



MENTAL MODELS

THE FOUR-FOLD PRACTICE

A PRACTICE FOR WALKING THE CHAORDIC PATH; A PRACTICE FOR LIFE

DESCRIPTION AND CORE PRINCIPLES:

Being truly present, engaging skillfully in conversations, being a good host of conversations, and engaging with others in co-creation are all skills that are easily understood but take continuous practice to hone. A practice means actively and regularly doing something to maintain or enhance a skill or ability.

As we learn to be truly present and engage in conversations that really matter, we become learners. As learners many doors are open to us. As we begin to host conversations and connect with other hosts and practitioners, we become a community of learners. As a community we embody a much bigger capacity than we do as individual learners. As a community of learners truly becomes a 'community that learns', collective intelligence begins to manifest. We multiply our capacity and enter the field of emergence.

Be Present (Pre-sensing)

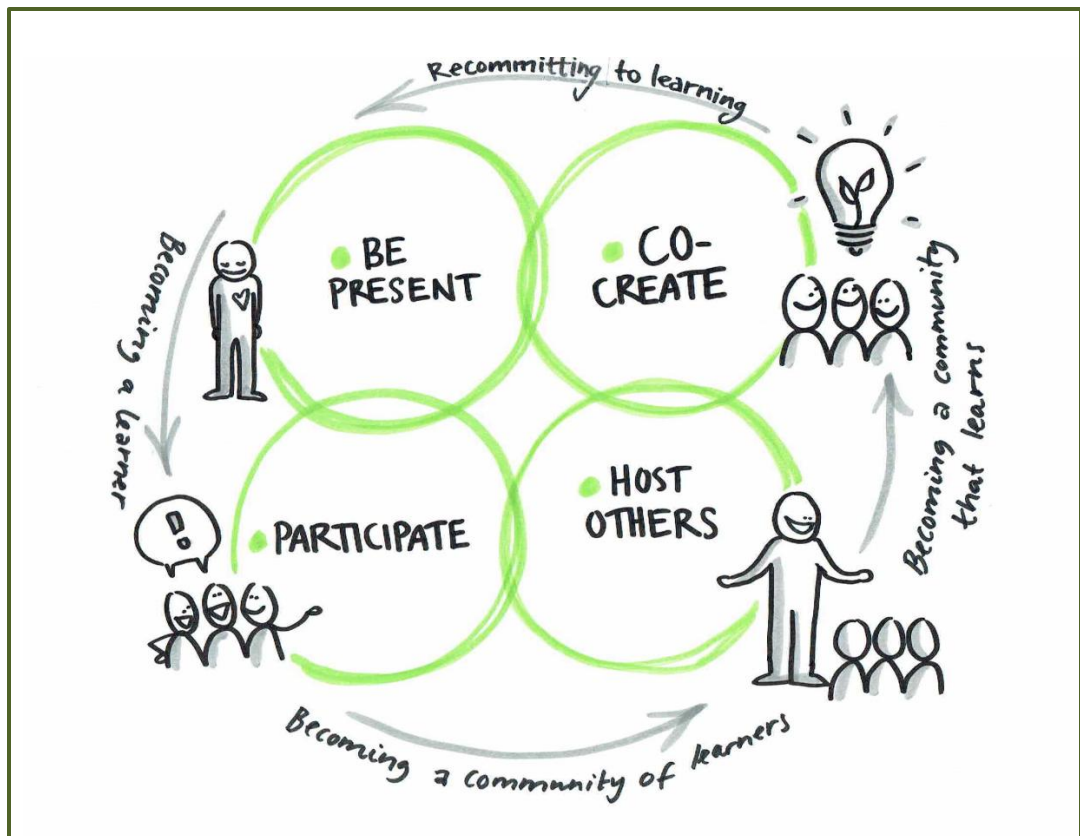
In practice this means finding whatever regular activity helps you to:

- Be present with yourself
- Create sufficient structure and discipline to focus on what is needed
- Stay grounded when conflict and chaos arise
- Be a little more conscious every day

Participate (Allow yourself to be hosted)

In practice this means:

- Engaging in dialogue as opposed to discussion or debate
- Listening to understand
- Being curious and open
- Suspending assumptions and judgements



Host Others in Learning

This means taking leadership to:

- Identify your own passion and responsibility
- Call and Invite others into conversation
- Design, Host and Harvest conversation with others
- Care for the wellbeing of others

Co-create

This means integrating the other three practices in order to:

- Be in learning as a team or Community of Practice
- Focus and act on what matters together
- Continuously practice to build relationship and skill
- Engage collective intelligence and create space for emergence

The Four-Fold Practice is essentially one practice containing four inter-related elements. It is the relationship and the integration of each of the four elements which gives this personal and collective practice strength: becoming a learner, becoming a community of learners, becoming a community that learns, and recommitting to learning.