u-lab Index

Your u-lab journey is supported by two online spaces. This program is a partnership between MIT Learn and the u-school for Transformation by Presencing Institute. Both websites are complementary but independent, so they require two registrations and password definition. On the MIT Learn, you will find all of the course content. On the u-school for Transformation platform, you will connect with other participants, form a coaching circle if you don't have one, engage in dialogue and access the tools and methods introduced in the course.

For your convenience, below you can find links to all course pages, including access to tools and our community space. When you find this icon ↗ it means you will be taken to the u-school external website, which might imply a new login the first time you access it.

Module 0: Orientation
- **Welcome**
  - [Welcome to u-lab](#)
  - [u-lab and Current Moment](#)
  - [Global Welcome](#)
- **Theory U**
  - [The New University](#)
  - [Origins of Theory U](#)
  - [Essence of the U](#)
  - [Presencing - Absencing](#)
  - [The Alchemist](#)
- **Shaping your u-lab Experience**
  - [Making u-lab Your Own](#)
  - [Introducing the Social Arts](#)
  - [One Course, Two Platforms](#)
    - [MIT Learn](#) (for content)
    - [u-school](#) (for tools and community) ↗
  - [What are Coaching Circles?](#)
  - [Community Possibilities](#)
- **Getting Ready**
  - [Create your u-school Profile](#)
    - On [this page](#) click the blue button "Register" ↗
    - Take this opportunity to [edit your u-school profile](#) ↗
  - Explore the [u-school workspace](#) ↗
    - See the rest of the [cohort](#) ↗
    - [Join an existing hub](#) or become a [Hub Host](#) ↗
    - [Join or Create a Coaching Circle](#) ↗
    - Join community [Discussion Boards](#) ↗
    - Check the [Syllabus and Sourcebook](#) ↗
    - Check the [FAQs](#) ↗

- - - All you need at u-school is accessible through the floating menu on the right hand side of every u-school.org page ↗
      - If you need any technical support, please write to support@presencing.org
    - Share your intention
      - Share it in video format (VideoAsk - also an external tool) ↗
      - Or in the Discussion Board ↗
    - Sourcebook
    - Receiving credit for your work
    - Poll

Live Session (September 25th)

- - Watch the Live Session!
    - Live Sessions and AUAs recordings ↗

Module 1: Co-Initiation

- ◉ Core Content: Leading from the Emerging Future
  - Co-Initiation Overview
  - Collectively Creating Results
  - Architectures of Connection
  - Social Soil: The Evolution of Systems Thinking
- ◉ Core Content: Levels of Listening
  - Levels of Listening
  - Leading by Listening
- ◉ Core Content: Dayna Cunningham (Guest Faculty)
  - Dayna Cunningham: Choice Points
- ◉ Core Content: Journaling & Reading
  - Guided Journaling
    - Discussion Board ↗
    - Sourcebook
  - Reading
    - Presencing, *Chapter 1: Are we sinking or are we going to rise?*
    - Presencing, *Chapter 2: From social fields to social systems*
  - Next Steps
- ↻ Action Learning: Coaching Circles
  - Introduction to Coaching Circles
  - Case Clinic: Detailed Instructions
    - Download the Coaching Circles Case Clinic Handout, or consult page 8 of the Sourcebook ↗
  - Join a Coaching Circle
    - Form your coaching circle now ↗
    - You will need a u-school Community Site profile (not an MIT Learn profile) to access the Coaching Circles.
- ↻ Action Learning: Practices
  - Empathy Walk
    - You can find a description and detailed instructions for the exercise here ↗
- ↻ Action Learning: Practices
  - Listening Assessment

