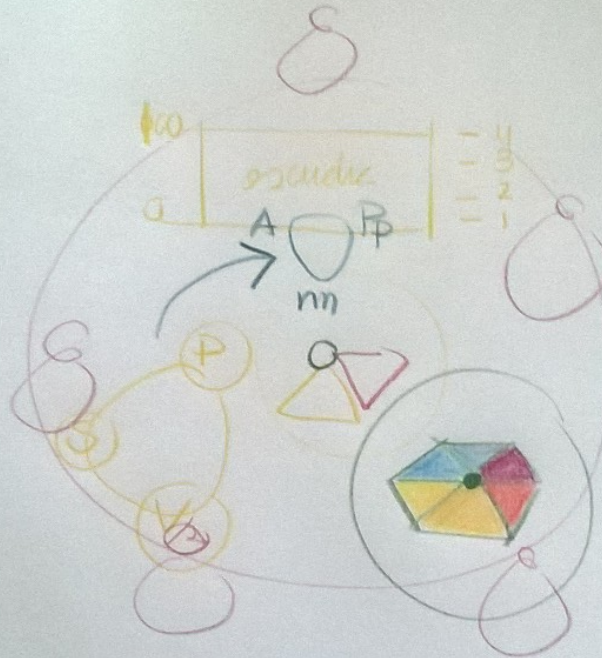




*7 emociones
y 3 dinámicas
en nuestro
desarrollo
profesional*

7 emociones la app

equipo de proyecto
de desarrollo app



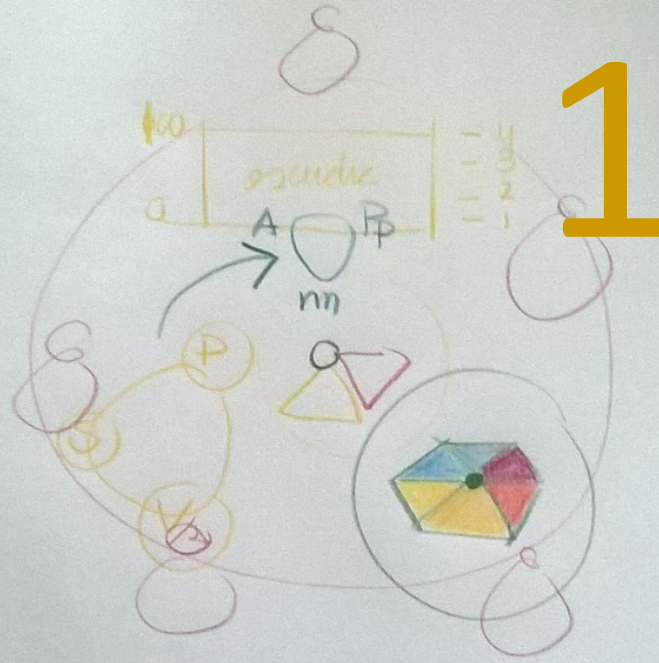
+ per
+ (person icon) chat

Porque la calidad de los resultados de las organizaciones dependen del nivel de conciencia de las personas que operan los sistemas

Vamos a monitorizar la auto-conciencia con 3 aproximaciones



equipo de proyecto
desarrollo app



2

1

3

+ per
+ chat



U.Lab 2016 Listening Assessment



You will receive email reminders to submit your daily listening assessment. To opt-out of these notifications, visit your [profile](#) to change your settings at the bottom of the page.

VIEW DASHBOARD

Skype

Silvia 01:57

ended: 22

Day of Assessment *

23

PART ONE: Reflect on your day. In the space provided, enter the percent of your time you felt engaged in each level of listening. The total should equal 100%.

Level 1: Downloading *

0

Listening from your habits, from what you already know, the result is you re-confirm what you already knew.

Level 2: Factual *

0

Noticing something new, something that differs from what you already knew or expected to hear.

Level 3: Empathizing *

Listening from the place the other person is speaking from, experiencing/sensing an emotional connection.

Level 4: Generative *

0

Connecting to the emerging future - to a future possibility that links to your emerging self, to who you really are.

Total

0

PART TWO: Join our action research by co-creating a global deep listening database. Share a story about a moment today when you experienced a shift from one level of listening to another. Then select the tag below that indicates which shift you experienced.

Skype

Silvia 02:56

DESCRIPTION OF YOUR EXPERIENCE

In your description, simply describe what you noticed about the moment - paying particular attention to your mental state, emotions that were present, any felt sense in your body, and shifts in your perception of time and space. You may write as much or as little as you would like.

Select a shift

SAVE



Monitorizamos los 4 niveles de la atención (en la escucha y en la conversación)

- ✓ Piedra (mineral)
- ✓ Pepino – tomate (vegetal),
- ✓ Caracola (animal)
- ✓ Humana (Ser humano, también aplicable al género masculino)

PART TWO: Join our action research by co-creating a global deep listening database. Share a story about a moment today when you experienced a shift from one level of listening to another. Then select the tag below that indicates which shift you experienced.

