

Support System

No challenge is too big - you only need to have the right support system.



"it needs a field to hold a field" Otto Scharmer

Tags: Social: Building Community and Embracing Diversity
Cultural: Personal Growth, Resilience

Challenge:

Big visions often push people far over their limits and out of their comfort zone. If this stretch is too big they can get into panic and instead of a big jump forward they will retreat and not take any steps in this direction again. Likewise if challenges look too big, people tend to postpone them into the future and don't get started. People also often face strong resistance in their surrounding by triggering old, inner doubts and patterns within and about themselves. This makes change and big visions impossible.

Solution:

Activate a surrounding field, that understands your vision and your values. Their presence alone is already a strong support in challenging situations. Imagine being a trainer for Non Violent Communication in a hierarchical international company - it helps, to have a second person, that understands your mindset, co-facilitating with you. Imagine organising a huge event in some Government Ministry and you want to run it in art of hosting style with mindfulness interventions - you will need a bunch of people, from advisory board to a meditation trainer. Imagine having a tender idea not daring to get it out into the world by one word: it helps if you have an encouraging friend that is really listening and believing into your potential. Every situation and vision needs its individual support system. With this support, you can step out of your comfort zone into your growth through a "strategic stretch" without falling into panic.

References:

Patterns: peer up! examples: Mentoring, Peer groups, Success team, Buddy system, Supervision, Co-Working, Networking, Council of Elders

Submitted by : Pioneers of Change