

# Know Thyself... At Work

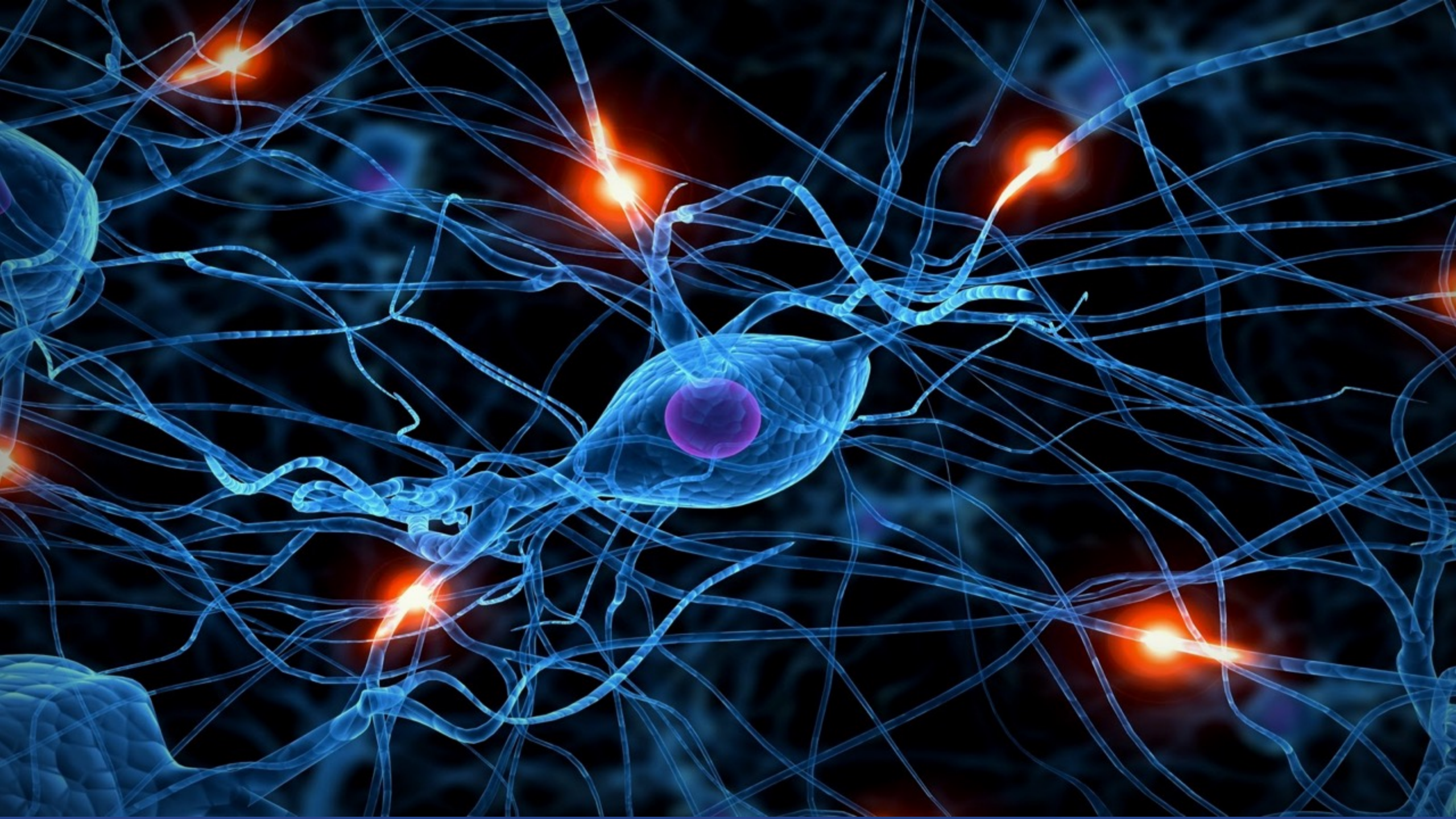
Your Guide: Grant Zemont

# Introductions

- Take 5 Minutes
- Turn to a Person Near You
- Introduce Yourself
- Business Cards









I need a little less work drama and a  
little more shut the  
hell up.



