

# CHECK-IN

A simple **method** to be soulful in contact with each other is the often mentioned check-in, using in a **meeting**, a **workshop** or something similar. We have been testing this approach for several years now.



Working **soulfully** together means **showing** yourself and seeing others when in **contact**. It also means not overlooking/passing yourself and your counterpart so that she or he can contribute to your common cause.

## This is how it's done

Each person presents at check-in by answering these questions:

- How am I feeling, starting into this meeting?
- What do I (still) need to be ready for the meeting?

The moderator gives the floor to a participant, who then passes it on to another participant of her choice until everyone has had a turn.

Occasionally, the check-in is the only way you become aware of how you or your counterpart are really feeling. The check-in enables you to react **mindfully** for both yourself and your counterpart. If the check-in is successful, you will feel well-received, heard and ready to work.



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