DESCRIPTION OF YOUR EXPERIENCE

Skype

Silvia 03:32

In your description, simply describe what you noticed about the moment - paying particular attention to your mental state, emotions that were present, any felt sense in your body, and shifts in your perception of time and space. You may write as much or as little as you would like.

Select a shift

Select a shift

- Shift to Level 2
- Shift to Level 3
- Shift to Level 4
- Level 4 downward
- Level 3 downward
- Level 2 downward

U.SCHOOL

U.Lab

START HERE

Registration

UPDATES

Announcements

PARTICIPATE

Participant Directory

HUBS

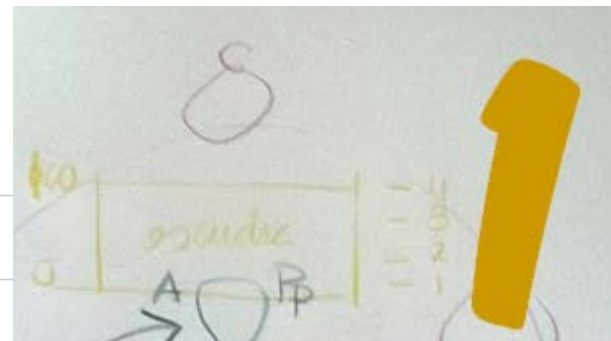
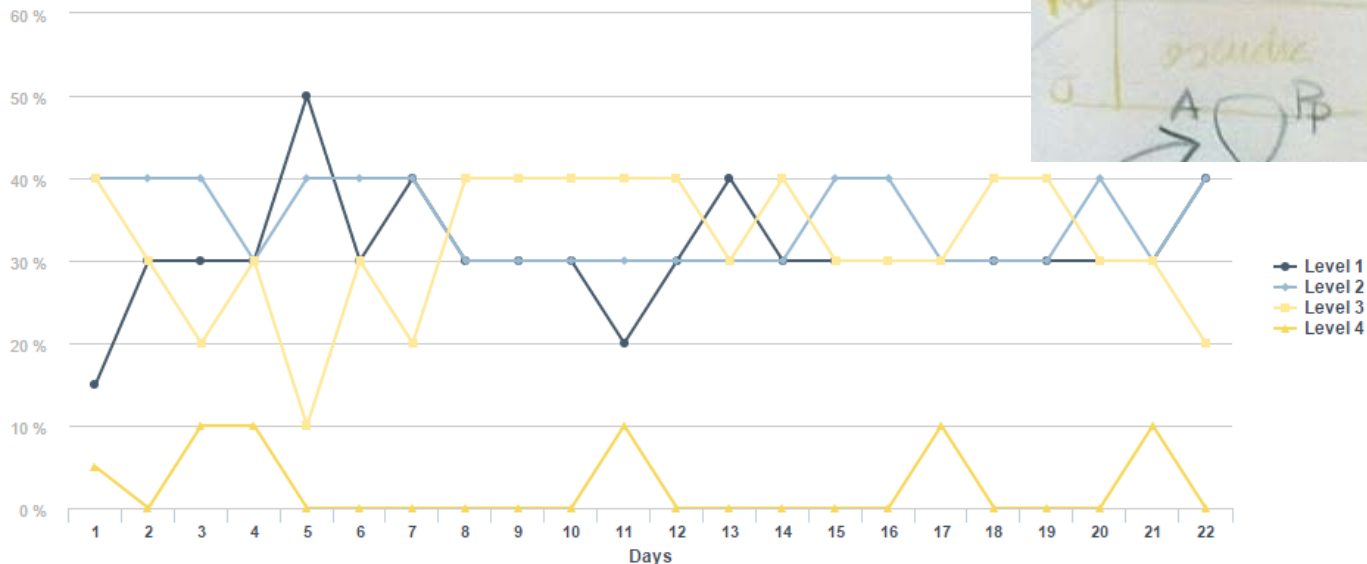
Hubs

