

The Centre for Human Relations and Community Studies presents

Inner Absencing: Ghosting Ourselves in the Post-Pandemic Era

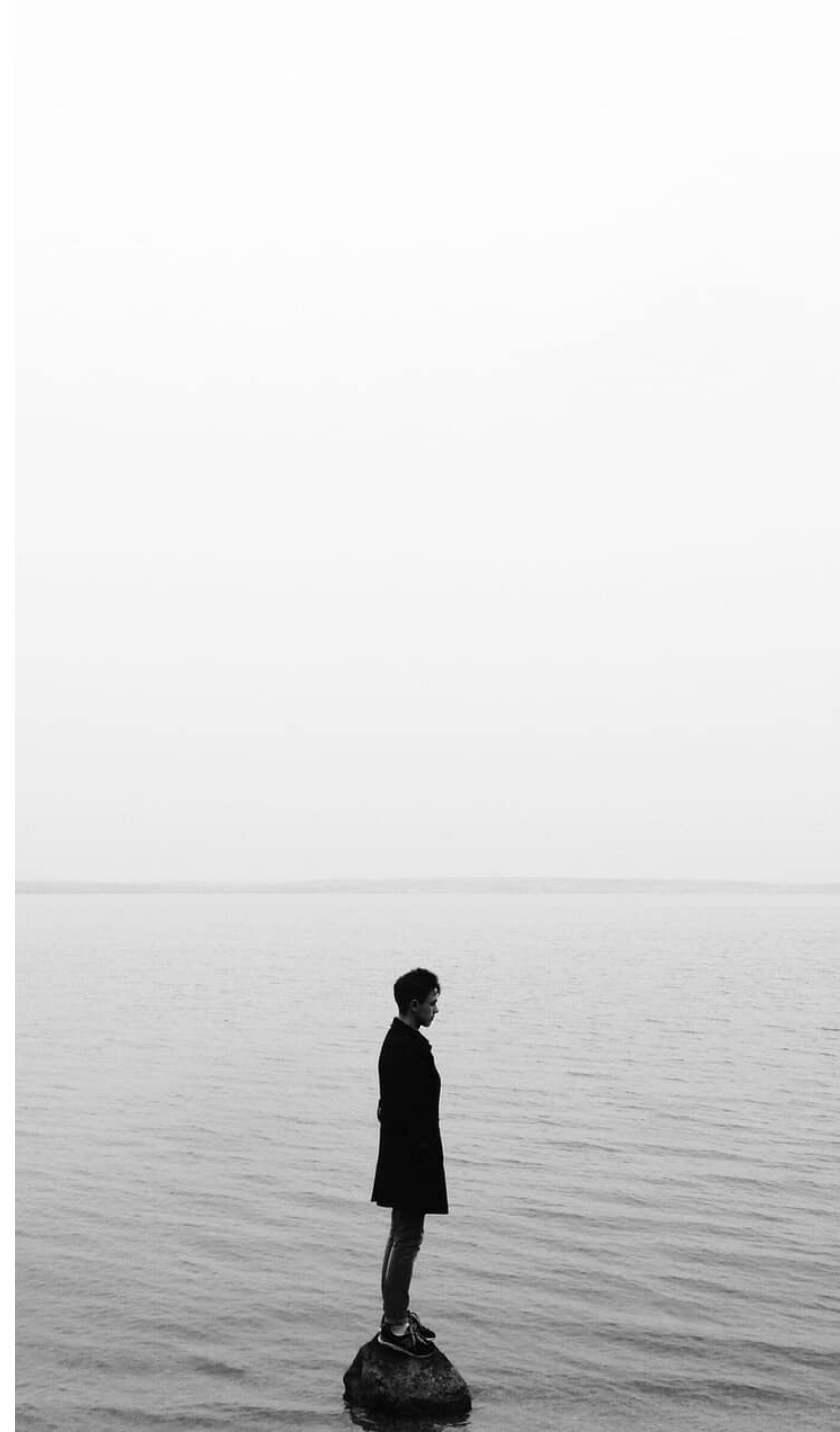
April 19, 2023



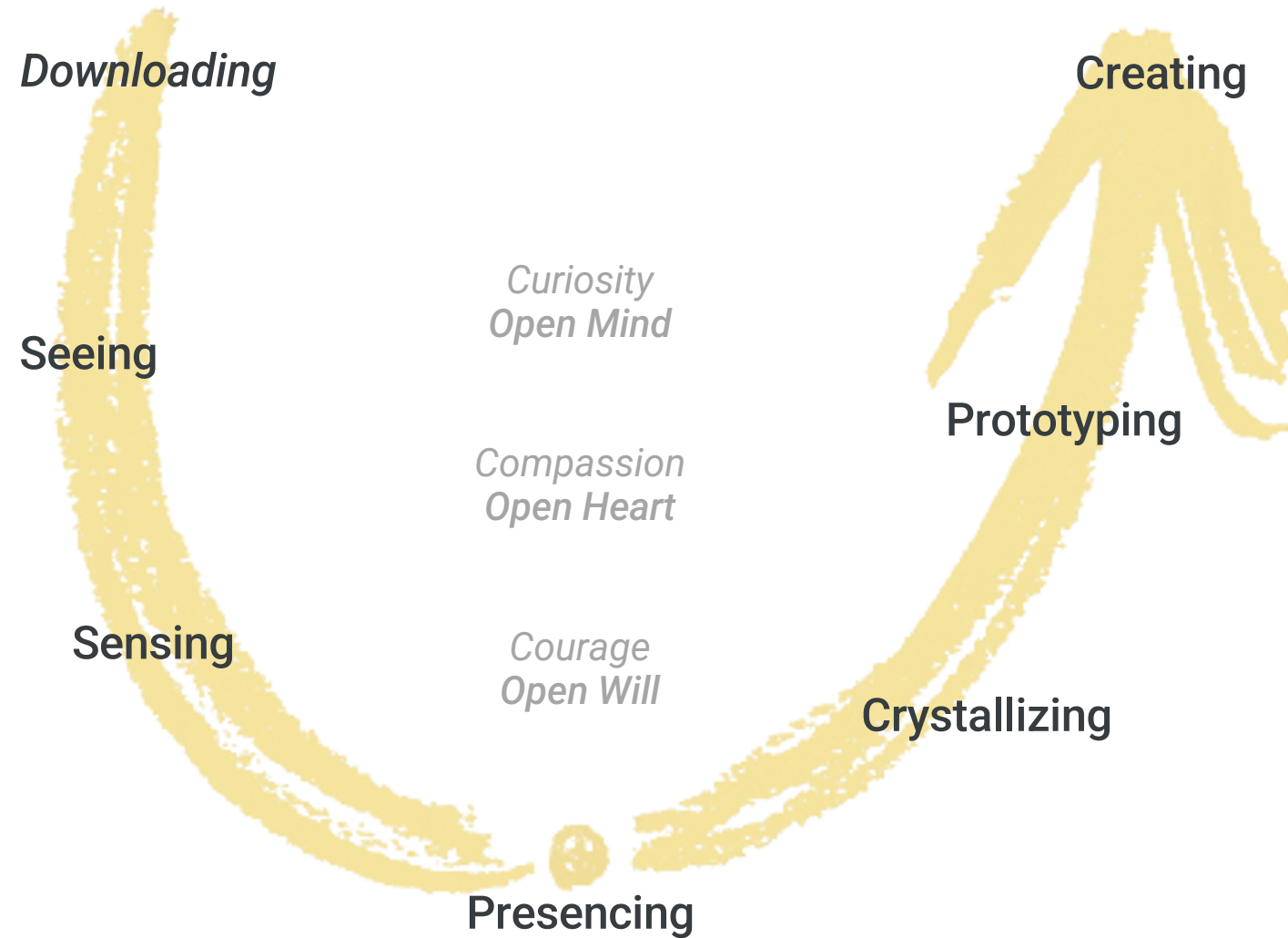
Dr. Eva Pomeroy

