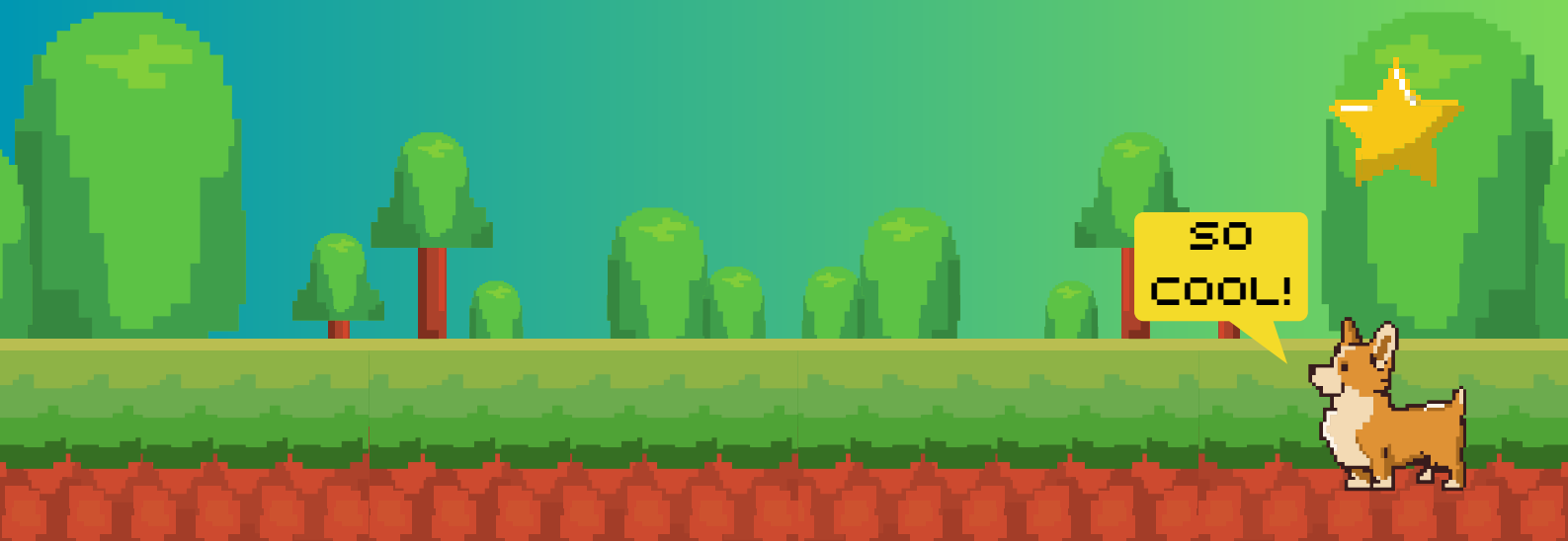
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## Activities

In a team of two or three students, we invite you to select one of the tools to host for your colleagues or friends in a workshop session of 1-3 hours. It is a prerequisite that you have previously experienced the tool in a workshop, seminar, or course.

- Case Clinic (develop new approaches for responding to a challenge or question)
- 3D Mapping (model of the current reality and potential future to bring multiple dimensions and perspective to understand how an idea or initiative might evolve)
- Listening Assessment (develop your listening skills as one of the most important leadership capacities)
- Empathy Walk (develop your listening skills and establishing relationship)
- Guided Journaling (reflect on yourself and discover ideas and vision)

Consult us if you wish to apply another Theory U tool.



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## Journey Plan Time

### Opening Session (Online)

01.06.23, 13:15-14:45



**1** To connect as a team and explore  
What is my intention and what do I want to create?



Share your prototype to your  
peers and tutors –feedback  
and empower each other.

### Team Feedback Session (optional and online)

07.06.23 – 9:00-10:30



### Coaching Circles Week

12.-18.06.23, online/on-site



Facilitate a workshop applying your chosen  
tool – open a space of exploration, high  
potential and transformation for the others  
and yourself. You will be supported by the  
tutors.



### Celebration and Reflection (optional)

21.06. – 9:00-10:30, online



SO  
COOL!

