

Oasis retreat review:

O is for **OBSERVATION**

THE **GOAL** of Observations:

To become better communicators and negotiate an OASIS environment/conversation between us and others

THE **Value** of Observations:

- Catch yourself assuming and jumping to conclusions
- Orient the conversation to know you are talking about the same thing
- Begin a conversation by reducing defensiveness
- Increase understanding and trust
- Helps you to be more present and mindful when communicating with others

Notes/Highlights:

- Be aware of our observations (what you are noticing with your five senses)
- Observations can be both observed by others and your own internal sensations.
- **CRITICAL OASIS MOVE:** Separate what we observe from how we judge it (Clear communication begins with becoming aware of what you are noticing and separating it from your **assumptions** interpretations and reactions (**emotions**)- observation without judgement- takes practice
- Our Awareness of Reality is raised when we are aware of our observations and separating what we observe from how we judge it
- Be more open to others and their own motivations for doing things
- Recognize our **backgrounds** influence our observations