

# THEORY U - EXERCISE

### Connecting to our experience

*The below questions are inspired from Leading from the Emerging Future (Page 43)*

“The crisis of our time isn’t just a crisis of a single leader, organization, country, or conflict. The crisis of our time reveals the dying of an old social structure and way of thinking, an old way of institutionalizing and enacting collective social forms.” - **C. Otto Scharmer**

Write your responses to the questions below in your learning journal. Spend no more than one to two minutes answering each question.

- Where do you experience a world that is dying (in society, in your organization, in yourself)?
- Where do you experience a world that is waiting to be born (in society, in your organization, in yourself)?

“We are at a collective existential threshold—socially, ecologically, and spiritually. Being able to cross the threshold requires knowing how to let go of the old in order for the new to emerge.” - **C. Otto Scharmer**

- What do you consider to be the root causes and issues of our current crisis?
- Where have you (or your organization) experienced moments of disruption?
- How do you describe the quality of your response to these events?
  - How present were you to what was happening?
  - In what aspects were you absent or dismissing?
- What do you personally feel is going to happen over the next ten to twenty years?
- What would you like to do right now in order to make a difference going forward?

### Gathering insights and sharing with others

- Which are three most relevant insights that arose from the above reflection?
- In a circle conversation within your small group, share them
- While others speak, listen to them carefully, what does their comments stir up in you?

## ADDITIONAL EXERCISES

There are currently no additional exercises for this section.