your  cards  
someecards.com

open   curious   learning

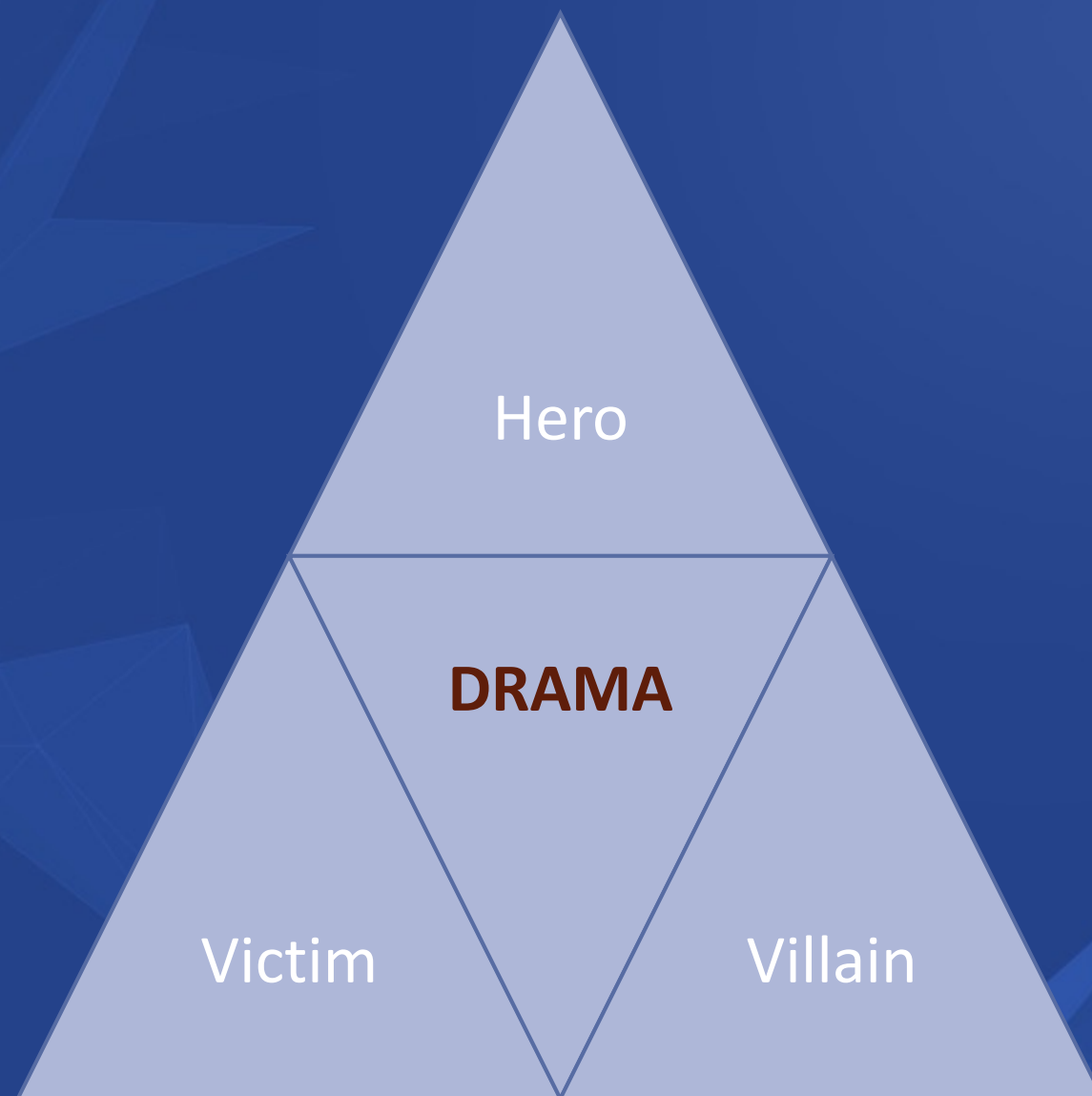
Above the Line

