



Sara Ness: Addressing the Elephant in the Room as a Superpower for Connection



Sara Ness is a facilitator, teacher, consultant, and coach who has become internationally recognized as the leader of one of the largest Authentic Relating communities in the world. Find out how to notice, name and address an elephant in the room which is something that everyone notices but no one dares to speak about.

TOP EMBODIMENT TIP: Keep the people who call you into embodiment close.

Opening Breath Meditation: **Prepare for the Session**

- Notice your breath, your body, your thoughts, your sensations.

Elephants in the Room: **What Are They?**

- There are millions of elephants around us which can be whatever is affecting our experience right now but that we do not acknowledge to others. An example of this is the story of the Naked Emperor, the classic story of something that everyone sees but does not speak of.
- An elephant can be something personal, social, or systemic. Feelings that don't make sense often point to an elephant.
- There are two types of elephants: the ones we see but do not dare to speak about and the ones we feel but don't know how to see.
- When you are thinking about whether or not you should address an elephant, think about how your life will be in a year if this elephant is still here.

Some Common Elephants: **Can You Think of an Elephant That is Affecting You Now?**

- Nobody wants to be there (how many of you came by your own will?).
- Unaddressed difference in opinions .
- One person speaking all the time and dominating the conversation.
- People don't trust the leader.

Addressing the Elephant: **Notice and Name, Check and Connect**

- **Notice** - Feel the emotional tone, the social dynamics. What are the phrases/words that keep coming up?
- **Name** - "We seem...", "It seems like...", "I'm noticing that..."
- **Check** - Does anyone else notice it? Do they share it? Shall it be addressed now, later, or at all?
- **Change** - Shift, create a game, let it be (sometimes just naming it is enough.)

Resources:

- ❖ **Courses:** The Authentic Life Course
- ❖ **Website:** sara.ness
- ❖ **Social:** medium.com/@ness.sar; facebook.com/ARCircling



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CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)

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