

Understanding Personal Edges

How my edges impact my ability to create effective relationships.

- Think about an edge that you are currently up against in a relationship or situation involving communication at work. This could be a situation with someone in your network or another key relationship you want to impact.
- What's the edge you are up against? How do you notice yourself behaving at this edge?
- What part of you is FOR crossing The edge and what part is AGAINST crossing The edge?
- Imagine you would have crossed this Edge and are on the other side. What could be benefit / relief / growth / gain?