



Level One Episode Guide

EPISODE 3: Which Dog Are You Feeding? Creating a world of work where people discover their significance and purpose

"People seem not to see that their opinion of the world is also a confession of their character." -Ralph Waldo Emerson



- 1 Recognize the urge to protect yourself from fear, shame, anger, and resentment.
- 2 Choose to remain open and vulnerable. Take an opportunity for empathy. Remain open, curious, present, courageous. See people as people, rather than objects. Ask more questions.
- 3 Practice Aware & Share. Own what happened, learn from it, and apply it... ask others to help you with it.



What hooks you? What are your insecurities?

What does it look like when you're in self-protection mode?

Receiving support is a major component of staying out of self-protection mode.
Who do you need to talk with to get in the right mindset?