

English 101—Stretch Pilot

Guidelines to a Productive Work Session

Adapted from VISIONS, Inc.

Our time together is precious, so we need to make the most of it. These guidelines are adapted from an organization called VISIONS, which “assists in creating environments where differences are recognized, understood, appreciated and leveraged to achieve greater productivity and creativity, and where all can perform to their full potential.” This is my wish for you.

- “Try on” new ideas. Rather than immediately rejecting an idea, perspective or process because it is different from your experience or because it challenges your assumptions, be willing to step out of your comfort zone.
- It’s okay to disagree. Disagreement is a necessary part of accepting difference. It is NOT okay to blame, shame or attack others or yourself, either verbally or non-verbally.
- Think before you speak. Don’t just blurt out whatever comes into your head. Take the time to consider whether or not your comment is helpful and or hurtful, whether it is truthful or if you’re simply repeating what you overheard at the dinner table or read on the internet.
- Practice “both/and” thinking. Contrary to what Bill Gates would like us to believe, the world is not binary. People and ideas carry within themselves multiple realities, and to use the notions of “right v. wrong,” “good v. bad” and “either v. or” sets up a hierarchy of value that limits our thinking, discussing and understanding.
- Participate fully. Be engaged in the conversation, not in your laptop and other trivialities. Be present, or don’t be here at all.
- Ask questions of yourself and others. Instead of jumping to conclusions, check out your assumptions.
- Be responsible for your own learning. You are 100% responsible for 100% of your needs 100% of the time. You know more than anyone else what you need. If you don’t understand, ask. If you need help, don’t curse the darkness, light a candle.