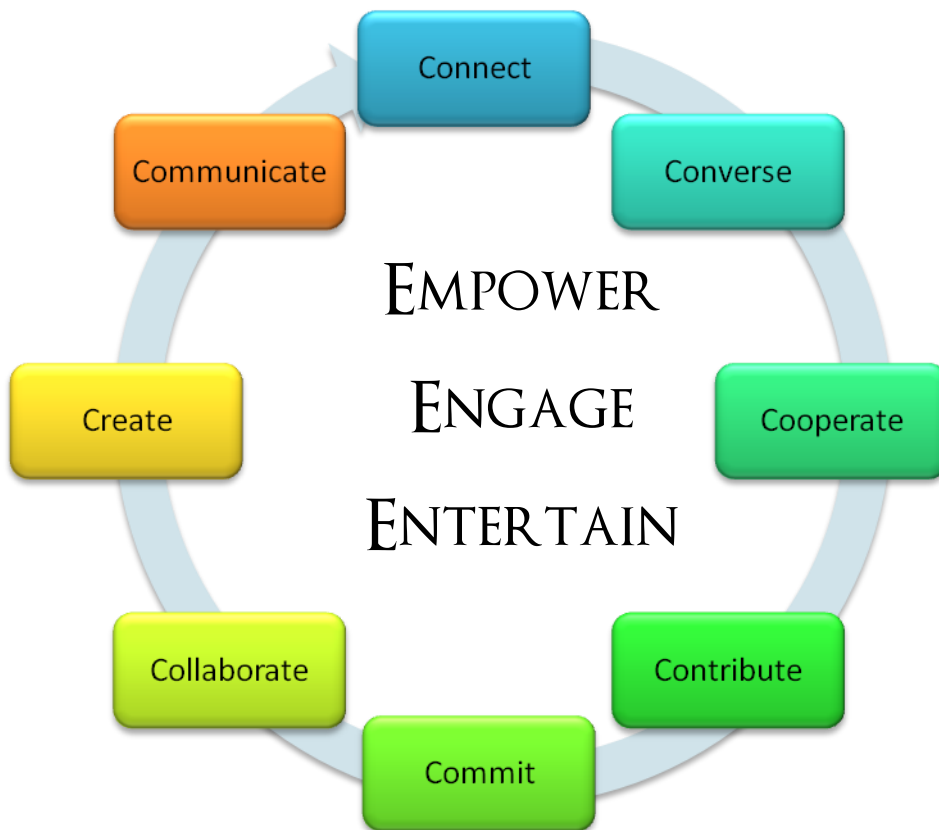


# EMPOWERING CHANGE THROUGH COLLABORATION

*Make a difference with others by discovering  
and applying shared latent wisdom.*



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## JAZZ RASOOL



**Energy Diamond Consulting**

Making your values *valuable*

“EFFECTIVE COLLABORATION CONSERVES  
THE ENERGY AND RESOURCES USED UP BY  
THE NEED TO CONTROL AND COMPETE.”

JAZZ RASOOL

### EMPOWERING CHANGE THROUGH COLLABORATION

This is a short group activity that uses a cycle of steps to make you more effective in Life and Work. It improves the way you cooperate with others who you could help and that could help you. The focus is on making a real world difference through discoveries of one another's visible and hidden *wisdom*.



A single fibre of a rope is not very strong but when it is brought together with many others it can provide great strength and support.

In just one or two hours you can learn how to connect with people and converse with them about possibilities for collaboration. In doing so you will find routes to contributing to one another. With enough mutual contribution in the short term you can commit to creating something for the long term.

Learn how to communicate more deeply with people by what has *relevance* for each of you and, more importantly, through a deeper sense of shared *resonance*. Multiply your opportunities and divide your risks. Go on to foster collaboration and creativity at even higher levels.

Connection begins by you meeting the right people who you could help and who could help you. Energy Diamond's **Social Vitamins** are a way of using Social Networking to ensure you get the right diet of social encounters. Learn to '*connect, share and catch up*' **and** '*learn, grow and wise up*' –whether for personal, business or community aims.

