



SEED'S TIP OF THE MONTH:

MARCH

What Is Going On Here and How Can We Work With It?

By Melinda Lackey

Successful meetings aren't all business, focused on content. Nor are they all pleasure, focused on relationships. The most productive (and enjoyable) meetings combine both: focus on what we are **doing**, as well as how we are **being**.

In terms of "doing" we want to set goals and meet them. In any meeting, there is a drive to reach the finish line fast, and get certain things done.

In terms of "being," we want to be fully human, and really tune into each other, to connect at a deep level, and see what we can learn from each other.

Here's the thing to keep in mind when human interaction is involved:

The quality of our being shapes the quality of doing.



Focused on being: McMath collapsed meters before the finish line; Vogel let her finish first.

As facilitators we can find all kinds of opportunities to model being fully present and fully human, right? The more we carry this intention, the more we will practice and keep ourselves fit, like athletes, to "be" awake and fully alive in the moment. The better our fitness for **being**, the more we are able to observe what is present and recognize options for responding in ways that serve the meeting agenda and the participants. It's up to us to set the tone that encourages others to show up fully too.

Last month, together with our partners at [TakeTwo](#), SEED offered a webinar on "meetings" for the Foundation Center.

We have made the recording and slides available. Please fill out the form on www.seedimpact.org/TipOfTheMonth to view recording and slides.

This 60-minute webinar explores different types of meetings and four energies that are present in group dynamics: mover, opposer, supporter and observer. An exercise is offered so you can practice with your team.

Try it, you'll like it! It's fun to practice, and we promise that with increasing awareness of how these energies operate in group dynamics, everyone can raise their game and function at much higher levels to achieve good things faster.