

Catalyzing the Potential of Intentional Fellowship



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Fellowship

- A group of people meeting to pursue a shared interest or aim.
- The companionship of individuals in a congenial atmosphere on equal terms.
- A friendly relationship marked by ready communication, mutual understanding, kindly concern, interest and support.
- The body of people in a profession or field of activity.
- The feeling of closeness and friendship that exists between companions.
- A coming together for spiritual purposes. (From the Greek *koinonia* and found in the Bible).

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Why Fellowship?

- Fellowship is a journey together in service of something beyond ourselves that simultaneously enriches us as individuals.
- Fellowship provides an “energy rich” relationship that takes you to a game changing level of productive interaction and self-evolution.

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Intentional Fellowship

Intentional Fellowship is the product of a particular mindset and a desire to create something meaningful with others in service of a higher purpose.

It is a mindset that can unite people from completely different backgrounds and skill-sets.

While it often leads to the successful accomplishment of goals, this outer success is always a consequence of an inner journey of personal evolution.

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Intentionality

Intentionality means being proactive and clear about what matters to us.

This involves making sure that, whatever we do, we can answer these four questions:

- *What are we really about and what matters to us?*
- *How can we deliver practical benefits that people can use and profit from?*
- *How can this ensure they will want to support our vision and what we're doing?*
- *How can we grow through this journey together?*

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Exercise 1: Existential Check-In

(Groups of 5)

- ❖ What is happening for you right now?
- ❖ What matters to you?
- ❖ What made you decide to come to this master class?
(4 minutes each)

As a group, discuss:

- ❖ “What emerges for you in/from this conversation?” (5 minutes)

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Chaucer's Canterbury Tales – Prologue

In that season, on a day
 In Southwark, at the Tabard, as I lay
 Ready to start upon my pilgrimage
 To Canterbury, full of devout homage,
 There came at nightfall to that hostelry
 Some nine and twenty in a company
 Of sundry persons who had chanced to fall
 In fellowship, and pilgrims were they all
 That toward Canterbury town would ride.
 The rooms and stables spacious were and wide,
 And well we there were eased, and of the best.
 And briefly, when the sun had gone to rest,
 So had I spoken with them, every one,
 That I was of their fellowship anon,
 And made agreement that we'd early rise
 To take the road, as you I will apprise.



Chaucer's Canterbury Tales – Prologue

And of a game have I this moment thought
 To give you joy, and it shall cost you naught.
 That each of you, beguiling the long day,
 Shall tell two stories as you wend your way
 To Canterbury town; and each of you
 On coming home, shall tell another two,
 All of adventures he has known befall.
 And he who plays his part the best of all,
 That is to say, who tells upon the road
 Tales of best sense, in most amusing mode,
 Shall have a supper at the others' cost
 Here in this room and sitting by this post,
 When we come back again from Canterbury.

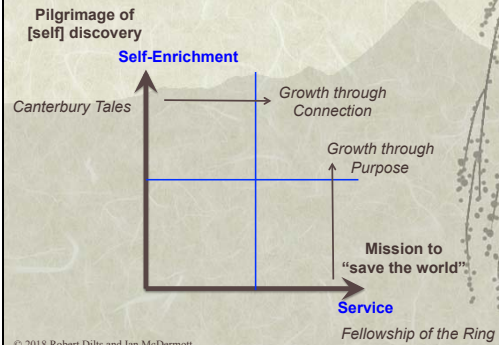


Intentional Fellowship Continuum



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Dimensions of Intentional Fellowship

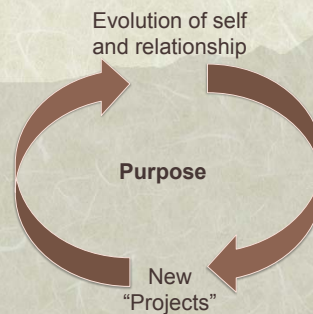


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Connection-Action Cycle



Self Enrichment–Service Cycle



Exercise 2 Exploring Common Themes

(Same Group of 5)

- ❖ Now that you have a better grasp of what intentional fellowship is, where are some areas in your life where you think it could make a difference? (4 minutes each)
- ❖ What common themes emerge for you as a group? (5 minutes)

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Benefits of Intentional Fellowship

Intentional Fellowship yields High Stakes Benefits because it calls on us to:

- Use our unique abilities in service of something bigger
- Connect with others in a way that is reciprocal and joyful
- Be more loose, agile and entrepreneurial
- Feel more alive!