- - - ■ Register your level of listening on the [Listening Assessment tool](#) ↗
      - ■ You will need a [u-school](#) Community Site profile (not an MIT Learn profile) to access the Listening Assessment.
    - ○ [Get Credit For Your Work](#)
    - ○ [MIT Learn Entrance Survey](#)
- ● ⇕ **Deepening: Content**
  - ○ [Deepening](#)
  - ○ [Theory U Summary](#)
- ● ⇕ **Deepening: Living Examples**
  - ○ [Dayna Cunningham: Attending to the Roots](#)
  - ○ [Peter Senge (Part 1)](#)
    - ■ Peter Senge is the author of many books, including [The Fifth Discipline: The Art and Practice of the Learning Organization](#) (1990). In this video he describes the webs of connection that shape our individual and collective lives.
    - ■ Peter mentions a video about astronauts. You can find that video, called "Down to Earth: The Astronaut's Perspective" [here](#).
  - ○ [Peter Senge (Part 2)](#)
  - ○ [Peter Senge (Part 3)](#)
- ● ⇕ **Deepening: Additional References**
  - ○ [Reading & Resources](#)
    - ■ The Essentials of Theory U, [Preface](#)
    - ■ Theory U, [Preface](#) and [Introduction](#) downloads.
    - ■ Leading From the Emerging Future, [Introduction](#) download.
    - ■ Field of the Future blog: "The Fourth Horizon: A Mountain Meditation from Val Fex, [Part I](#) and [Part II](#)"
    - ■ Field of the Future blog: "[Universities as Innovation Ecologies for Human & Planetary Flourishing](#)".
    - ■ Field of the Future blog: "[Vertical Literacy: Reimagining the 21st-Century University](#)"

Module 2: Co-Sensing

- ● ◉ **Core Content: Seeing and Sensing the System**
  - ○ [Co-Sensing Overview](#)
  - ○ [Co-sensing Principles](#)
  - ○ [How's it going: Check in survey](#)
- ● ◉ **Core Content: Shifting Relationships**
  - ○ [Levels of Conversation (Part 1)](#)
  - ○ [Levels of Conversation (Part 2)](#)
- ● ◉ **Core Content: Dayna Cunningham (Guest Faculty)**
  - ○ [Dayna Cunningham: The Berlin Moment](#)
    - ■ Share your story [here](#) ↗
  - ○ [Dayna Cunningham: Crisis as Catalyst](#)
- ● ◉ **Core Content: Journaling & Reading**
  - ○ [Reflective Journaling](#)
    - ■ Post your writing in either your coaching circle or the [discussion board](#) ↗
  - ○ [Reading](#)
    - ■ [The Essentials of Theory U](#). Chapter 5, section on Co-initiating and Co-sensing
    - ■ *(Alternatively, Leading From the Emerging Future,* [Chapter 3](#) download)
  - ○ [Next Steps](#)

- ● ↻ Action Learning: Co-Sensing Methods
  - ○ [Choose your Method](#)
  - ○ [Stakeholder Interviews](#)
    - ■ This video and the tool give you everything you need to get started with stakeholder interviews: [Stakeholder Interviews](#) ↗
  - ○ [Sensing Journeys](#)
    - ■ This tool with detailed instructions is an additional resource to help you shape your journey: [Sensing Journey Instructions](#) ↗
- ● ↻ Action Learning: Ongoing Practices
  - ○ [Coaching Circle](#)
    - ■ If you haven't yet watched the coaching instructions, please return to Module 1 and watch the [Coaching Instructions](#)
    - ■ Run another session with your [coaching circle](#) ↗
  - ○ [Listening Assessment](#)
    - ■ Register your level of listening on the [Listening Assessment tool](#) ↗
  - ○ [Get Credit For Your Work](#)
- ● ↕ Deepening: Expanded Content & Living Examples
  - ○ [Deepening](#)
  - ○ [Co-Sensing Principles Review](#)
  - ○ [Case Study: Physician-Patient Dialogue](#)
  - ○ [Dayna Cunningham: Listening from a Different Place](#)
  - ○ [Guest Faculty: Shobi Lawalata](#)
  - ○ [Sensing Journey Example](#)
    - ■ The [Global Wellbeing Lab](#) brings together diverse leaders from across systems, sectors, and regions to develop and strengthen initiatives that improve wellbeing at personal, relational, and systems levels.
- ● ↕ Deepening: 3D Mapping
  - ○ [3D Mapping](#)
    - ■ You can find the [3D Mapping Tool](#) here ↗
  - ○ [Additional References](#)
    - ■ Field of the Future blog: [Protect the Flame: Circles of Radical Shared Presence in Times of Collapse](#)
    - ■ Bird, Kelvy. 2018. [Generative Scribing: An Art of the 21st Century](#). Cambridge, MA: PI Press

