While you are waiting:

- Take a moment to write your highlight from Chapter 1 in the chat.

- Think of relationships in your life in which there is giving and receiving. What is the nature of the giving and receiving in these relationships? Are they all the same? Are there some in which the giving and receiving is effortless? Some in which it isn't effortless?

- What does it mean to give from the heart?

That's what I consider true generosity.
You give your all, and yet you always feel as if it costs you nothing.
Simone de Beauvoir

If you find yourself feeling resentful, it is likely that there are some strings attached to your giving, and everyone will suffer as a result.

Discover what you can feel happy about giving with no strings attached.

Breakout Room: Discuss the chapter on Giving from the Heart with your partner:

1. **What were your highlights from the chapter?**
2. **What does it mean to give from the heart?**

Check-in Tag: Please share **one** of these:
- A **highlight** from Chapter 1 OR
- An **insight or question** from your breakout room discussion OR
- **What brought you here** tonight?

Then **tag** a person who hasn't spoken yet. (Unmuted means "I'm ready!")

Prepared by Shoko Miyagi and Mary Kay Reinemann based on the work of Marshall Rosenberg, Robert Gonzales, et al.
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Embodied Exercise: Power Over, Power Under and Power With

- Make a gesture that signifies **power over** (you might imagine that someone/everyone on your screen is your subordinate).
- Make a gesture that signifies **power under** (imagine that the others are your bosses).
- Make a gesture that signifies **power with** – (imagine that you are working with peers).

Which of these gestures best fits your example of "giving?"

Situation: Think of a time when you did something for someone. Write it down below.

Feelings & Needs: Partner(s) will offer empathy guesses. Note the ones that resonate with you.

Happy feelings	Met needs

Unhappy feelings	Unmet needs

Debrief: How are you feeling now?

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