

## DISCUSSION QUESTIONS

### ***Deepening Engagement: Essential Wisdom for Listening and Leading with Purpose, Meaning and Joy***

Diane M. Millis, PhD

Who are the persons in your life that exemplify deep engagement? Select one of them and describe what you have learned from her or him about leading a deeply engaged life.

The guiding imagery for this book imagines attuning our outer and inner ears to *the sound of the genuine* in our lives. Have you cultivated a discipline for listening to the sound of the genuine in yourself? If so, what do you do? If not, what practices would you like to cultivate and when will you begin?

Howard Thurman acknowledges that we all encounter people whom we perceive to be disingenuous (see p. xx). Nevertheless, he encourages us to try to behold and call forth what is most genuine in others—all others! Recall a person whom you initially perceived to be disingenuous who later revealed their genuineness to you. Who was it? What happened? What did you learn from the experience?

Of the twenty-four precepts featured in the book, which ones do you find the easiest to practice in your daily life? Which ones do you find the most challenging?

Which precept in the book did you find most intriguing? What were the reasons for your interest?

The author features many stories from her lived experience, and that of others, to invite you to reflect upon times in your own life that were purposeful, meaningful or joyful. Through the course of your reading, what experiences came to mind that you hadn't thought about in some time? What qualities or characteristics are they inviting you to nurture?

Think of a moment when you experienced being deeply engaged. What happened and who was involved? What element or lesson from this experience would you like to bring to more of your everyday encounters?

What is the single most important insight you received from reading and discussing this book with others? Why is it so important to you?

Each chapter in this book invites you to pause, ponder and practice a principle of engagement in your daily life. Now that you have finished reading the book, how might you continue to pause, ponder and practice engaging with the sound of the genuine as you lead and work with others?