# “MINDFULNESS, AN ADAPTABLE SENSE OF PURPOSE AND SHARED LEARNING GUIDE THE FLOW OF COLLABORATION”

JAZZ RASOOL

Learn how the collaboration cycle is influenced by

- What *learning* you are willing to share
- What *purpose* you are directed by
- How *mindful* you are being

Creativity that is effective in overcoming challenges, or feelings of being stuck, is the result of collaborating effectively. Collaboration is like Charity –it begins at home and with you learning how to get on with yourself so you are in a position to get on with others. You can create something and make an impact with it when you focus the momentum of what you have built up so far.

Making an Impact in the world typically has three outcomes or flavours.

1. Impact that *Empowers* people and processes
2. Impact that *Engages*
3. Impact that *Entertains*.

The most memorable recipe for impact is the one that has the right mix of all three flavours.

The Collaboration Cycle ensures you resolve your challenges with a process where you cope psychologically and have rapport in your social encounters. ‘Socially Healthy Success’ comes from effective collaboration. Create impact with the right proportions of focus on *Empowerment*, *Engagement* and *Entertainment*.

# COLLABORATION THROUGH SHARED LEARNING

*What are you choosing to be present to?*

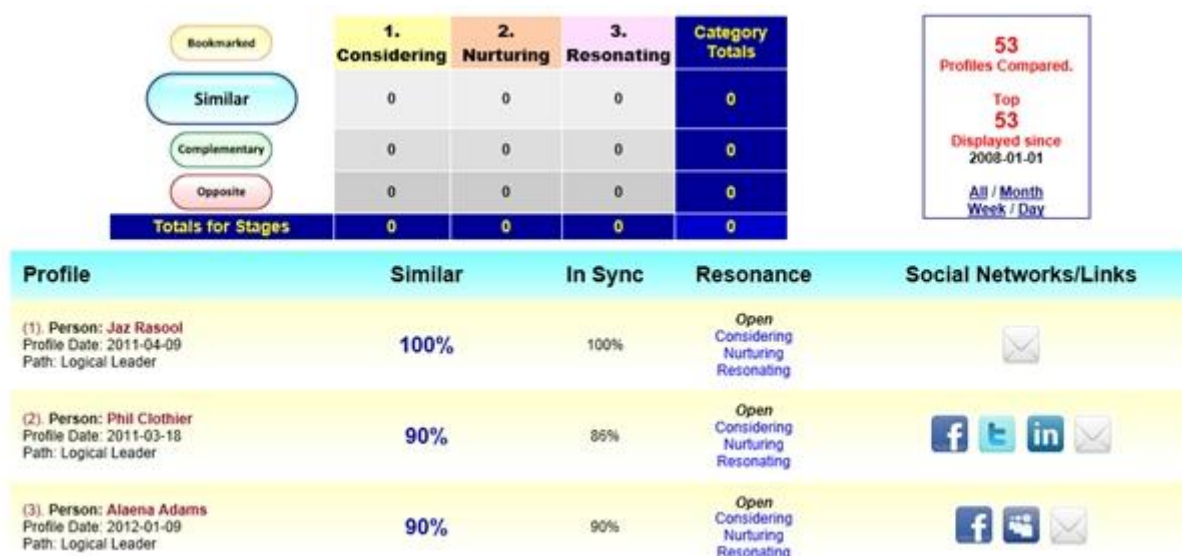
*How are you doing it? Who are you learning from? Why?*

We each have needs which we must meet in order to survive. How we learn to meet those needs, which needs we focus on and who we learn to meet them with affects the quality of our lives. Our style of learning affects the ambitions and goals we realise and complete. A three stage process can help you meet your ambitions and goals while helping others with theirs.

## COLLABORATION THROUGH SHARED LEARNING

The first stage of the collaboration cycle suggests you *connect* effectively. For you to do this we ask you to complete a questionnaire. This measures how well you are learning to meet your needs as well as how effectively you are helping others meet their needs. From your answers we build a profile of you and use it to *connect* you with others who could help fill in the gaps of your wisdom. You are also matched to people whose gaps in wisdom you could help fill in. Ongoing *conversations* develop this discovery and sharing of wisdom.

