

Theory U meeting highlights from Tracey Eno

10/7/13



What a privilege it was to go to Bettenburg, Germany and participate in the process of “re-forming” Trager International (TI). A group of 25 people met with Wibo Koole and Julie Arts, who facilitated the 2-day meeting. There were Trager® people from Japan, Israel, Scotland, Austria, Italy, Canada, Quebec, Germany, Sweden, Switzerland, Netherlands, France, Finland and the U.S. ! The objective was to begin “clarifying, understanding and projecting what we can all do together so that Trager International can move forward in a functional and constructive way.” The participants were chosen by the Instructor Committee Management Team (ICMT) and the Trager International/Council of Trustees Executive Committee (TI/CoT Exec). The project is estimated to span 12-18 months, and may include 2 more in-person meetings. Expenses are covered by the bequest fund. There were 6 participants from USTA: Anna Marie Bowers, Nan McConnaughey, Cindy Popp-Hager, Naoyuki Sekino (from Japan—part of USTA), Roger Tolle, and me. Irene Darpino from USTA and Patricia Lawrence from Canada alternated taking notes.

I now have a better understanding of the “big picture” of worldwide *Trager*. I made some lovely connections and have an enlarged sense of my “belonging” in the international *Trager* tribe and a feeling of hope for our future. So *what happened?!?...*

The “Theory U” process is to observe the current situations, retreat & reflect and allow inner knowing to emerge, and then act. We began by discussing our fears and hopes for the 2 days and beyond. We then broke into 5 groups and did creative play--using arts & crafts supplies, string, toys, stickers, clay, feathers, etc—to make a 3-D model of how we perceive TI operates now. We then toured the other groups’ models and listened to their descriptions. Each person’s perceptions are so different! Not all groups and committees were represented in all models, and there were many models that showed symbolic breakdowns in communication.



We watched a mind-expanding video clip called “The Deep Dive”:

<http://www.youtube.com/watch?v=JkHOxyafGpE>. We then made new 3-D models of what we envisioned was



possible for TI to move towards a flourishing future. We brainstormed ideas of what building blocks would be needed to create this future. From those building blocks we chose the most important ones to focus on right now, and created work groups: 1) How the *Trager* approach could develop to meet the needs of our modern world, 2) Modern, highly functional website, 3) Info & Marketing (*I’m on this team!*), 4) Face to face gatherings, 5) Renewing the Training track.

We are off to a good start. I feel positive about our personal connections and the trust established within the group. I look forward to the next steps, which are to collaborate (electronically) with our work group members, and then the group of 25 will meet again in person—projected for the first quarter of 2014, location to be determined. At that time, the work groups will bring prototypes of their projects for discussion and group exploration. Onward!

