

## Week 7. DANCING THE EVOLUTIONARY EDGE: CREATIVE, JOYOUS DISCOVERY!



**WORKSHEET 2:** Exploring the skills and qualities our children need to navigate and contribute to our shared future

Standing between *likely* futures and *preferred* futures, and given that we don't ultimately know what lies ahead, and that we live in a time in history, when our very survival as a human family rests on our ability to navigate with determination, with grace, and intelligence of heart and mind, what skills and capacities do our children and teenagers need so that they are well-equipped, whatever the future may bring?

Here a list of suggested skills and capacities:

- \* **Adaptability.** Being able to adapt and respond to change, and also to what we can't change.
- \* **The ability to navigate the unknown.** To be OK and familiar with not knowing and to see such moments as invitations to listen more deeply, to innovate, imagine and collaborate.
- \* **Discernment.** To have the ability to perceive accurately, to see things from various angles, being in touch with our deeper self, and from there, discerning.
- \* **Resilience.** To bounce back in the face of challenge, hurt and disappointment. To allow time for rest and recuperation, while coming back with renewed willingness to keep going.
- \* **The ability to hold multiple perspectives.** Integrative functioning, both/and rather than either/or.

- \* **A love of learning and an inquisitive heart and mind.**
- \* **Authenticity.** In touch with and expressing deeper essential Self.
- \* **Integrity.**
- \* **To be proactive and take responsibility.**
- \* **To be in touch with and attentive to physical health and vitality.**
- \* **Emotional and spiritual intelligence.**
- \* **A high degree of interpersonal and intrapersonal skills.**
- \* **Contemplation.**
- \* **The capacity to understand multiple layers to anything and look at things from a systems-point of view.**

Please add further ones you feel are key in preparing our children and teenagers for the future. May we hold them in Heart and Mind as we parent and nurture these capacities in the present!

- \*
- \*
- \*
- \*
- \*
- \*