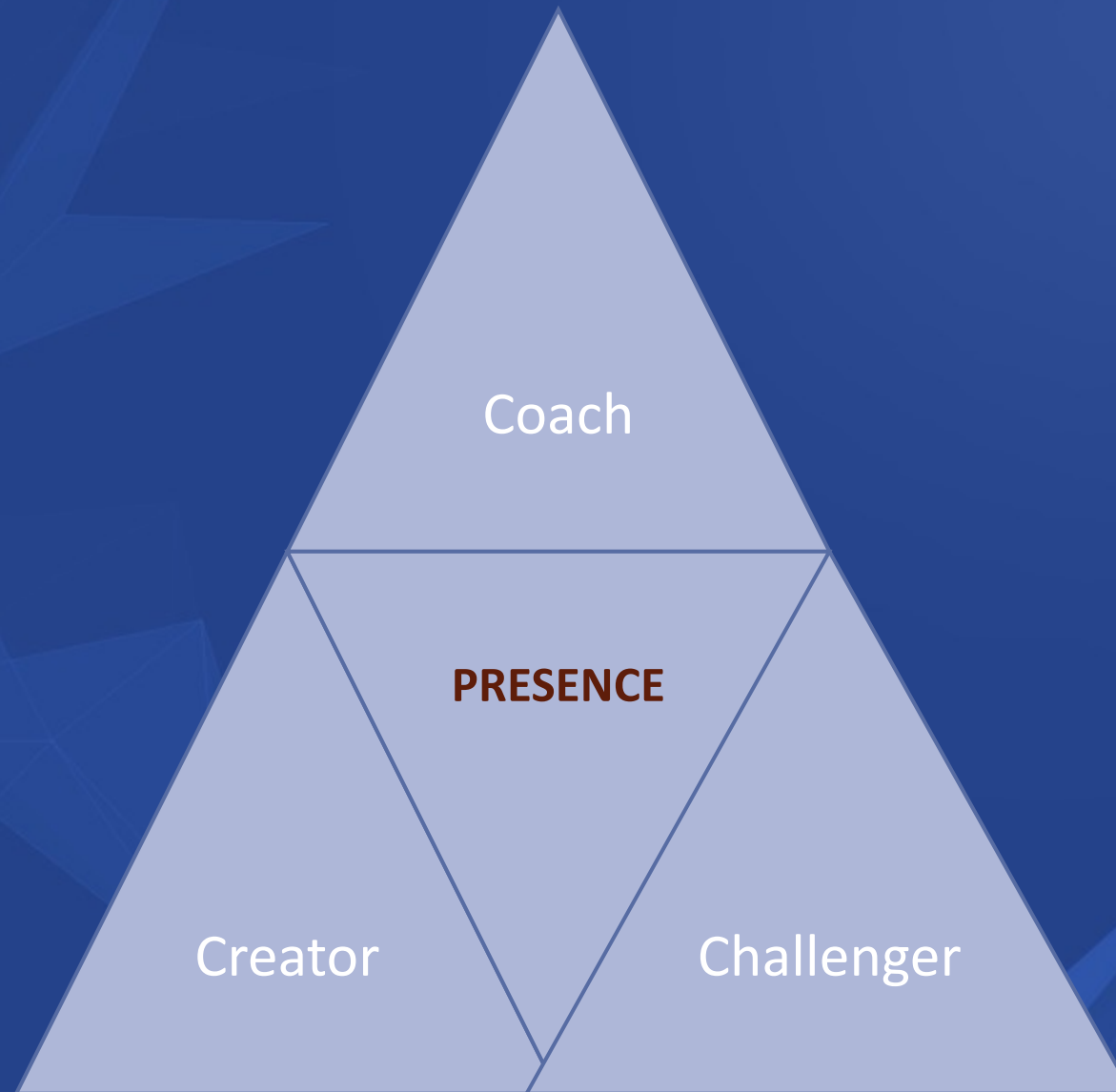
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Below the Line

closed   defensive   “being right”







