

## Circle Exploration Meeting / 圈子探索型会议

### Prepare / 准备工作:

Exploration meetings are opportunities for members to share experiences and learn from each other. In a typical Exploration meeting, two members present “Personal Stories”-- a challenge, opportunity or upcoming decision with their Circle. After listening to the presenter, the rest of the group shares their own insights and related experiences. The idea is that everyone benefits from the group’s best thinking.

探索型会议为圈子成员提供分享经验、互相学习的机会。在这类会议上，通常2位成员会与圈子分享自己的故事——一项挑战、一个机会或是面临的某个选择等。听取二位的故事后，其他成员可分享自己的见解和类似经历。会议的目的是让所有成员在集体的最佳智慧中获益。

### **1) Two Circle members volunteer to share their “Personal Stories” during the meeting.**

两名成员自愿分享“个人故事”。

A Personal Story is a description of a situation, decision, opportunity, or other issue. The presenter will have 5-10 minutes during the meeting to share the story. To prepare, she can consider:

- What is the nature of your Personal Story? Is it work related or personal?
- What is the background information? Who, what, when, where, and why?
- Why did you choose this topic or issue? What question do you want to answer? What is the challenge you’d like to address?
- How do you feel about the situation you’re sharing? Why?
- What are your options? What are the pros and cons of each option? Do you have a preference? Are there elements of the situation beyond your control?
- What are the outcomes of your different options? What will happen if nothing changes?

讲述个人故事时，分享者描述某种情形、决策、机会或事件，通常用5-10分钟。分享者可以通过思考以下问题来准备自己的故事：

- 要分享的“个人故事”属于什么性质？是关于工作的还是关于个人生活？
- 故事的背景都包括什么？什么人、事、时间、地点、原因？
- 为什么选择这个话题或事件？想要寻找什么问题的答案？涉及的主要挑战是什么？
- 你对分享的这一事件、情形感觉如何？为什么？
- 你都有什么选择？每种选择面临的积极消极面是什么？你有更为倾向的选择么？是否有超出自己控制范围的因素？
- 每种选择的后果会是什么？如果一切都不改变又会发生什么？

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## 2) All members think about their answers to the following questions:

所有成员思考以下问题的答案：

The best thing that happened in the last month personally/professionally is: \_\_\_\_\_

\_\_\_\_\_

The worst thing that's happened in the last month personally/professionally: \_\_\_\_\_

\_\_\_\_\_

The biggest problem I'm facing now is: \_\_\_\_\_

What I'm most looking forward to is: \_\_\_\_\_

上个月个人生活和职业方面发生的最好的事: \_\_\_\_\_

\_\_\_\_\_

上个月个人生活和职业方面发生的最糟的事: \_\_\_\_\_

\_\_\_\_\_

目前面临的最大问题: \_\_\_\_\_

现在最期待的是: \_\_\_\_\_

## Meeting Agenda / 会议议程:

### Objectives:

- A) Check in with each other via member updates
- B) Exchange personal insights and experiences on important issues
- C) Agree on next meeting time, place, and topic

### 目标:

- A) 成员互相分享彼此近况
- B) 对重要的问题交换个人见解和经历
- C) 确定下次会议的时间、地点和话题

### 1) Choose a time-keeper / 选择计时人

Choose 1 person to keep time. 一位成员负责计时.

### 2) Member Updates / 成员近况分享 (4 minutes each / 每人4分钟)

\*Remember: Circle meetings share an atmosphere of confidentiality and good communication!

- Each member shares about the best and worst things from the last month for her personally and/or professionally; problems; and/or exciting opportunities and events on the horizon.
- If members recently had an Education meeting, they may also want to share an update about their "One Action"-- how they applied the new skill in the last month.

\*请牢记：信息保密和良好沟通对于圈子的会议是至关重要的！

- 每位成员分享自己上个月生活或工作中最好和最糟的经历，令人激动的机会，或面临的选择、大事件等。
- 如果圈子刚举办学习型会议不久，也可分享最近一个月如何运用新习得技能的相关经验。

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## 3) Sharing Personal Stories / 分享个人故事 (60 minutes / 共60分钟)

### Personal Story #1 (10 minutes)

As presenter is sharing, other members should:

*Listen:* What is the presenter sharing? How is she feeling about it?

*Ask:* Think of questions you can ask to better understand the situation.

*Share:* What experiences do you have that might be useful to the presenter?

Members ask questions, share their own insights and experiences (25 minutes)

Presenter summarizes her takeaways (2 minutes)

### 个人故事1 (10分钟)

分享者讲述时，其他成员应该：

*倾听：* 分享者的经历如何？她的感受怎么样？

*提问：* 思考如何提问以便更加了解情况。

*分享：* 自己有什么经历可能会对讲述者有帮助？

成员们提问、分享讨论见解和经历 (25分钟)

分享者总结要点 (2分钟)

### Personal Story #2 (10 minutes)

As presenter is sharing, other members should:

*Listen:* What is the presenter sharing? How is she feeling about it?

*Ask:* Think of questions you can ask to better understand the situation.

*Share:* What experiences do you have that might be useful to the presenter?

Members ask questions, share their own insights and experiences (25 minutes)

Presenter summarizes her takeaways (2 minutes)

### 个人故事2 (10分钟)

分享者讲述时，其他成员应该：

*倾听：* 分享者的经历如何？她的感受怎么样？

*提问：* 思考如何提问以便更加了解情况。

*分享：* 自己有什么经历可能会对讲述者有帮助？

成员们提问、分享讨论见解和经历 (25分钟)

分享者总结要点 (2分钟)

## 4) Follow-Up / 为下次会议做准备 (5 minutes / 5分钟)

Set your next meeting date, time, and place / 确定下次会议日期,时间和地点:

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Choose your next type of meeting and topic/theme / 确定下次会议形式和主题:

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Assign responsibilities for next meeting (ex: education meeting leader; personal stories presenters, etc.)

为下次会议设定主要角色 (如: 学习型会议主持人; 探索型会议个人故事分享者等)