

APPENDIX 3: 120 POWERFUL METASKILLS

Metaskills refer to the feeling quality that brings your skills to life and makes them more effective. What is the desired culture you want to seed the room with while you are working on a task or outcome? What is your intention? What is the atmosphere you want to create in the room that will best serve the system? What is the energetic impact you want to make on the system? What attitude or “come from place” will best serve the difficult (or fill in the blank) conversation? There is power in reflecting and rehearsing how you want to enter a conversation or meeting.

Below, you will find a list of powerful Metaskills. The ones in **bold** are the seven Metaskills that are particularly useful for building right relationship. *Note that we are using “relationship” in its fullest sense as the collective noun for all relationships. Hence the word relationship without the plural “s.”*

List of powerful Metaskills

1. Abundance
2. Acceptance
3. Admiration
4. Affirmation
5. Aliveness
6. Appreciation
7. Assertive
8. Balance
9. Beauty
10. Boundlessness
11. Brisk
12. Care
13. Cautious
14. Centered
15. Challenging
16. Clarity
17. Coachlike
- 18. COLLABORATION
/PARTNERSHIP**
19. Collegial
- 20. COMMITMENT**
21. Compassion
22. Composed
23. Confident
24. Connection
25. Courage
26. Creative
- 27. CURIOSITY**
28. Daring
29. Decision Making
- 30. DEEP DEMOCRACY (*)**
31. Delight
32. Determined
33. Disturbance as an Ally
34. Disturber
35. Diversity
36. Ease
37. Easy command
38. Effective
39. Efficient
40. Effortless
41. Empathy
42. Empowerment
43. Energetic awareness
44. Entertaining
45. Enthusiasm
46. Equanimity
47. Everything is workable
48. Excitement
49. Experimenting
50. Exploration
51. Failing is OK
52. Fascination
53. Fatherlike
54. Flexible
55. Fluid
56. Focus
57. Forgiveness
58. Friendship
59. Fulfillment

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|------------|--------------------|-------------|--------------------|
| 60. | Generosity | 91. | Patience |
| 61. | Gentleness | 92. | Peace |
| 62. | Giving 100% | 93. | PLAYFULNESS |
| 63. | Gratitude | 94. | Positive |
| 64. | HEART | 95. | Presence |
| 65. | Honesty | 96. | Productive |
| 66. | Hope | 97. | Pure |
| 67. | Humility | 98. | Realism |
| 68. | Humor | 99. | Relaxed |
| 69. | I am OK | 100. | RESPECT |
| 70. | Inspiration | 101. | Result oriented |
| 71. | Interested | 102. | Rigor |
| 72. | Joy | 103. | Serious |
| 73. | Keep things moving | 104. | Simplicity |
| 74. | Learning | 105. | Space |
| 75. | Light touch | 106. | Spontaneity |
| 76. | Lightness | 107. | Stillness |
| 77. | Love | 108. | Strength |
| 78. | Magic | 109. | Support |
| 79. | Motherlike | 110. | Tenderness |
| 80. | Neutral | 111. | Thoroughness |
| 81. | No Bullshit | 112. | Trust |
| 82. | Non-attachment | 113. | Understanding |
| 83. | Non-judgment | 114. | Vital |
| 84. | Not-knowing | 115. | Vulnerable |
| 85. | Objective | 116. | Warmth |
| 86. | Openness | 117. | Warrior |
| 87. | Open to Influence | 118. | Welcoming |
| 88. | Partnership | 119. | Wisdom |
| 89. | Party | 120. | Wonder |
| 90. | Passion | | |

() Believing that all voices in a system are important and have wisdom*