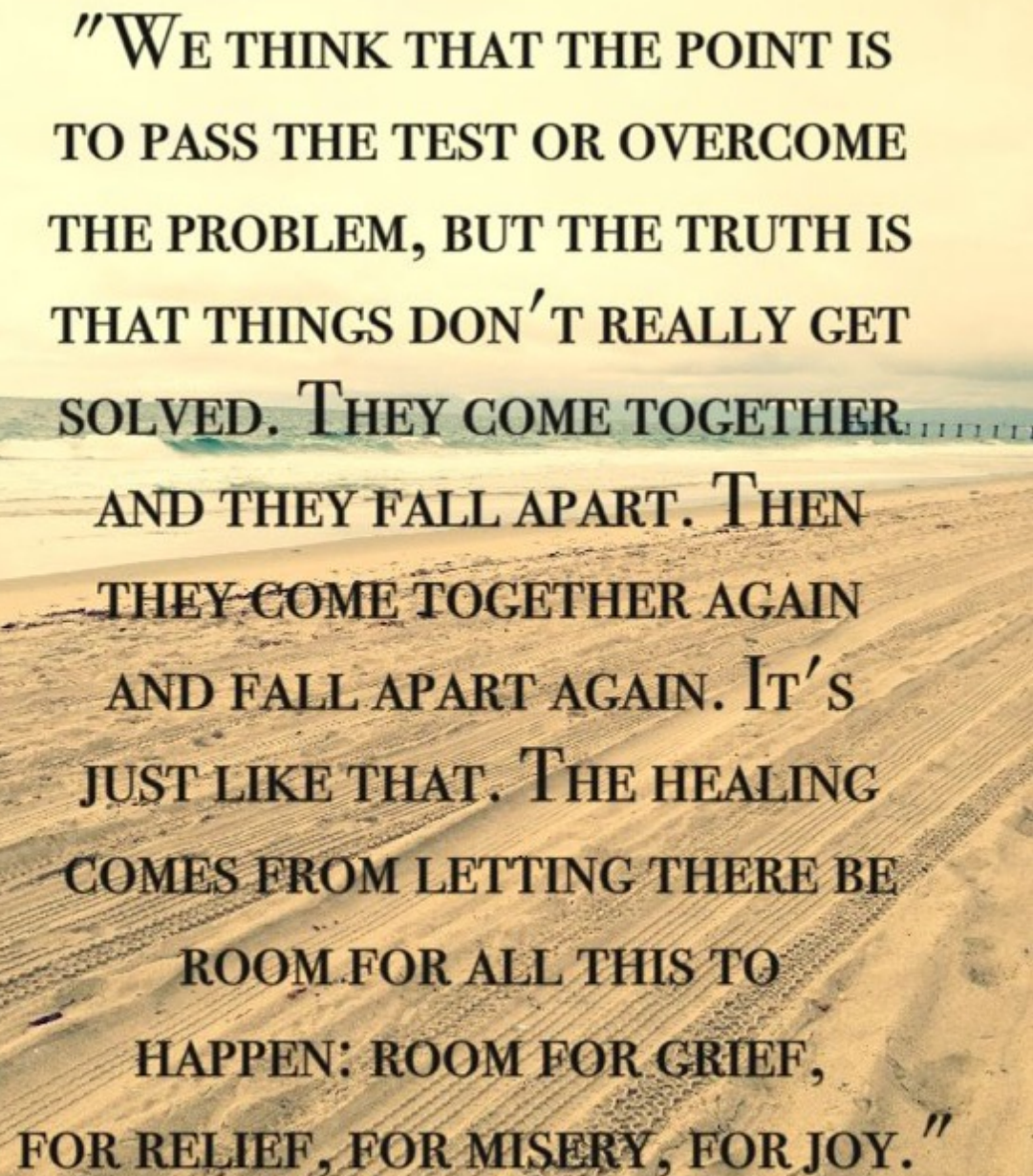
In need a volunteer...





# Presencing and Meditation

Let's pause for 3 minutes



"WE THINK THAT THE POINT IS  
TO PASS THE TEST OR OVERCOME  
THE PROBLEM, BUT THE TRUTH IS  
THAT THINGS DON'T REALLY GET  
SOLVED. THEY COME TOGETHER  
AND THEY FALL APART. THEN  
THEY COME TOGETHER AGAIN  
AND FALL APART AGAIN. IT'S  
JUST LIKE THAT. THE HEALING  
COMES FROM LETTING THERE BE  
ROOM FOR ALL THIS TO  
HAPPEN: ROOM FOR GRIEF,  
FOR RELIEF, FOR MISERY, FOR JOY."

-PEMA CHODRON



# Thank You For Attending regoUniversity

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- Click on **Report PDU's**
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- Course Number = **Session Number**
- Date Started = **Today's Date**
- Date Completed = **Today's Date**
- Hours Completed = **1 PDU per hour of class time**
- Training classes = **Technical**
- Click on **I agree** and **Submit**



Let us know how we can improve!  
Don't forget to fill out the class survey.



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