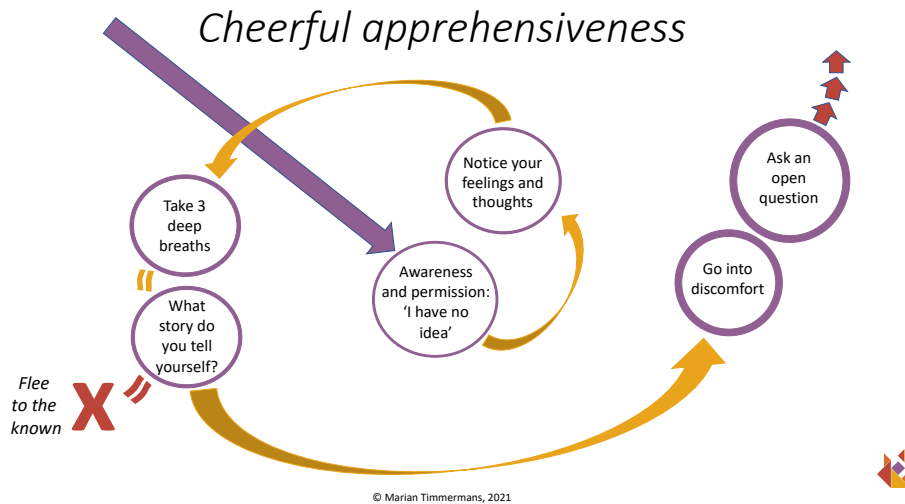




## 'The art of not knowing' Develop the capacity for Cheerful Apprehensiveness



- Create an awareness for the experience of anxiety related to 'I really have no idea what to do'. And give yourself permission to be there;
- Notice the feelings and thoughts that come with that experience;
- Take 3 deep breaths before saying or doing anything (= give attention to your inner Child).  
Do *not* react automatically;
- *During these moments of breathing:* notice the story you tell yourself about yourself, about the participants / students / employees and about not knowing. Is the Cultural Parent whispering in your ear? Is this your personal old (script) story?

*When you engage with your personal and cultural script story, notice your desire to flee to the safety of the 'known'. Script behaviors of a leader, consultant, team-coach, teacher, trainer sabotage inquiry and growth. You create (temporary) comfort for yourself at the expense of your autonomy and at the expense of your own and students' / participants' / employees' learning.*

- *Instead of satisfying the desire to flee into the known:* go to the discomfort and explore with your participants how the theory you're working with or the project on the agenda.....  
comes to life in the here and now.  
Pose an open question....