Research Lead and Senior Faculty
Presencing Institute

Affiliate Faculty, Department of Applied Human Sciences
Concordia University



Theory U



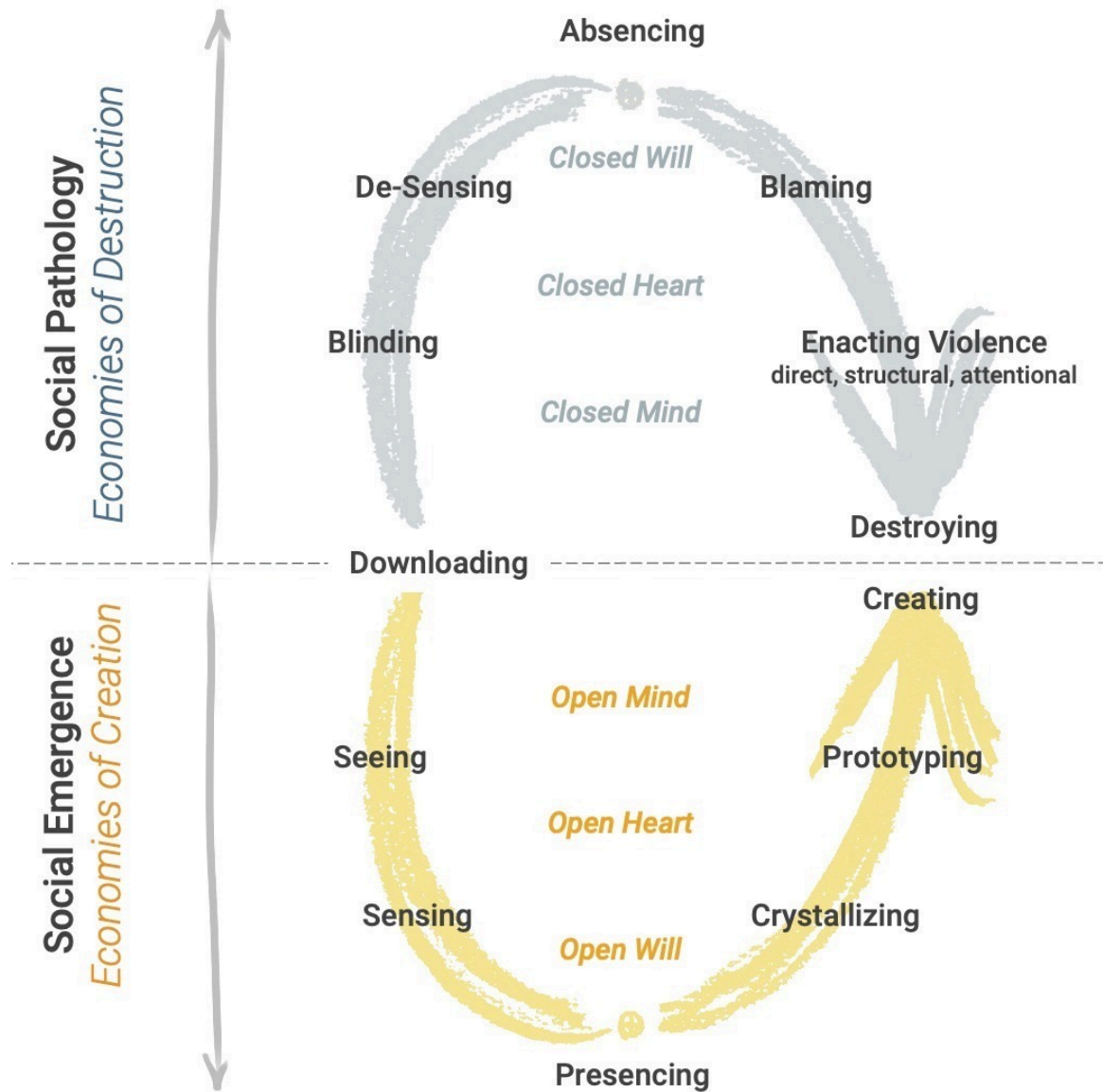
“The quality of an intervention depends on the interior condition of the intervener”