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Benefits of Intentional Fellowship

- Achievement of Higher Purpose
- Generativity
- Collaboration
- Personal Growth and Evolution
- Humanization
- Recharging and Reconnecting



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Business Benefits of Intentional Fellowship

- Produce viable business ideas which can then be implemented
- Evolve new platforms which can be used to serve others
- Leverage change to an advantage
- Identify needs which create new opportunities for making a difference
- Establish a sustained pattern of innovation.

These benefits emerge from clarifying two questions:

- *What matters to us?*
- *How do we make that relevant to other people?*

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Five Key Performance Indicators of Intentional Fellowship

1. Energized and enlivened
2. Productive and innovative
3. Evolving and growing – and you know it
4. Rigorous and generous of spirit
5. In deep resonance with one another around what is most important to you



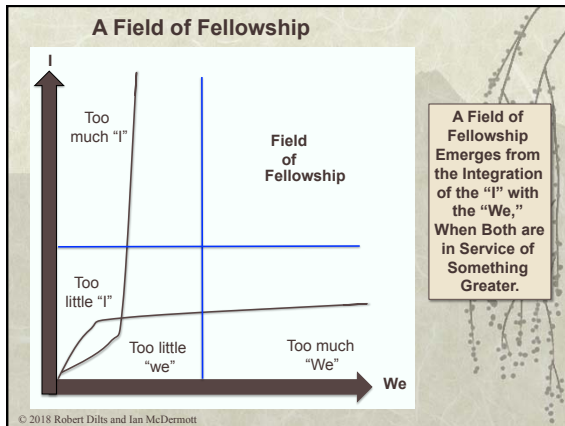
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Exercise 3: Resonance Reference Experiences

- Who in your life do you have or have you had resonance with?
- How much resonance?
- How do you know this?
- What is the resonance based on?
- Have you made the most of it?
- Would you like to make more of it?

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Exercise 5: Fit For Fellowship Inventory 1

- Connection – Making Time**
How willing are you to set aside time in your busy schedule for this journey?

1. Not at all	2. It depends	3. Within reason	4. Willing to give it a try	5. I feel it is absolutely essential
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- Disclosure – Telling the Truth**
How open are you to honestly sharing what is happening with you and between you and your fellows?

1. Not at all	2. It depends	3. Within reason	4. Willing to give it a try	5. I feel it is absolutely essential
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- Inclusion – Accepting and Incorporating What Is**
How willing are you to include and incorporate whatever is happening within you and around you in the conversation with your fellows?

1. Not at all	2. It depends	3. Within reason	4. Willing to give it a try	5. I feel it is absolutely essential
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Fit For Fellowship Inventory 2

- Accountability – Following Through**
How willing are you to follow through and hold yourself accountable (not making excuses and not blaming others) for the commitments you have made?

1. Not at all	2. It depends	3. Within reason	4. Willing to give it a try	5. I feel it is absolutely essential
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- Aliveness – Living Your Values**
How committed are you to bringing what is important to you into every interaction with your fellows?

1. Not at all	2. It depends	3. Within reason	4. Willing to give it a try	5. I feel it is absolutely essential
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- Stepping Up – Clarifying and taking a stand for what matters to you**
How clear and willing are you to take a risk and make a stand for what really matters to you?

