

*Provoke,
Evoke*

or Go Home!

Presencing Change is not an option

A stylized logo consisting of the letters 'M' and 'g' in a cursive font, enclosed within a blue rectangular box.

Welcome

Welcome to Masterful Provocation

Session 8

What and How to poke: Roles



Ms

Overview

Here's what we're up to for this session:

1. Pulse Check
2. The Key Agility – Provocative Inquiry
3. What are roles and what are they made of?
4. What limitations of living only from roles?
5. What to poke with roles.
6. Practice time - What roles do you want to poke?
7. Recasting your life



Ms

Pulse Check

Let's check in about poking your stories -

1. What stories did you poke last week?
2. What happened? How easy was it?
3. How did the idea of rewriting your script play itself out?

We're born into a story, and often unconsciously do not notice what comprises the story. When we don't notice it, we weave new stories, grounded in the old. That's called prison.

Mg

Agilities Revisited

Agility: the power of moving quickly and easily; nimbleness:



Provocative Inquiry

Exercise

New Technique - SANYAMA

Mg

What are Roles?



Uhm, Nope

Mg

What are Roles?



Uhm, Nope

Mg

What are Roles?



15178 [RF] © www.visualphotos.com

Uhm, Not even close

Mg

What are Roles?



Uhm, Not these either

Mg

What are Roles?



Ahh.now
we have it





What are Roles

Role

- **A.** (Performing Arts / Theatre) a part or character in a play, film, etc., to be played by an actor or actress
 - **B.** (Psychology) the part played by a person in a particular social setting, influenced by his expectation of what is appropriate
 - **C.** usual or customary function what is his role in the organization?
- 2.** c.1600, from Fr. rôle "part played by a person in life,"
 - 3.** Something we get trapped in by fusing our identity with the character we're playing. A severely limited view of self.

Mg

What are Roles?



We play many parts

Mg

What are Roles?



“All the world’s a stage...



Ms

What Comprises roles

1. **Image** – how one looks when one is in 'costume'
2. **Behaviors** – acted out, limited by the interpretation of the role
3. **History** – how this role has been performed previously
4. **Lines** – the language frequently used by that character
5. **Emotions** – feelings the character has access to
6. **Physicality** – what the body shape is, and how it moves
7. **Mindset** – how the character thinks and what they think about
8. **Identifications** – sense of self derived from story's repetition

Mimicry of Living Roles

Possibilities are defined by perception of role and its job or responsibilities.

These include:

- Behaviors
- Beliefs
- Actions
- Opportunities
- Thoughts
- Emotions
- **Full expression of self**



Mp

What to poke - roles



First, poke that it is a truth rather than a role/character being played

Second, poke that something disastrous will happen if the role is changed



Roles are not WHO we are.

They are something we take on for a specific purpose at a specific time in a specific situation and often find ourselves simply caught in the ongoing role.

Basically, the role takes over.



Ms

What to poke roles

1. **Image** – “Is that how you want to represent yourself?”
2. **Behaviors** – “What actions will change if that role is gone?”
3. **History** – “Who says the role has to be played that way?”
4. **Lines** – “What would you say if the role was changed?”
5. **Emotions** – “How would playing another role feel different?”
6. **Physicality** – “What body would support your new role?”
7. **Mindset** – “How does this character think that you don’t think?”
8. **Identifications** – “Who will you be if you are not seeing yourself just as the role you are playing?”

Mg

Practice Time

What roles do you want to poke?



Parent/Child

Boss/slave

Caretaker

Victim/Hero

Over – under achiever

Coach/consultant

Husband/wife

What roles have you been unconsciously playing?

Mg

ReCast your life



What new roles will make your life sing?