

Integrative Reflection on Work Experience

“Think about your work; about the satisfaction, the stresses and the relationships you have in your professional life.”

“Break up into pairs; OK to choose someone you know.”

“Sit or stand about 3 feet away from each other, look each other in the eye, then look away. Do this several times until you are comfortable looking at each other in the eye.”

“When you are comfortable, choose who will talk and who will watch and listen the first time through the exercise.”

“Talkers, close your eyes.” “Watchers and listeners, look at this slide.” (Slide give the directive to: Listen to the story, Watch for facial expressions, Listen for the rhythm of voice, Watch for body movements, Listen for tone of voice, Watch and listen for synchrony or dissonance between what you see and what you hear, Notice what you experience; how you feel and where you feel it in your body.)

“Now, looking each other in the eye as continuously as possible: Talker; share something about your work; it can be a frustration, a joy, a recent experience with a coworker or client. KEEP IT CONFIDENTIAL. Keep it as safe as you need to keep it. Think person, place, thing, idea or feeling. Take about 3 minutes to share.”

“When the telling is done; talkers, come up to this table and find two images that communicate something about what you shared.”

“Take the images back and sit with your partner and share with them what card best expresses something about a problem (it may be explicit or implicit) in the narrative shared and a solution in the narrative shared.”

“When the telling is done; watchers and listeners, come up to this table and find an image that communicates something about what you experienced as you watched and listened.”

“Take the image back and sit with your partner and share with them what you **heard** about their memory, what you **saw** about them as they shared their memory and how the image that you chose reflects what you **experienced** as you heard and saw.”

Switch roles.

***What was it like to make eye contact with this other person? Was it easy? Hard? Did it change or shift during the process? How long did you maintain eye contact for?

***What did you notice about facial expressions, body language? Tone or rhythms of the voice? Did you feel dissonance or synchrony? Between verbal and non-verbal, between self and partner?

***How did the images you choose fit with the total experience when you were sharing and when you were listening and watching?

***What was it like to see the image that your partner chose for your narrative?

***How do the images chosen fit with the problems and solutions you find in your work? With how you experienced your own narrative?