

Week 8: O&R Session in Nature

There are many ways for a Creative Leader to reflect. One way, which is also nicely tied to thinking about sustainability, is to do what we are calling an “Observation & Reflection” session in nature. The instructions are presented below. The actual O&R only takes 30 minutes, but allow yourself an hour to find and to get to and from your nice spot.

What to do:

- You will need a watch or some sort of timer as well as a notebook or paper
- Seek out a nice spot in nature where you can be safe, comfortable, and undisturbed for 30 minutes.
 - This can be anywhere outdoors, including your backyard, a park, or a spot in the wilderness
- Get comfortable in your spot
- **Close your eyes** and just sit there, relaxed, thinking about nothing, for **10 minutes**
 - sense where you are and what is around you, but don’t attempt to process that sensory input
 - if thoughts pop into your head, imagine setting them aside to be addressed after your session
 - THIS IS EXTREMELY CHALLENGING FOR MOST PEOPLE
 - you will likely be tempted to check your watch in 1 or 2 minutes
- After the first 10 minutes are up, **open your eyes** and continue to sit there, relaxed, actively observing, for another **10 minutes**
 - sense where you are and what is around you—this time adding vision to your senses – observing everything that is going on around you
 - use all of your senses, including your sense of gravity, the direction of the sun, the taste of the wind, the rhythm of your heartbeat
 - notice interactions, systems, scales, dynamics
 - if thoughts pop into your head, again, imagine setting them aside to be addressed after your session
- For the last **10 minutes** continue to sit there, sensing and observing, and now also **reflecting** on what you are observing
 - reflect on how what you are observing links with what you are learning and experiencing about Creative Leadership
 - can you observe examples of natural leadership? tribal leadership? making things happen?
 - how are you feeling right now as an emerging Creative Leader?

Note: Ideally you will do Assignment 8.3 (your Travel Log entry) right after this session.