



Critical Conversations:
*A Protocol for Strengthening our
Work Relationships*

*Senate of Virginia
Nov. 29, 2023*

Share something
you were
“famous” for
before you
turned 18

How did it impact
your life?



PASSION IS
ENERGY . FEEL THE
POWER THAT
COMES FROM
FOCUSING ON
WHAT EXCITES YOU.



Share a *passion* of yours (outside of elected office) that “fills up your tank.”

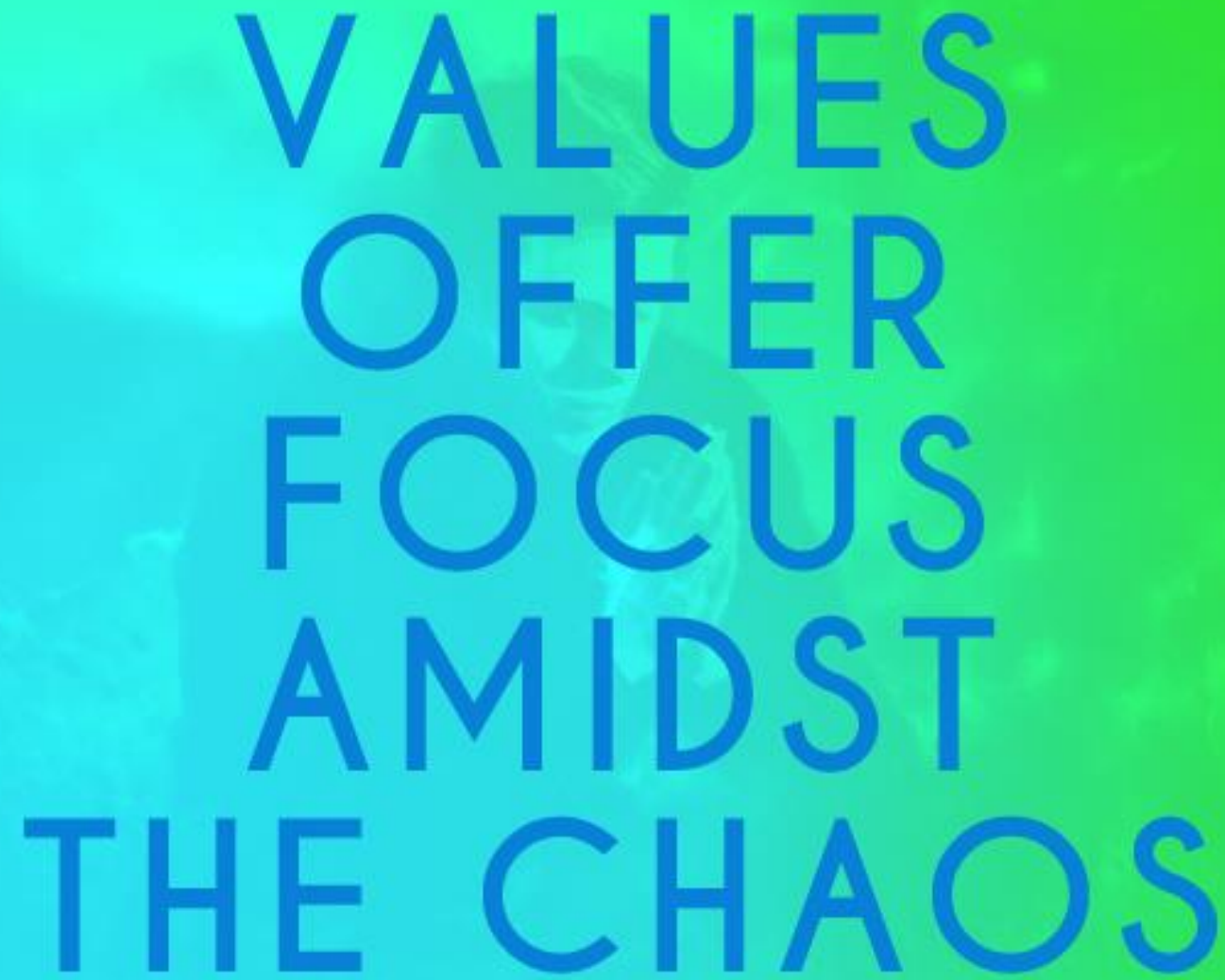
And a “*satisfying moment*” that you’ve experienced on the campaign trail.

**NOTHING EVER
BECOMES REAL
TILL IT IS
EXPERIENCED.**

John Keats

PICTUREQUOTES.COM

Tell your partner a story about an *experience* that inspired you to run for office.



VALUES
OFFER
FOCUS
AMIDST
THE CHAOS

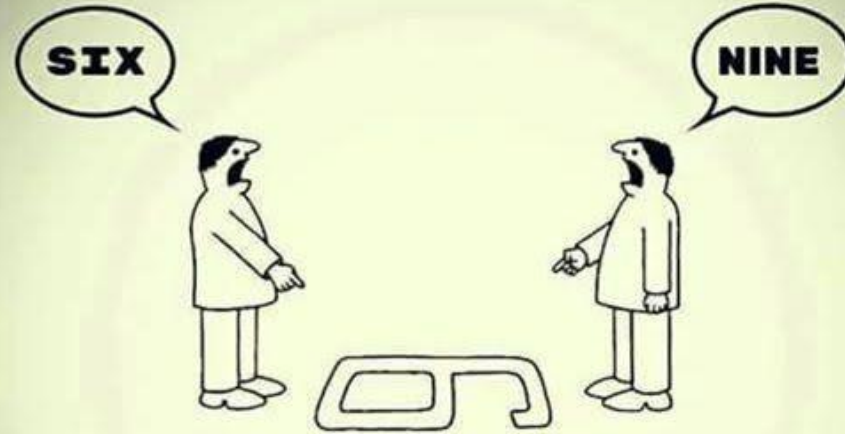
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Your core values are the deeply held beliefs that authentically describe your soul.

John C. Maxwell

What primary *core value* will guide your work in the Senate of Virginia?

Share an example where you have exemplified that value.



Just because you are right,
does not mean, I am wrong.
You just haven't seen life
from my side.

Where can I better appreciate
someone's differing *point of
view*?

What could I learn from that
new perspective?

“Nobody
can give
you wiser
advice than
yourself.”

Marcus Tullius Cicero

**SOMETIMES, THE
ADVICE YOU GIVE TO
OTHER PEOPLE IS THE
ADVICE YOU NEED TO
FOLLOW.**

SLICKWORDS.COM

What advice do you typically give to others, that you often ignore, but **need to use yourself?**

Gratitude
turns what we have
into enough



Gratitude and attitude are
not challenges; they are
choices.

What are you **most grateful for**
about your district or your
constituents?



Everyone you
will ever meet
knows
something you
don't.

Bill Nye

myawesomequotes.com

What have you learned
about– and from– *your*
partner today?

Share your gratitude for their
actions today.

REVIEW

Passion

Experience

Values

Perspective

Wisdom

Gratitude

Partnership

Building trust is a process.

Trust results from
consistent and predictable
interaction over time.

REFLECTION

What did you find useful about our time together today?

What did you learn about *yourself*? About your *partner*?