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## Show Up



*Authority = Author = Authentic = Authorize*



## Introduction

Show up and be authentic in a relational interaction. It allows others to know where you are coming from and where you are standing. You provide a window for others to peer into your thoughts and register your feelings about what is affecting you in this very moment. Showing up allows you to be conscious of your current state of mind and aligns you with your integrity.

*Show up authentically — for a leader to do otherwise — is “false.”*

## How

Take a moment to describe your status:

- What is my intention for this meeting?
- What's important to me?
- What matters most from my perspective to pick up where we left off?"
- "Let me tell you where I am coming from today...."
- "As I sit here and as I begin this meeting, I want to share with you...."
- "Before we begin let me tell you what happened this morning...consequently as we have this meeting...you may be aware that I am...."
- "If you sense that ...it is probably because I am..."
- "I would like to start by sharing something about me...."
- "Let me check in with you a moment...."
- "Guess what...."
- "You know what, I...."
- "It occurred to me on the way here today...."
- "As luck would have it...."
- "Often I am struck with the idea that I...."
- "As you sit here before me...."

## Rationale



Showing up creates a relational context in which you become more familiar to the person or people you are attempting to connect with. In doing so, it also provides you with an opportunity to “take the temperature” of the situation through observing how others are responding to the information you shared. Do they show an interest? Have they fully arrived in the room? Are they ready to go to work or participate with-in the agenda of the meeting?

This method sets a platform for others to begin to open and become more available and to share information about themselves. This is an induction that is an effective way to begin to connect and establish a basis for rapport.

## Notes

In any given day, there are hundreds of opportunities for you to show up. In fact, you probably do so without knowing. Think back to a time when you were highly aware of the transition between one moment to the next and consider what was revealed. Perhaps it was before an important meeting or presentation or maybe a highly anticipated show or a sports event. A date? Showing up can be practiced in simple ways. For some, eating a meal is something we take for granted. Food is put in front of us, and we eat. However, you could take a moment to say thank you, say grace, or offer a toast of gratitude. These intentions prime us to be present for what is about to happen.

Typically, in Japan, when someone returns to a home or place of work, they will say *tadaima* as they cross the threshold. In response, the people who are present will call out *okaerinasai*. Simply put, *Tadaima* means “I have returned” and *Okaerinasai* means, “welcome back or welcome home.” These statements are deeply ingrained at all levels in Japanese society. They are some of the earliest words that children speak. They highlight the transitional moment and reinforce the concept of group harmony. In a subtle way, these simple words say, “I am with you.” They make individual comings and goings a communal act.



Take a moment to think about this. By authentically announcing that you are present, you can ignite and bring to life your family gathering, a team meeting, or a community get-together. As you show up, you reveal yourself into the moment, others reveal themselves to you and one another.

When team members go into a meeting without fully transitioning into the context of the moment, safety and participation is individually assessed and determined. Every man or woman for themselves. Each person is left to their respective capacity to join the meeting. One member could be distracted by an exchange that occurred before they arrived. Another could be focused on their personal agenda with a determination to force it into this meeting. Some may be feeling unresolved animosity with a coworker, while others may be grappling with turmoil at home. Team members may even be experiencing harassment or marginalization, due to their race or gender. Around the room, these individual experiences silently inform and impact the experience of the whole.

When you consciously enter a meeting, can you set aside your individual problems and focus on the greater good? Does a conscious entering allow you to be sympathetic to others who may be entering with challenges? Does your showing up, open everyone up to unexpected possibility?

Image Courtesy of: [Jennifer Griffin @dotjpg](#)

*The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.*