

## Vision

A large and thriving globally interconnected group of people seeding the path towards valuing people and life and participating in a flow of generosity; sharing our gifts and the mundane tasks of life with wholehearted willingness, free of coercion; and organizing human life around attending to everyone's needs

## Values

1. **Trust in life** as moving toward vision with all we have and know to do and entrusting the outcome to the mystery of how life unfolds
2. **Love** as opening our hearts to everyone's mattering, leaning into togetherness, orienting to service, and drawing from shared purpose in times of conflict
3. **Humility** as surrendering to the limitations of our individual and collective capacity, opening to the unknown without forcing anything
4. **Truth** as rigorously integrating new information about needs, impacts, and resources, embracing every bit of experimentation as a pathway to realigning us with life at all levels
5. **Courage** as choosing to take action that risks our significance, in alignment with purpose and within care for the whole, even when we are in the grip of patriarchal conditioning
6. **Liberation** as accepting the discomfort that comes when we walk towards integrating flow, togetherness, and choice.

## Purpose

To increase collective capacity to make the NGL framework readily available in the world, building on each person's experiments with truth as material for learning together and co-holding the future of NGL.

## Capacity Assessment

Strengths:

Limitations:

Openings

Obstacles

## Theory of Change

Leaving no stone unturned in our quest for truth, liberation, and capacity supports us in staying together when facing our individual and collective limitations as a direct path to doing our work with clarity, integrity, and coherence

### Principles, Intentions, Practices

*This cell is here to support understanding of the overall VM flow, because of how it correlates to the VM diagram*

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*To be created in a separate spreadsheet 'VM Capacity Assessment - From Limitations to Practices' [document](#) where values are worked into current capacity*

*- Principles and Intentions for integrating VM ([reference](#))*

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1. If our purpose of serving what people want us to support them with and the purpose of supporting humanity as a whole to move towards liberation distract us from each other, then this is a likely indication that the gap between them is too big.

### Mission, Goals, Objectives, Tasks

*([worksheet](#))*

1. Complete the creation of infrastructure for the calls and the group attending them
  - a. **GOAL:** a small subteam exists for attending to tasks
2. Increase individual capacity to understand, apply, and share the NGL framework
  - a. **GOAL:** Each person has a clear list of areas where they want to receive coaching
3. Increase collective capacity to increase capacity
  - a. **GOAL:** The group has clear information about overall strengths and limitations within the group
  - b. **GOAL:** The group has a map of skills needed to pass on the NGL framework
  - c. **GOAL:** The group identifies steps for passing on additional parts of the NGL framework beyond CF, which is fully passed on, VM, which is majorly passed on, and gift economy work which is partially passed on.
4. Support all of us in our liberation edges
  - a. **GOAL:** Each person has an emerging list of limitations and clarity about which ones they are working on within coaching

5. We are holding Miki in passing on this work in a way that it continues after she is gone.

## Action Agreements

### Decision Making

1. Individuals are invited to self-select into these coaching calls based on criteria which are in place to care for maintenance of purpose alignment and the potency of the coaching space. Specifically, calls are open to people who:
  - a. Are ready to commit to regular/frequent attendance
  - b. Have an active previous engagement with Miki (e.g. through PAP, NGL, RTTC)
  - c. Have a clear sense about where they are applying the skills and an active commitment to expand the scope of their application
  - d. Are completely open to receiving coaching and feedback from Miki based on her intuitive sensing of what will increase individual and collective capacity to move towards realization of the purpose
  - e. Are entirely at peace about engaging with Miki in ways described in her [Instruction Manual](#)
  - f. Are supporting the NGL purpose in one of the following ways:
    - i. Working within NGL Online teams as members or contributors
    - ii. Taking responsibility for the functioning of PAP
    - iii. Working directly with frontline communities
    - iv. Engaging with communities or projects that have a high alignment with NGL's purpose
  - g. Have an ongoing interdependent liberation practice (e.g. purpose pod, VM buddies, liberation pods, etc.)
  - h. Are clear on their purpose, either through having it anchored in a VM or through active engagement in a VM building process
  - i. Are in full alignment with this VM structure, without having to stretch to make it OK
2. Miki makes all decisions about all agreements related to the coaching calls with as much input as within capacity for her from those present on the calls and suggested changes to the document.

