



Discuss systems
Welcome!



preparing the
Ingelotte
Frank

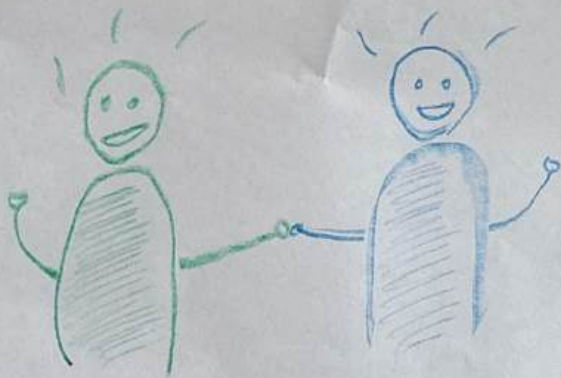


12 June 2026

Check - in

* What's it like to arrive in this session?

* What's your intention for today?



Agenda

Systems
Inspired

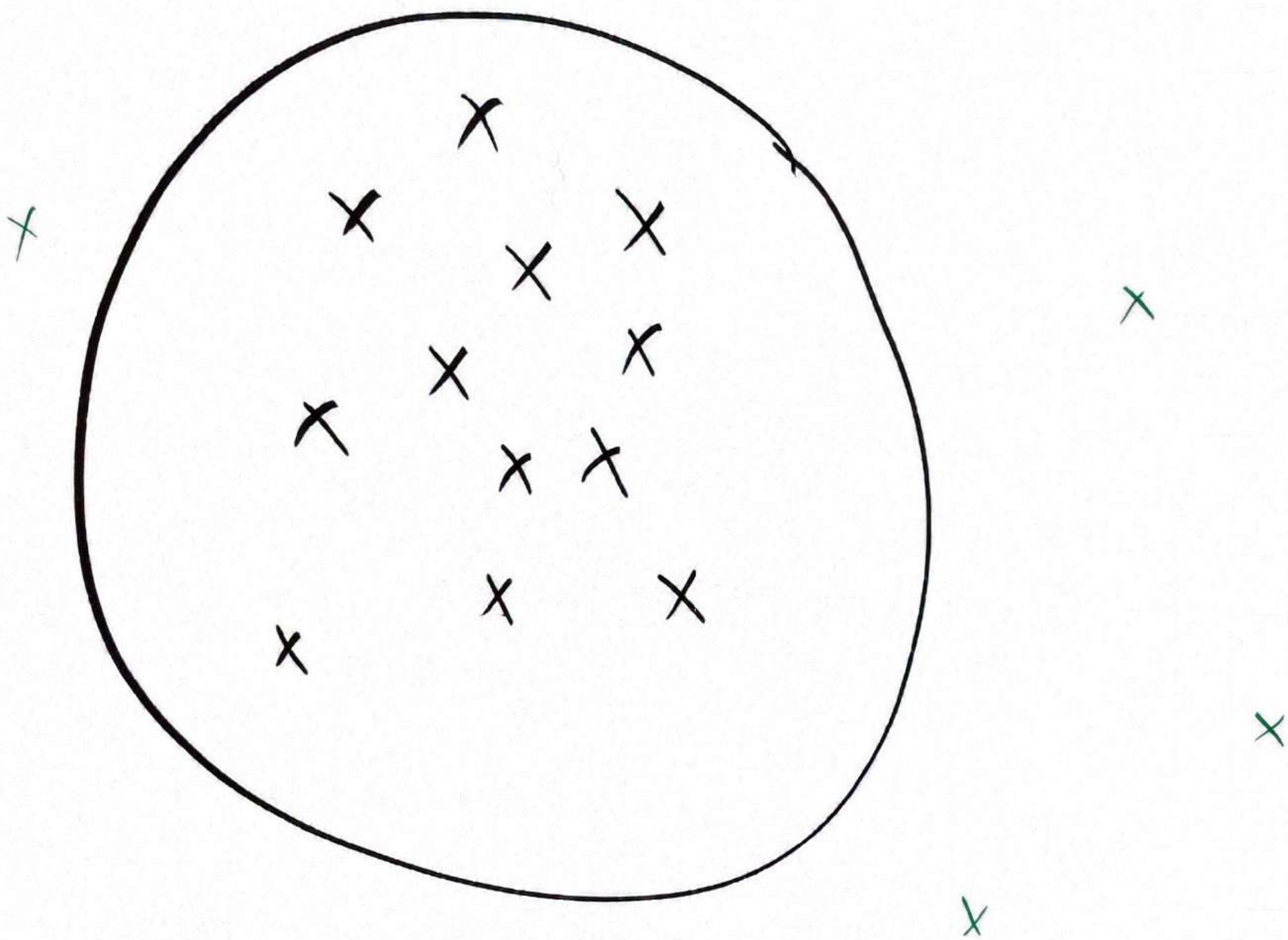
* Starting meetings

* Lunch! 🍴🍷

* Conducting strategic meetings

* Closing

SYSTEMS Inspired



Working with and for
the system

Team Alliance

PURPOSEFUL
SHARING

EXPERIMENT-
ATION

Playfulness

CHILD-LIKE
CURIOSITY

No one left
behind

Playful
ness

HUNGER TO
LEARN

Role alliance

Learner:

Open mindset - sharing -
awareness of impact - time

Facilitator:

Time keeper - permission to
teach - confidentiality -

everyone is right ...

partially

Starting meetings

C

Check-in

A

Agenda

T

Team Alliance

R

Role Alliance

Preparing meetings

PI

Personal Intention
(Metaskills)

C

Check-in

A

Agenda

T

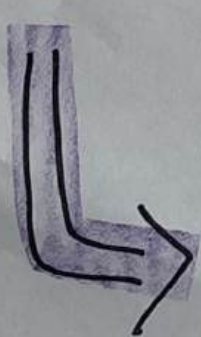
Team Alliance

R

Role Alliance

Purpose Check-in

- * Creating presence
- * Inviting contribution
- * Building relation



What's your favourite
Check-in as leader?