Live Session (October 23rd)

- ● Watch the Live Session!
  - ○ [Watch the Live Session!](#)
    - ■ [Live Sessions and AUAs recordings](#) ↗
    - ■ [Discussion Board](#) ↗
    - ■ [Empathy Walk with Nature Tool](#) ↗

Module 3: Presencing

- ● ◉ Core Content: Introduction to Presencing
  - ○ [Presencing Overview](#)
  - ○ [Introduction to Presencing](#)
  - ○ [Facing the Fire](#)
    - ■ [Discussion Board](#) ↗

- ◉ Core Content: Martin Kalungu-Banda (Guest Faculty)
  - [Martin Kalungu-Banda: The Bottom of the U](#)
- ◉ Core Content: Journaling & Reading
  - [Presencing Journaling](#)
    - In this module, the reflective journaling takes place during the second Live Session.
    - You can choose to follow the journaling exercise with an Empathy Walk in Nature. You can find instructions for the exercise [here](#). ↗
    - Afterward, if you wish, we invite you to share your experience and read about the experience of others on the [discussion board.](#) ↗
  - [Reading](#)
    - *Theory U*, [Chapter 11](#) download
  - [Next Steps](#)
- ↻ Action Learning: Social Presencing Theater: Stuck
  - [Introducing Social Presencing Theater](#)
  - [Stuck (Part 1)](#)
    - Click [here to download a PDF](#) of the Stuck Instructions
  - [Stuck (Part 2)](#)
  - [Stuck (Part 3)](#)
  - [Stuck (Part 4)](#)
  - [Stuck (Part 5)](#)
    - If you have questions that Arawana does not answer here, post them to the [Discussion Board](#). ↗
- ↻ Action Learning: Ongoing Practices
  - [Coaching Circle](#)
    - If you haven't yet watched the coaching instructions, please return to Module 1 and watch the [Coaching Instructions](#)
    - Run another session with your [coaching circle](#) ↗
  - [Empathy Walk](#)
    - You can find a description and detailed instructions for the exercise [here](#).
  - [Listening Assessment](#)
    - Register your level of listening on the [Listening Assessment tool](#) ↗
  - [Get Credit For Your Work](#)
- ↕ Deepening: Expanded Content & Living Examples
  - [Deepening](#)
  - [Isabelle Guerrero](#)
  - [Origins of SPT](#)
  - [Interior Castle](#)
  - [Dr. Noel Nannup](#)
- ↕ Deepening: Self-to-Self Letter
  - [Self-to-Self Letter](#)
- ↕ Deepening: Additional References
  - [Additional References](#)
    - *Leading From the Emerging Future*: [Chapter 4 and 5](#) download
    - Fields of the Future blog: "[Turning Towards our Blind Spot: Seeing the Shadow as a Source for Transformation](#)"
    - Hayashi, Arawana. 2021. [Social Presencing Theatre: The Art of Making a True Move](#). Cambridge, MA: PI Press
    - Elizabeth Gilbert [video] [Your Elusive Creative Genius](#). TED Talk

- ■ Unlocking Future Possibilities: A Social Body Scan ([Recording from IDG Summit 2023](#)) featuring: Otto Scharmer, Antoinette Klatzky, Laura Pastorni, Manish Srivastava and Thomas Hübl

