

Modeling our relationship with our centers

# 1.

#### **High point**

Think of a situation in your life that marks a high point, a situation when you felt at your best, when you were really alive? Describe the situation in detail, include a beginning middle and end.

### Characteristics of a high point

- Helps us discover our "edges"
- Changes you in an irreversible way
- We find ways to repeat it

# 2.

#### **Touchpoints**

This is where we interface with our center. It's good to start with ones that influence your working experience the most

### Examples of a touchpoint

- Team meetings
- Tasks
- The space

# GIVE & GET

Say what you give and get for each touchpoint. It can help to think about it in this way:

### Mental (planning)

**Emotional (stress)** 

Physical (sitting)

3.

### Feeling & meaning

### Experience

Focus on the feelings you get at each touchpoint, combining them to form and examine your overall experience at work.

### Meaning for me

Explore what it means to you to be part of your center, using your activities and experiences as reference

## Meaning for culture centre

Examine how each touchpoint connects & expresses the purpose & idea of your center





