

INVEST HEALTH

Strategies for Healthier Cities

A Project of the *Robert Wood Johnson Foundation*
and *Reinvestment Fund*



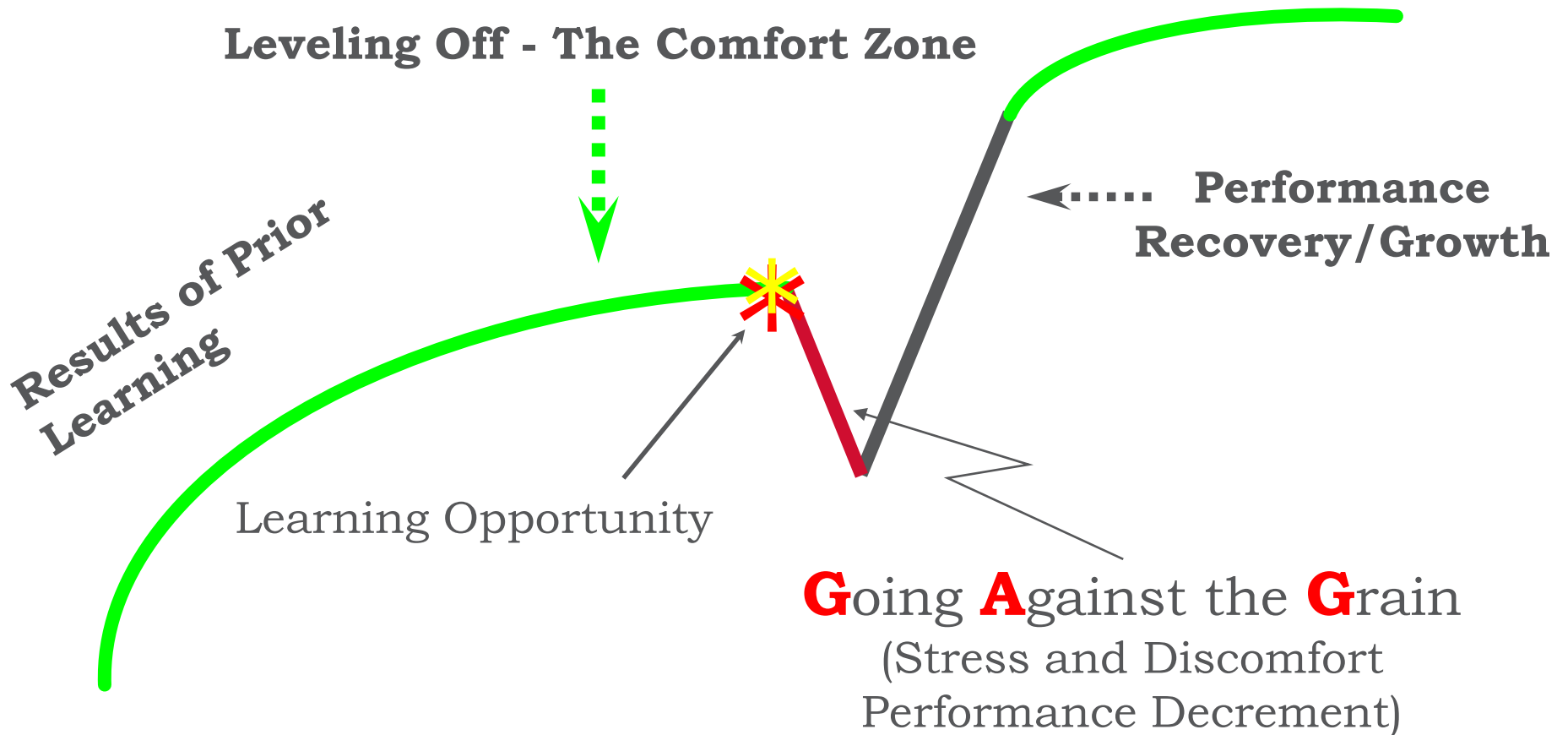
Learning Mindset

September 28, 2016

Convening Guidelines

1. **Shoshin.** Have a beginner's mind.
2. **New York Times Rule.** Speak in headlines using fine-print only when needed. Brief time requires that we value expedience over exhaustiveness.
3. **The Map Isn't Always the Territory.** Given the limitations of language, important to listen for meaning and understanding, to have a better appreciation for how a person is using her/his words.
4. **Trust the Room.** Assume good intent and respect the collective intelligence, wisdom and life experience in the room.
5. **Step-Up/Step Back.**
6. **Triggers Are Real.** Take self-responsibility for your response/reactions to others' words and experiences.
7. **Vegas Rule.** Confidentiality means "I Won't Tell" and "I Won't associate a speaker's identity with her/his story and/or insights, especially outside this room."
8. **Self-Care.** Stand, stretch or bio-refresh as needed, quietly.

Anatomy of a Learning Experience



Reflective Practice – How It Happens



Reflective Practice – How's Your Horizontal?



YOUR VERTICAL: The ability to work effectively “up and down” Institutional Reality which can have a degree of formalism/hierarchy requiring sharp thoughtful planning products, clear logic and effective communication.

YOUR HORIZONTAL: The ability to work effectively within Community Reality that may require moving across spaces not governed by formalism, pedigree or level, **but other important organizing principles of trust, credibility and other particular cultural norms.**