

Purpose

To become present with oneself and with others so we can create together.

Why Bother?

Using the Red Dot lets us acknowledge what's happening in the moment so we can leave the "past" behind and arrive in the present. This sets the stage for a person to be more open and available to create what's next.

Specifically Red Dot is a tool that also provides an efficient way for people to clear their minds and show up to deal with the issues at hand. It creates immediate engagement that supports better problem solving, more effective meetings and collaboration.

How To Use

- Use a physical object that symbolizes "having the floor."
- When holding the object, no one else speaks or interrupts during your sharing.
- When holding the object, share what you are thinking, feeling or experiencing in this moment.
- Be brief and to the point.

TIPS

- If done well, a brief, authentic check-in will take less than 60 seconds. As a leader, ensure that check-ins remain brief and uninterrupted.
- The Red Dot tool is named for the red dot on the mall directory that says "You are here."
- After a Red Dot, move right into the meeting (don't process the Red Dot content).

WHEN TO USE

At the beginning and end of meetings

At any point in a meeting when the conversation is stuck or spiraling

When you find yourself distracted or disengaged you can do a silent Red Dot with yourself

To best know how to get where you want to go, it's useful to first know where you are. It's like going to the mall and using the map with the red dot on it to locate where you are (therefore get you on your way to your destination).

Examples

"I have a headache. And I feel a bit sad about dropping my daughter off at kindergarten for the first time."

"I'm thinking about a project that I am behind on too. Ugh. I'd rather not be at this meeting, and I'll get in the groove as we get started."

"I have a ton of energy and just don't want to sit anymore. I love the plan we discussed. I'm ready to get moving on it. And, at the same time, I feel scared we won't follow through on such a great plan."

