



APPRECIATIVE INQUIRY:

LEVERAGING A SUSTAINABLE POSITIVE INTERVENTION

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Workshop 1 – Discovering the Best of CBODN

The purpose of this workshop is to discover the strengths that we can use as we move towards the future.

Part 1 – 1:1 Interview

1. A 'high point' moment in your experience with CBODN

a. As you scan your many experiences as a member of CBODN, there have been ups and downs, high points and low. We'd like you to reflect on **one** of the most memorable 'high point' moments in your interaction with CBODN thus far. Think about a time when you felt most engaged and passionate. *Now tell the story. What happened? Feelings? Challenges? How were they overcome? Results?*

b. Reflect on "the root causes of success" and themes from the stories above.

Part 1 – 1:1 Interview (contd.)

2. Your vision of the future with CBODN

- a. You go to sleep and you wake up five years later. Picture the CBODN you imagine as if it is happening now. How has CBODN become more local, neighborly, and connected with people in area or region? Rather than an organization that brings people and events monthly, how has CBODN provided support just in time? How has CBODN become more community focused and sustainable than what it is now?

- b. What is one small step you could take to make this vision (above) a reality?

REFERENCE LIST FOR APPRECIATIVE INQUIRY WORKSHOP

BOOKS

Go Put Your Strengths To Work Buckingham, (Free Press, 2010).

Appreciative Inquiry Handbook by Cooperrider, Whitney, and Stavros, (Berrett-Koehler, 2008).

Appreciative Inquiry and Organizational Transformation: Reports From the Field by Fry, Whitney, Seiling and Barrett, (Forum Books, 2001).

Appreciative Inquiry Summit Ludema, Whitney, Mohr, and Griffin, (Berrett-Koehler, 2003).

Appreciative Team Building Whitney, Trosten-Bloom, Cherney and Fry, (Berrett-Koehler, 2001).

ARTICLES

“Positive Image, Positive Action” (David Cooperrider)
www.stipes.com/aichap2.html

VIDEO

<http://www.shannonpolly.com>

The opening video on the webpage discusses appreciative inquiry in depth.

NOTES/FINAL INSIGHTS:

What is the top insight you gained today? _____

What is one thing you will do as a result of this workshop? _____

What is the smallest change you could make that would have the biggest impact?

“The real tragedy of life is not that each of us doesn’t have enough strengths, it’s that we fail to use the ones we have.”
MARCUS BUCKINGHAM & DONALD CLIFTON