Pekka's point of view - Why am I here?

#### Pekka the Muse Mentor

cv: 5 children, now young adults; 42 years of Work-life; Retired, now Coaching and Musing, and SOS-Children's Village Spare GrandPa



WHY musing?

Too crowded => Living

Spaciously

Now: CoachHub.

VegeTiger MasterClass,

Muse Mentoring.

HOW will we work?



We need good people and a flexible method.

Theory U by Otto Scharmer, and a simple Workbook by Pekka.



You will NOT get answers to all your questions. You will find better questions.

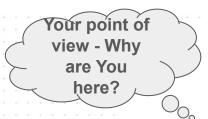
You will develop your Art of Inquiry.



You might get a good group that will keep on (a)musing each other. Or one life-time friend.

Or You had it already in your Inner Core.

I will give you a method for transforming/shifting... but I won't solve your problems.



"As you start to walk on the way, the way appears"

"Life is a balance of holding on and letting go"

- Rumi

WHY musing?







WHAT will you get?



... NEXT?

LIVE SPACIOUSLY SHARPEN YOUR SHIFTING TOOL

FIND BETTER QUESTIONS

IN SHIFTING, HABITS MATTER

Inspiration can turn into more speed. One could also be inspired by the idea of slowing down and simplifying Life.

Mostly
we engage in freeflow dialogue. We will be
Relaxed and Sharp,
simultaneously. We will
laugh and cry.

When your questions change, you are changing your destiny.

What do I get from this? => What can I give to others? Whom can I help? Keep on (a)musing yourself. If you like, keep up the contact with your musing group. Turn on Volume and expand!

# THE JOURNEY OF SUSTAINABLE SHIFTING

Session 1

### 1 BASECAMP

#### 1/1 DREAM

What is your Dream? What needs to change?

#### **1/2 OPEN**

How to Open your Mind, Heart, and Will?

# **OPEN MIND** curiosity

**OPEN HEART** compassion

#### Session 2

### 2 OBSERVE

See what's happening, inside and outside you. Sense how it feels. Find the story that keeps you stuck.

# **OPEN WILL** courage

Session 3

## 3 EYE OF THE NEEDLE

Pass through the Eye of the Needle. Challenge your existing story. Look for renewal: what do you let go of, what do you preserve and what new will you let come?

Move on..

## **5 HABITS**

Move on from experiments to sustainable habits. Take your habits to Life and Work.

Session 4

## 4 EXPERIMENT

Construct a new story that carries you forward. Start actionable experiments in everyday life/work situations.



The document outlines the "Pekka the Muse Mentor" service offered by Pekka Pirhonen. Pekka is retired after a 42-year work-life, has five young adult children, and now works in coaching and musing, in addition to being a "Spare GrandPa" for an SOS-Children's Village. His current engagements include CoachHub, VegeTiger MasterClass, and Muse Mentoring.

#### Pekka's Point of View:

- Why Musing? The purpose is to help participants move from a "Too crowded" life to "Living Spaciously". While inspiration can sometimes lead to more speed, it can also be found in slowing down and simplifying life.
- **How It Works:** The process requires "good people and a flexible method," based on Otto Scharmer's Theory U and a simple workbook by Pekka. The primary method is "free-flow dialogue" where the group will be "Relaxed and Sharp, simultaneously," and may "laugh and cry".
- What You Get: You will NOT receive answers to your questions; instead, you will find "better questions". Pekka states, "I will give you a method for transforming/shifting... but I won't solve your problems". The goal is for you to develop your "Art of Inquiry" and "Sharpen Your Shifting Tool".

The Participant's Journey: The program encourages a shift in perspective from "What do I get from this?" to "What can I give to others? Whom can I help?". The central idea is that "When your questions change, you are changing your destiny". After the program, you are encouraged to "Keep on (a)musing" and maintain contact with your group. You might gain a supportive group or a life-long friend, or discover something you already had in your "Inner Core".

The Journey of Sustainable Shifting The mentoring follows a five-phase process across four sessions:

- 1. **BASECAMP (Session 1):** Define your dream and what needs to change by opening your Mind (curiosity), Heart (compassion), and Will (courage).
- 2. **OBSERVE (Session 2):** See what is happening inside and outside you and find the story that keeps you stuck.
- 3. **EYE OF THE NEEDLE (Session 3):** Challenge your existing story and look for renewal by deciding what to let go of, preserve, and let come in.
- 4. **EXPERIMENT (Session 4):** Construct a new story and begin "actionable experiments" in your daily life.
- 5. **HABITS:** The final phase is to move from experiments to sustainable habits in your life and work