### Flow

#### Resource Flow

#### Structure

1. Coaching calls take place at least one Tuesday a month 11am - 1pm UK time and one Wednesday a month 7 - 9pm UK time
2. **During the call**
  - a. Half the time we attend to ourselves as an "experiment with truth" and do all the learning we can do where we
    - i. check-in
    - ii. look at one aspect of the VM in the first hour.
  - b. Half the time we focus on one or few individuals and do in-depth coaching
  - c. In support of staying together for learning, we do not take notes, we each write down any gems as we go, then we take 10 mins at the end to go into pairs reflect on what we learned and write it into the notes
  - d. **How we work with people when they bring things to work on in coaching**

- i. We work with applying to one another's coaching requests the various lenses we have in the NGL framework, e.g. Values, Nonviolent Commitments, Purpose, etc
  - ii. When something is not integrated, we specifically look at it as a path to supporting one another's coaching requests.
    1. Current paths we are holding
      - a. NGL Values, to support us in integrating them re the purpose of the calls
3. A group of people exist who are available to be contacted about the work:
- a. List Names:
    - i. Laura Harvey
    - ii. (Void)
4. Someone tracks reminders for action points for Miki during the call and sends a notification.
- a. List Names: Shar

### **Caring for the VM**

1. Anyone can add an agreement to the VM at any time, when they do this they add it in suggest mode and tag the group
2. During the calls, if Emma is there, she adds agreements into the VM and accepts or adjusts anything that was suggested

### **Information Flow**

1. The Landing Page for Committed Coaching Calls with Miki is [here](#).
2. Participants share information about themselves by filling out this [form](#).
3. Everyone can see each other's responses on this [spreadsheet](#).
4. Any documents we create related to these calls are located in [this folder](#).
5. We use this Google group to communicate with one another and give access to the relevant folders and documents - [miki-coaching-circle@nglcommunity.org](mailto:miki-coaching-circle@nglcommunity.org)
6. Fabian, Fox and Emma are owners of the Google group. When people fill out the form, Fox gets notified and adds people to the group.
7. This [spreadsheet](#) tracks participants 'Experiments with Truth'.
8. There is an '[Experiments with Truth folder](#)' to hold longer sharings, including context for coaching. The purpose is to build learning and knowledge over time and may contribute to future case studies. To weave connection, please put your name at the end of the document to show you have read it.
9. The Recordings are located in this [folder](#)

### **Feedback Flow**

1. Each call ends with celebrations.
2. Any feedback about unmet needs related to the calls is invited into a future call, immediately after check-in, with one person facilitating and one person offering coaching on feedback.

### **Conflict Engagement**

1. Any conflict that arises in relation to these calls is attended to using the [Capacity-Based Conflict System](#).

## Agenda 11 Jan 2022

1. Brief purpose check in
2. Additional items for the agenda?
3. Proposed structure
  - a. ~ half the time we attend to ourselves as an “experiment with truth” and do all the learning we can do
  - b. ~ half the time we focus on one or few individuals and do in-depth coaching
4. Support needed
  - a. Folders, documents, note taking
  - b. Learning digestion for people in the field
  - c. VM co-holders
  - d. People to engage with those who want to participate and for whom the form is an obstacle
5. Review agreements and systems
6. Coaching (likely Jessie, Menaka)

## Notes from 22nd Feb 2022

1. Note for [@sageknight@me.com](mailto:sageknight@me.com) to add to Information flow in the VM
  - a. There is an ‘[Experiments with Truth folder](#)’ to hold longer sharings, including context for coaching. The purpose is to build learning and knowledge over time and may contribute to future case studies. To weave connection, please put your name at the end of the document to show you have read it.