PRE CHECK IN
FYSIEK
EMBODIED
MAKE A GESTURE

- KNOW EACH OTHER BETTER/
DIFFERENT PERSPECTIVES
- VIRTUAL COFFEE
 - HOW DO YOU LIKE YOUR EGGS COOKED
 - OPTICAL ILLUSIONS
 - ICE BREAKERS

Emoji that best describes you at this moment

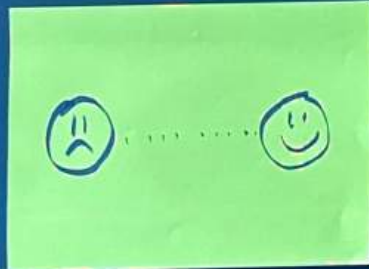
~~Weather?~~
Personal Weather check in

SHORT
* NAMING A FUN FACT ABOUT WHATS ON YOUR MIND

Use your 5 Senses

SHORT Check-in

What is your favorite ...



FEW WORDS FOR CHECKING IN

ask:
% of presence?

How are you Feeling From 1 to 10?

SHORT CONVERSATION CARDS

CHANGE DAILY ATMOSPHERE
PUT MUSIC ON OR MOVE TABLES
30 sec silence



- EMOTIONAL QUICK CHECK
- WEATHER
 - PICTURES
 - BREAK OUT VERSION

~~SHORT~~
CARDS WITH QUOTES OR BOONERANG PICTURES

One word how you arrive here

Anything that needs to be said

Traffic light


BATTERY: WHAT'S YOUR BATTERY LEVEL?

WAT HEB JE
NODIG OM HIER
VOLLEDIG TE ZIJN?

WELK WEEK
IS HET?

Body Scan
of similar grounding
exercise

KLEURPLAAT
MET
AVATARS

WAT GAF JIJ
VEEL ENERGIE
VANDAAG?

LONGER-ISH
CHECK IN

- HAPPENING FOR YOU
AT WORK + AT HOME
- HIGHLIGHT +
LOWLIGHT OF DE
ON A MONDAY
- ANYTHING NEED
- HOPES + FEARS

KEYS

STAIRS

3 questions in
a row

LONG
Check-In

Start with
lunch

HOE IS HET
OM HIER TE
ZIJN

"What wants to
be said?"

leave the room
come back when you
are ready
to participate

NAME the
energy...
what do you need?

navigating

LEAVE IT BEHIND
THE DOOR

WHAT'S THE MEANING
OF YOUR NAME

WHAT VALUES COMES
FROM IT AND SHOWS UP
DAILY

Body Scan

DESCRIBE YOUR
ROLE USING 3
PICTURES

LONGER-ISH
CHECK-IN

- ASK YOUR INTENTION
FOR THE BROADER
TOPIC NOT JUST
THE AGENDA /
MEETING

If your day so far
had a theme
what would it be

Check in with
cards
(e.g. piece of paper that describes
xxx)

Meetings

"There are not enough hours in the day"

⇒ Leaders spend $\geq 50\%$ of their time in meetings

Types
of
meetings

- Crisis
- Operational
- Strategic

Purpose Agenda

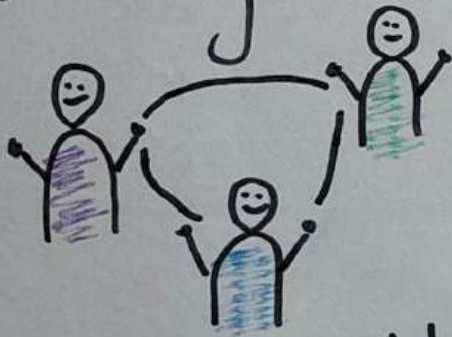
- * Providing clarity on objectives
- * Opportunity to align -
(make adjustments as appropriate)



Purpose Team Alliance

* Setting expectations
desired behavior

* Creating co-responsibility



* Developing the desired
culture

Purpose Role Alliance

- * Consciously allocating specific meeting roles
- * Consciously designing the relationship with the leader

"What is a good,
S.I. process to
get to a new
name for O.O.P.N.?"

Time : 20 min

Looking thru the S.I. Lens
... What went well?

FOLLOW CATR ← Asking
Questions STARTING slow
TO SPEEDUP LATER

RESPECT

WENT WELL

ALL VOICES

HEARD - LISTENED

+ followed the CATR
and deep democracy

... What could be different?

THEY WERE STUCK
UNTIL ANOTHER VOICE
ENTERED THE SYSTEM
Without including her
(later they onboarded the
OTHER)

SKILL FULL
OCCUPIED
ROLE ~~OF~~ (A/E.
AUTORITY)

? goal alignment
& path to goal
unclear

BE DIFFERENT
CLEARER
PROCESS INC.
ROLES

Conducting strategic meetings