- Bill O’Brian, CEO Hanover Insurance in Theory U

An Open Mind: the capacity to access our not-knowing

An Open Heart: the capacity to be vulnerable, to be touched

An Open Will: the capacity to act from stillness, to create from nothing



Organ of perception	Leadership capacity	Turned against self
Open Mind	Humility (curiosity)	Inferiority
Open Heart	Vulnerability (empathy and compassion)	Overwhelm
Open Will	Surrender (let go and let come)	Collapse

Threats to self

Criticism and rejection

Failure or making a mistake

Becoming aware of personal flaws or imperfection.

Active forms of self-kindness:

Love and kindness

Passive forms of self-kindness:

Patience and tolerance

The Unconditional Self-Kindness Scale

Smith, Guzman & Erickson (2018)

	Not at all – A great deal
1. How much are you patient and tolerant with yourself when you are criticized or rejected by another person?	0 1 2 3 4 5
2. How much are you loving and kind to yourself when you become aware of your personal flaws and imperfections?	0 1 2 3 4 5
3. How much are you patient and tolerant with yourself when you fail or make a mistake?	0 1 2 3 4 5
4. How much are you loving and kind to yourself when you are criticized or rejected by another person?	0 1 2 3 4 5
5. How much are you patient and tolerant with yourself when you become aware of your personal flaws and imperfections?	0 1 2 3 4 5
6. How much are you loving and kind to yourself when you fail or make a mistake?	0 1 2 3 4 5

“The quality of an intervention depends on the interior condition of the intervener”

- Bill O’Brian, CEO Hanover Insurance in Theory U

An Open Mind: the capacity to access our not-knowing

An Open Heart: the capacity to be vulnerable, to be touched

An Open Will: the capacity to act from stillness, to create from nothing

CHRCs Professional and Personal Development Workshops

Concordia University, Montreal, Quebec



Human Interaction Laboratory July 9 - 14, 2023

A foundational workshop designed to propel self-awareness, interpersonal competence, and social intelligence related to team functioning and in service of your personal and professional effectiveness

Early Bird Registration until May 20, 2023

CONCORDIA.CA/CHRCs

CHRCs Professional and Personal Development Workshops

Concordia University, Montreal, Quebec



Developing the Organizational and Personal Self

July 9 - 13, 2023

An advanced workshop designed to build even greater self-knowledge and fluency in navigating opportunities, choices and critical boundaries to be more fully the person you want to be at work, at home, and in the world

Early Bird Registration until May 20, 2023

CONCORDIA.CA/CHRCs

Resources

Inner Absencing Blog:

<https://medium.com/presencing-institute-blog/inner-absencing-9b64561ee3dd>

About Theory U:

<https://www.u-school.org/theory-u>

Protect the Flame: But Where the Danger Is, the Saving Power Also Grows (Otto Scharmer's Recent Blog)

<https://medium.com/presencing-institute-blog/protect-the-flame-but-where-the-danger-is-the-saving-power-also-grows-ef6077ddef89>

The Unconditional Self-Kindness Scale:

<https://link.springer.com/article/10.1007/s12671-018-0912-5>