TOOLS

Case Clinic

Levels of Listening

Changes in your levels of listening over time



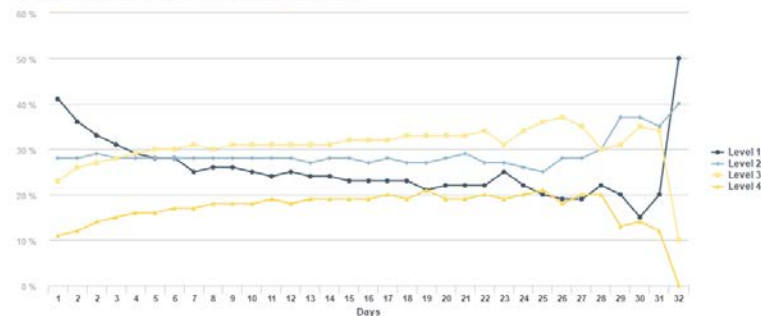
Mikel's Dashboard



Last updated 33 min 31 sec ago

Levels of Listening

Changes in your levels of listening over time



Moments when you experienced a shift from one level of listening to another

Day	Shift	Description of your experience
1	Shift to Level 4	Talking with Susana, after attending the meeting guided by Luis Espiga in Madrid, from Triform Institute, I saw myself talking about a program we are launching, 7 emotions, emotions in relation with Goethe's theory of colour and U-theory, and discovered my interest in helpingo other better understand U-theory tools in practice. I have asked Susana if she wants to be part of a coaching circle, with Elena, Patxi, and another friend. The answer is yes, I think we are going to create a new coaching circle in Madrid.
3	Shift to Level 4	Talking with Patxi about "7 emotions" my energy rises, his energy too, and feels there is something he has to do about emotions, and proposes me to become his coach for 2 or 3 sessions. My work as coach of 7 emotions is about to begin, with the helo of Patxi. Tnx.
11	Shift to Level 4	I am talking with Antonio Malagón, teacher some years ago of Gorka, my son. It's long years since we entered Micael School in Madrid. Antonio was the first person we made contact with. He opened a gate that we as a family appreciate, when Gorka was classified as TDAH (which stand in spanish for something like attention deficit hyperactivity disorder). It's 12 years now. I make contact with Antonio again. Now there is a story I want to tell him about my personal path in the field of education. "7 emotions" is a program we are bringing to life now in Spain. It has much to do with emotions and with all the learning process that have taken place in our house, so many of them related with Gorka. I feel a special emotion and feeling of gratitude towards Antonio, this man that opens a new field for all of us. The talk goes on and an special door is now open. Antonio offers me to participate in a conference they are planning next easter for the families of so many students of this school, some of them so close to Gorka and Maitane, now living in Mexico DF. It seems that we have reached together level four in our communication. A mail is waiting Antonio. Whatever comes is good for all of us, I'm sure about it.

Mi escucha hoy (4 reinos)

4



3



2

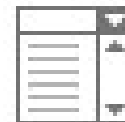


1



Mi bitácora

De:

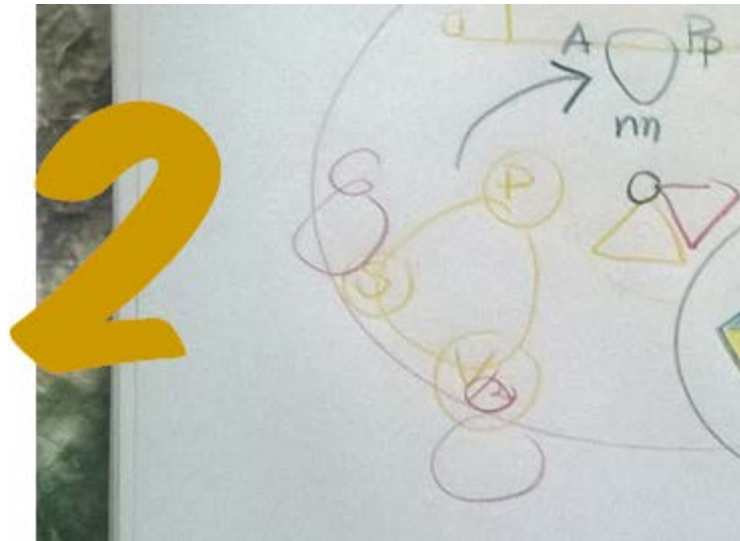


A:



Comentarios:

ab|



Monitorizamos procesos de bien – estar y desarrollo del:

- ✓ adulto
- ✓ madre protectora
- ✓ niño natural

Monitorizamos procesos de mal – estar y el hombre en la sombra:

- ✓ perseguidor
- ✓ víctima
- ✓ salvador

Mi escucha hoy (el P-A-n)

6



5



4



el buen trato

3



2



1



el mal trato



Mi bitácora

De:



A:



Comentarios:

ab|



Monitorizamos procesos de conexión / des- conexión con nuestras 7 emociones:

- ✓ Miedo
- ✓ Tristeza
- ✓ Ira / Rabia
- ✓ Amor
- ✓ comprensión
- ✓ Orgullo
- ✓ Alegría

Mi escucha hoy (7 emo)

7



6



5



4



3



2



1



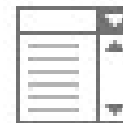
el Ser

el Tener



Mi bitácora

De:



A:



+ / -



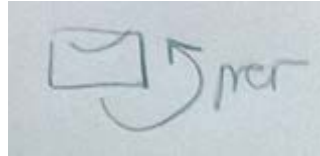
+ / -



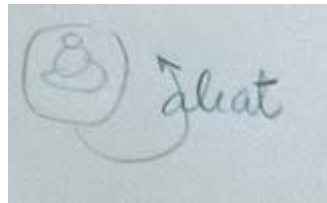
Comentarios:

ab|

con cariño
con Buen trato
para el desarrollo del Ser



Con recordatorios diarios
(configurables)



Con refuerzos positivos diarios
(frases, meditaciones, links, ...)

To do or not to do
dubidubidú



Y si alguien quiere,
también podrá documentar
los compromisos personales

gracias por tu atención



7 emociones la app

Tienes más información de este proyecto en la web de [escuchar es amar](#), un proyecto que desarrollamos con la energía impulsora de la asociación “historias que TRANSforman” en clave colaborativa el 2018