1. Not at all	2. It depends	3. Within reason	4. Willing to give it a try	5. I feel it is absolutely essential
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Fit For Fellowship Inventory 3

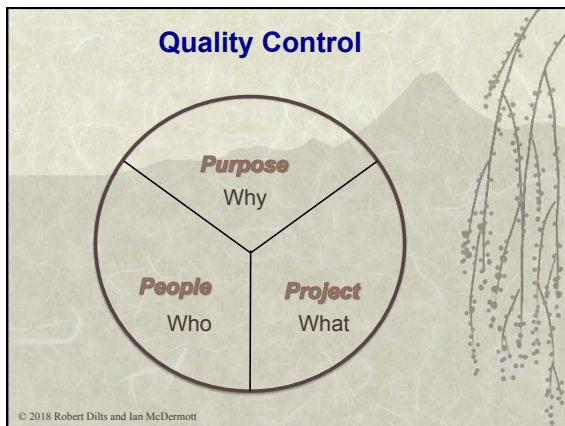
- Stepping Aside – Sharing the lead with others**
How willing are you to share the lead and not always have to have things done "your way?"

1. Not at all	2. It depends	3. Within reason	4. Willing to give it a try	5. I feel it is absolutely essential
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- Letting Go – Caring passionately but not getting hooked**
How willing are you to let go of your attachment to a particular form and let other possibilities open up?

1. Not at all	2. It depends	3. Within reason	4. Willing to give it a try	5. I feel it is absolutely essential
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- Admitting You Don't Know – Being comfortable with uncertainty**
How willing are you to admit that you don't know?

1. Not at all	2. It depends	3. Within reason	4. Willing to give it a try	5. I feel it is absolutely essential
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Quality Control

Purpose: Why

- Serves something bigger than the fellows
- Massive contribution to humanity (holon) vs. amass wealth
- The greater the number of stakeholders that benefit, the more fit for fellowship.

Project: What

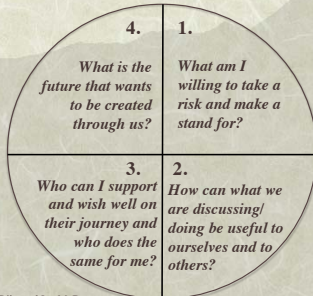
- Is bigger than any one individual's skillset (requires collective intelligence) – Too big to do on your own
- Doing it on your own would limit its beneficial consequences
- The fellows grow and evolve through their involvement

People: Who

- Have a desire to contribute to something bigger than oneself.
- Have self-awareness of your own strengths and limitations.
- Have the requisite skills and the integrity to exercise them appropriately. (Motivation, competence, integrity)

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The Four Fundamental Questions of Intentional Fellowship



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Disciplines of Fellowship

1. **Connection** – Making Time
2. **Disclosure** – Telling the Truth
3. **Inclusion** – Accepting What Is
4. **Accountability** – Following Through
5. **Aliveness** – Living Your Values
6. **Questing** – The Journey is the Destination

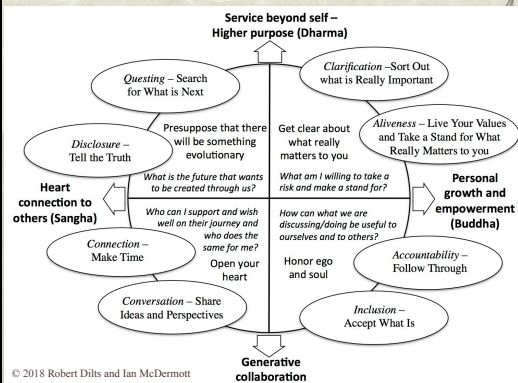
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Disciplines of Fellowship

- **Step Up** – Get clear about what really matters to you. Ask yourself, "What am I willing to take a risk and make a stand for?"
- **Step Aside** – Know that you are still part of the band when someone else is playing lead. Think of times when you didn't feel the need to "do it all yourself" or have it done "your way."
- **Let Go** – Care passionately and don't get hooked. Look for the areas where you are trying too hard. If you let go of your attachment to the form, what possibilities open up?
- **Admit You Don't Know** – Get comfortable with uncertainty. When have you not needed to know the answer or the outcome? What allowed you to be confident with not-knowing?
- **Know That Your Presence Has Value** – Become curious about what you bring. Think of times you made a difference just by being there.

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Intentional Fellowship Model



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Coming Attractions . . .

1. The Online Fellowship Program
2. Intentional Fellowship MasterMind
3. Generative Consulting Certification
4. International Conference on Generative Change
5. ITS Master Practitioner Program
6. Health Certification Training
7. ITS Mastering the Coach Approach

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