Module 4: Co-Creating
- ● ◉ Core Content: Crystallizing
  - ○ [Co-creating Overview](#)
  - ○ [From Presencing to Crystallizing](#)
    - ■ [Seeds Tool](#) ↗
- ● ◉ Core Content: Prototyping
  - ○ [Principles of Prototyping](#)
  - ○ [Action Confidence](#)
  - ○ [Prototyping in Organizations](#)
- ● ◉ Core Content: Case Example - The Eileen Fisher Story
  - ○ [Case Example - The Eileen Fisher Story](#)
- ● ◉ Core Content: Journaling & Reading
  - ○ [Journaling](#)
    - ■ [Discussion Thread](#) ↗
  - ○ [Reading](#)
    - ■ *[Presencing](#), Chapter 5: Ecosystem leadership – Seven practices for cultivating the social soil, pp. 125–137* ↗
      - ● *Alternatively, Theory U, Chapter 12: Crystallizing [download](#) & Chapter 13: Prototyping [download](#)*
  - ○ [Next Steps](#)
- ● ↻ Action Learning: Co-creating practices
  - ○ [Crystallizing: Seed Tool](#)
    - ■ You can find a description and guidelines to the **Seeds Tool** [here](#) ↗
  - ○ [Prototyping: 3D Mapping](#)
  - ○ [Share your Prototype](#)
    - ■ [Prototype Gallery](#) ↗
- ● ↻ Action Learning: Ongoing Practices
  - ○ [Coaching Circle](#)
    - ■ Run another session with your [coaching circle](#) ↗
  - ○ [Listening Assessment](#)
    - ■ Register your level of listening on the [Listening Assessment tool](#) ↗
  - ○ [Get Credit For Your Work](#)
- ● ↕ Deepening: Living Examples
  - ○ [Deepening](#)
  - ○ [Eileen Fisher's Carmen Gama](#)
  - ○ [Jaipur Rugs' N.K. Chaudhary](#)
  - ○ [Nipun Mehta](#)
  - ○ [Reverend Jeffrey Brown](#)
  - ○ [Julia Kim](#)
- ● ↕ Deepening: Practices
  - ○ [Social Presencing Theater: Group Stuck](#)
  - ○ [Prototyping Canvas](#)
- ● ↕ Deepening: Reading & Resources
  - ○ [Additional Resources](#)

- - - *Leading From the Emerging Future*, Chapters 6 - 8
    - Field of the Future Blog: Action Confidence: Laying Down the Path in Walking
    - IDEO are leaders in design thinking. Watch this classic illustration of their innovation process

Module 5: Co-Evolving

- ◉ Core Content: Cultivating the Social Field
    - Co-evolving Overview
    - The Quality of the Soil
    - Embodying Three Groundings
    - Co-Evolving in Organizations
    - The Four Distractions
- ◉ Core Content: Case example - United Nations SDG Leadership Labs
    - United Nations SDG Leadership Labs
        - Here are some examples:
            - Liberia
            - Ghana
            - Bolivia
            - Cameroon
        - Check out the full showcase of country stories here.
- ◉ Core Content: Journaling & Reading
    - Journaling
        - Discussion Thread ↗
    - Reading
        - Presencing, Chapter 6: The future is already here ↗
        - Presencing, Chapter 7: Protect the flame ↗
    - Daily practice toolkit
        - Download the Daily Practice Toolkit
    - MIT Learn Exit Survey
    - Next Steps
- ↻ Action Learning: Dialogue walk
    - Dialogue Walk
- ↻ Action Learning: Ongoing Practices
    - Coaching Circle
        - Meet with your coaching circle this week and practice your fifth case clinic.
        - Run another session with your coaching circle ↗
    - Listening Assessment
        - Register your level of listening on the Listening Assessment tool ↗
    - Get Credit for your Work
- ↕ Deepening: Expanded Content
    - Deepening
    - Eight acupuncture points for societal transformation
    - 17 Principles for leading from the emerging future
        - Daily Practice Toolkit
- ↕ Deepening: 4D Mapping Example
    - 4D Mapping Overview from Otto
    - Mapping Example
- ↕ Deepening: Reading & Resources

- - - Additional Resources
    - *Leading From the Emerging Future*, Chapters 6 - 8
    - Earth for All Deep Dive Paper-11: Transforming our Economies from Ego to Eco
    - Field of the Future Blog: Protect the Flame: But where the Danger Is, the Saving Power Also Grows
    - Field of the Future Blog: SDG Leadership Labs: Supporting UN Country Teams to Achieve Agenda 2030
    - Knowing in the Bones (Systems Leaders dialogue on their experience of 4D Mapping). Journal of Awareness-Based Systems Change, volume 5, issue 1.

Live Session (November 20th)
- Watch the Live Session
    - Watch the Live Session
        - Live Sessions and AUAs recordings ↗