IP BEST PRACTICES

The Life Conference

A best practice shared by Cornelia Schlatt.

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The Life Conference

A reflective year-start ritual to foster personal insight and strengthen authentic, human connections within the team, beyond roles and tasks.

Key steps

Step 1: Prepare the Life Conference Chart for each person and explain the possible dimensions.

Step 2: Let each person reflect on their personal dimensions — Where do I stand today in this dimension? How important is it for me? Where is my greatest potential? What's my first concrete step?

Step 3: Put together groups of 3 people and send them on an hour walk in nature, where they share their conferences with each other. The middle one shares, the outer two work as sounding boards.

Step 4: Consolidate experiences and feelings in the group.

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