**Kegan’s Getting Present Partner Check In Exercise (5 minutes)**

1. Recalibrate for 30 seconds… Then for 30 seconds let any and all ‘distractions’ surface… Scan inside, just being curious and noticing whatever has some of your care or concern. What might take your attention away from what we are intending to focus on together?
2. Each partner takes up to 2 minutes to share whatever you would like to psychologically put down for the time being, knowing you can pick it back up later if you want or need to (digesting what happened in your previous meeting, an unfinished project that is due soon)…
3. Partner A listens and acknowledges what is up for the other person very simply, without trying to alter their experience. (This sounds like: *“I hear you…” “Got it…”)*
4. Take a breath in silence
5. Partner B does the same for partner A

**“Pass or Play” developmental add on:**

Anyone who wants has up to (30) seconds to remind people of an Edge you are working on and inviting support / feedback. Example: *“I’m working on being more succinct, so if you feel I’m going long-form I invite you to point it out. If you want you can use my ‘close the book’ gesture.”*

**Group check-in alternative or addition to partner share:**

Anyone who wants has up to (30) seconds to briefly describe one of the following if you feel it is relevant:

1. What has your attention outside the meeting that you will do your best to set aside to be fully Present (a shortened form of partner exercise).
2. Your current physical / emotional / mental State *(“I took a Red-eye to get here today so I’m feeling somewhat fuzzy-headed, but otherwise excited to be here.”)*
3. Make explicit an intention you hold for the meeting that might not otherwise be noted but is relevant *(“I’m here today not only to share what I learned from the regulators but answer any questions I can about the proposed acquisition. There are no stupid questions and there will be no repercussions.”)*