

Week One - On Stage

Hello everyone,

You have reviewed education documents, videos, philosophy, and have all of that information in a folder. Likely you have already judged locally or attended a preview or evaluation show. Now you are ready to go on stage at the WGI regional events.

As we have discussed, we want you to do the "thought work" ahead of being at the contests. You have traveled and changed time zones and now you want to be your best self for your commentary, analysis, and comparison. We have some tools for you to consider as you work to be open and prepared for your day.

We have spoken about being authentic and yourself. That means being self aware and not filtering your reactions too much as you are judging. This "[feelings wheel and blog](#)" is meant to provide you with some ways of checking in with yourself on the show day (and any time). The feelings wheel might help you to be more aware of your responses and then being able to name them.

In addition, we want you to center on three reflection questions that may help you be open, curious, and connected on the contest day.

1. What small step can I take to be more open in my interactions with each team?
2. What will help me approach new ideas and differences with curiosity?
3. How can I connect with each team on a deeper level?

Hopefully, these ideas will help you bring your whole self to our events. You are enough! Be you.

Best,
William & Beverly