

Using ORID to Make a Positive Difference During COVID

Rational Aims	Experiential Aim
<ul style="list-style-type: none">● Discern individual and collective challenges in the time of COVID.● Identify possible positive differences we can make in the world as we navigate the changes that COVID has brought to us.	<ul style="list-style-type: none">● Broaden viewpoints by connecting with people who have different views about COVID and vaccination.● Greater clarity, compassion and understanding of how everyone's situation is different.

CONTEXT

We're living in a time of unprecedented pandemic challenge where everyone seems to be getting different information from different sources. This situation is leading to conflict between family, colleagues and within communities. We wanted to have an open and honest but respectful conversation so that we can each honour what is true for each other. The purpose for this conversation is to discern individual and collective challenges in the time of COVID and explore ways we can make positive difference in the world while continuing to have positive relationships no matter what our differences. Hopefully we will find ways to cope with the COVID, its variations, and vaccination protocols in the future.

SUGGESTED PARTICIPATION GUIDELINES

- Suspend Judgment: there might be very different fact/feeling/viewpoints emerged in the conversation. Let's first suspend our judgments so we could really be empathetic.
- Courage to inquire: we encourage the group to have the spirit of curiosity and inquire into different viewpoints.

PROCEDURE

1. Check in:

Take turn to share:

- Your name
- Where you are from
- 2-3 sentence about what you do

2. Focused Conversation

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Level	Question	Format of Participation
O	<ol style="list-style-type: none"> 1. What's going on with COVID and vaccination in your part of the world? Please share briefly in less than 30 seconds about what is going on with COVID and vaccination as you know it. (Please stay open and curious as you hear different responses.) 2. What else are you hearing in the news or from your family, friends and colleagues or from around the world? 3. (Optional if time permits) Anything else that you have heard/know about COVID around the world? 	Sequential + Open Discussion
R	<ol style="list-style-type: none"> 1. What's surprising about what you have seen or heard related to COVID and vaccinations? 2. What's interesting and/or hopeful about what's happening now both in your part of the world and elsewhere in the world? 3. What scares you about this situation? 	<p>1, 2 Popcorn</p> <p>3 Drawing on a piece of paper and share</p>
I	<ol style="list-style-type: none"> 1. (Optional if time permits) What challenges/issues are you and your family facing with the pandemic? 2. What assumptions/values are called into question by the COVID situation? 3. What are you trying or experimenting with around work, life and relationships during these massive changes? 4. (Optional if time permits) What challenges is society facing? (examples from your part of the world) 5. What has your country/region done in response to the change? Out of these reactions, what are reinforcing or support beliefs about your country? What are challenging your beliefs? 6. (Optional if time permits) What policies has your own country or region adopted that reinforce or support beliefs about your country? 7. (Optional if time permits) What has your own country/region done that has challenged your beliefs about your country/region? <p>In summary</p> <ol style="list-style-type: none"> 8. What new understanding/insight emerged for you from our conversation today? 	<p>1, 2 Charting on PPT</p> <p>3 Open Discussion</p> <p>4, 5, 6 Charting on PPT</p> <p>7 Individual writing time plus open discussion</p>
D	<ol style="list-style-type: none"> 1. What personally do I need to do to start, stop or continue to do as the world changes due to the pandemic? 2. What could we do (together or individually) to make a positive difference as the world navigates these changes? <p>Closing Remarks</p> <ol style="list-style-type: none"> 3. (Optional if time permits) Who is one person or a group you'd like to have a similar conversation with? 4. What is an appreciation you are leaving with? 	<p>1 individual chart on S/S/C</p> <p>2 open discussion</p> <p>3 sequential check-out</p>

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