Connect and Converse with people *Similar, Complementary* or *Opposite* to you for a healthy social diet where you ‘*connect, share and catch up*’ as well as ‘*learn, grow and wise up*’. Use the Social Vitamins *Resonance Matching* to link up to the right people.



# AN ADAPTABLE SENSE OF PURPOSE

*What are you directed by? Which path do you want to go on?*

*What's your destination?*

*Are you going on your own or sharing the journey with someone?*

## AN ADAPTABLE SENSE OF PURPOSE

After organically connecting with people and discovering and applying one another's wisdom, a support network will emerge. Driven by one another's wisdom you will, together with others in your support group, be able to help one another out with your goals and sense of purpose. You'll know what to *cooperate* around and what to *contribute* to one another.

### CURRENT LIFE PURPOSE

Help Others Harness and  
Manage their Intellect, Self-  
Awareness and World View

The Social Vitamins software can look at your latest learning and mindset to make an educated guess about what key need you might to learn more about. It identifies what overall purpose might be good for you to focus on.

### TODAY'S PRIORITY

Help yourself Experience and  
Know your Emotions, Self-  
Confidence and Self-Esteem

You will be recommended to act on a daily priority that serves your overall purpose.

# MINDFULNESS

*Are you being true to yourself?*

*Are you aligned to your life's calling?*

*Are you conscious of what others need to learn from you?*

*What do you need learn from others?*

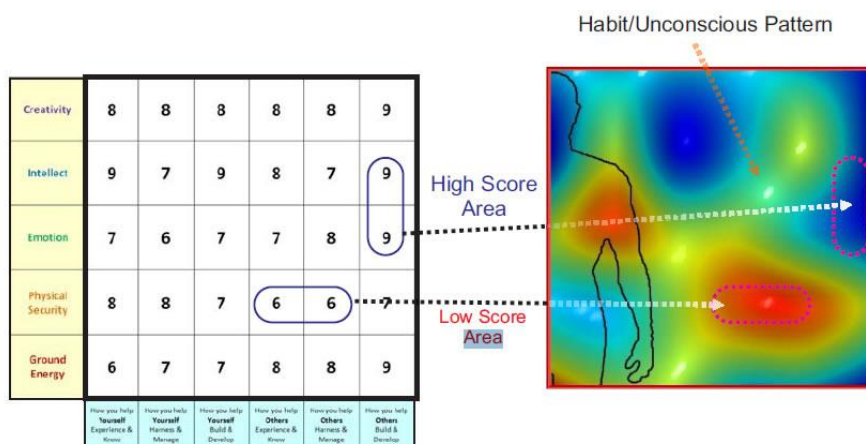
## MINDFULNESS

Inevitably you will connect in deeper to your goals and sense of purpose. You may feel you need to change who you are being by becoming more mindful of your life's lessons. This will lead you to look at how you act on your own wisdom. This allows you to be true to yourself and be adaptable to the choices you have chosen to live by. Should challenges or opportunities arise you can address them personally as well as call on the people in the support network you have built for practical wisdom.

Being mindful about the right things you'll come to know what you can *commit* to and ensure others commit to what needs shared responsibility. With joint commitments in place you can *collaborate* around a common goal and go on to *create* something together. If you want to you can *communicate* your achievements to a wider community of people.

Using a Social Vitamins *Atmascape* you can get a sense of your mindset –where your strengths are and where you have yet to develop yourself. Checking in daily ensures you can monitor your mental health as well as your social health. If you spot anything you feel needs changing you can make a choice to deal with it yourself or turn to your support network for guidance and aid.

The scores from your questionnaire answers are put onto a grid and converted into colours to give you a 'weather map', the *Atmascape*, that shows how well you are meeting your needs as well as helping others with theirs.



# YOU ARE JUST *ONE* STEP TO A PATH OF COLLABORATION AND A LIFETIME OF SOCIAL SUCCESS.

If you would like to start using collaboration skills to become creative and more socially competent, just take *one* step to begin your journey. Arrange to attend a collaboration workshop or organise one yourself, requesting a speaker from Energy Diamond.

