

GUIDELINES FOR ACCELERATED AND SUSTAINED LEARNING

These guidelines have been adapted from the **Standards of Presence developed by Peter Reding of the Foundation for Inspired Learning**. Check out their website to learn more about them at www.inspiredlearning.org.

The approach I use is to **create and maintain safe space** during the learning process. This space provides a transformative environment where you can experience easier and accelerated learning.

I make a commitment to practice the following guidelines and hope you will be inspired to do the same. Use these guidelines toward yourself and when engaged in any type of learning with others.

Now here are THE GUIDELINES that create our foundation of support.

It is my intention to . . .

1. ...maintain confidentiality.

- What I see and hear that is personal or specific to another person is sacred. Instead of sharing the specifics of another's story, I share the learning I received, the way in which I have been impacted or changed.

2. ...have a beginner's mind and be open to new ideas.

- I allow myself to "try on" and wear the information for a while, as it stands.

3. ...practice a positive focus and look for what's working.

- I focus on the 98% (or more) that is working. What I perceive in others, I strengthen in myself.

4. ...connect with the head and heart.

- I release the need to evaluate and judge the material, myself and others, at least for now, in the moment. This is learning with the heart in mind.

5. ...speak in "I" statements and release telling others what they should do, feel or believe, how they should act, etc.

- I release "shoulding" on myself and others.

6. When engaged in learning with others, it is my intention to listen deeply and with honor.

- I'm 100% engaged and focus my positive attention on the presenter or person sharing.
- I refrain from formulating my response until the person sharing is complete.
- I refrain from making repetitive comments or drawing attention to myself.
- I release anticipating what the person is going to share.
- I see it as an opportunity to be fascinated by another.
- I look for the gifts being shared – their vulnerability, authenticity, brilliance, etc.
- I allow the person sharing to indicate that he or she is complete.

7. ...give authentic acknowledgment and support to myself and to others

- I keep it simple and genuine. I notice when I want to give unsolicited advice, criticism, counseling or consulting then release it without sharing it!

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8. ...receive acknowledgment and support.

- I simply respond with "Thank you." I refrain from "cross talk" or comments back to the person acknowledging me.

9. ...take responsibility for myself and allow others to do the same.

- I take care of my body, heart, mind, and source of inspiration for learning. Also, when I have a judgment, I can say "Thank you for sharing," to that voice within and choose a new thought and focus.

10. ...practice acceptance.

- The bottom line and very foundation of these guidelines (also know as the Standards of Presence) is acceptance.
- Acceptance of myself, others and a situation allows the expansion of all the skills and qualities that I want to develop and enlarge.
- It may be counter intuitive to accept something that I want to release however, I intend to remember: what I resist, persists.

I encourage and invite you to print these Guidelines and share them with the world. Be a catalyst to create great learning experiences.

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