In the meantime you might like to check out the Social Networking tool that helps people find others to collaborate on a common calling with. Visit [www.socialvitamins.co.uk](http://www.socialvitamins.co.uk)

I look forward to helping you on your path to a lifetime of success.



***Jazz Rasool***

Director, Energy Diamond Ltd,

Creator, *Social Vitamins*



# YOUR GUIDE

## JAZZ RASOOL

BUSINESS MENTOR

CREATOR OF SOCIAL VITAMINS

COLLABORATION DRIVEN SOCIAL NETWORKING



Jazz is a Business Coach and set up Energy Diamond Consulting after many years experience in high-level executive coaching.

His current focus is Social Media driven collaboration which he will be championing during global *Social Media Week* in February 2012 after being invited by organisers to hold events in London. He is combining this initiative with a focus on regeneration and establishing collaboration solutions in Tottenham, London following the UK's summer 2011 riots that began there

Jazz is organiser for the Holistic Media Network, a group of nearly 200 Media Professionals with a focus on producing Transformational content. In addition he is organiser of Business Alchemy, a group focussed on applying the latest scientific research into the human mind and spirituality into business spheres.

Jazz currently works with six affiliate Executive Coaches based throughout the UK. Each coach applies Energy Diamond approaches in their coaching practices and businesses, especially in helping clients with their goals and energies.

Although Jazz was creating elements of Energy Diamond as far back as 1989, he organised the Energy Diamond components into a holistic system of coaching in 2005.

From 2002 his work led to new best practices in Stress Management and Performance Coaching that were applied at the HELP counselling centre in London run by Richard Branson's Virgin Unite Foundation. He also worked with diplomats and executives at the United Nations in Switzerland, with celebrities in Hollywood, executives and staff in BT and with the board and international directors of Unilever at their Vitality themed Rebranding in 2004.

In 2000, after training with several Masters in Chinese Medicine and Martial Arts, he went on to train existing practitioners into fully fledged instructors. A strong focus developed in treating patients with stress and hormone related disorders as well as clients with issues around motivation and empowerment.

Jazz graduated with a degree in Physics in 1992 and a Masters degree in Molecular Biology in 1993, both from the University of London. He went on to teach for many years on the physics behind mind-body medicine and the biology of the human mind, delivering training in Europe, the USA and the Caribbean.

Jazz was born in 1966, in a village in Pakistan not far from the Himalayas and has lived in the UK since 1970.



# THE COLLABORATION CYCLE



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## Summary of Step by Step Collaboration

For effective collaboration it is important you begin by making an effective **connection**. This will centre on what you share that is *similar* to one another, *opposite* to one another and things that are a mix of the two or *complementary* to one another. These are what you go on to have **conversations** about and which you may choose to **cooperate** around to do something together. If cooperation is significant enough you may feel you actually want to **contribute** to one another in more tangible ways. Frequent contributions lead you to begin to **commit** to one another. With enough commitments that you are following through on and honouring you might then feel you want to work together for the long term and agree verbally or contractually to **collaborate** with one another in some kind of partnership that will focus on creating something over a long period. When you have **created** something significant enough you will typically want to **communicate** it to others so it can be sustained. This final step leads you to building more extended relationships with others and bringing in new **connections** but at a larger scale. ↻ At this point you have begun the collaboration cycle again and are going through it at a higher level and as a *virtuous cycle*. If collaboration fails at any given stage it is probably because earlier stages were not completed fully or you are currently acting on a stage further ahead of where you need to be collaborating. For example it would not be appropriate to collaborate if any of the parties involved felt they had not experienced enough cooperation or there was not enough connection.

## Working with the right priorities and proportions of Empowering, Engaging and Entertaining.

Collaborating people will typically focus on collaborating around goals that **Empower**, **Engage** or **Entertain**. For any given collaboration there is probably an ideal mix or proportion of these for the individuals involved. If the view cannot be agreed as to what the mix should be then collaboration will be stalled or abandoned. Only changing the mix, as when people use non-violent communication can salvage such unfolding collaborations. **The most sustainable collaborations are Empowering in an Entertaining way which people find continue to be worth Engaging with.**