



**GE / DA Caption
Friday
January 2026**

WELCOME!



Collective goals for the weekend:

- Consider ourselves, our captions, and our processes anew.
- Refocus on unique caption elements.
- Explore attention and authenticity.
- Connect with, and collaborate with, colleagues.





ABRAHAM LINCOLN, DECEMBER 1, 1862

“The dogmas of the quiet past are inadequate to the stormy present.

The occasion is piled high with difficulty, and we must rise with the occasion.

As our case is new, so we must think anew and act anew.

We must disenthral ourselves, and then we shall save our country.”



SIR KENNETH ROBINSON (1950-2020)

“Everybody who's spoken at TED has told us implicitly or sometimes explicitly a different story: that life is not linear, it's organic.

We create our lives symbiotically as we explore our talents in relation to the circumstances they help to create for us.

Human communities depend upon a diversity of talent, not a singular conception of ability.

And at the heart of the challenge is to reconstitute our sense of ability and of intelligence.”

REFLECTION

What will you consider anew?

What will you take into the new season?

What will you disenthral from?





INDIVIDUAL REFLECTION

Using the front of the score sheets:

On your own, choose your primary caption, and consider:

- Bullets I have questions about (e.g., What does it mean? How do others speak about it?)
- Bullets I think are critical and unique to the caption
- Bullets I often neglect or that I should incorporate more
- Bullets I should consider anew, reframe, or approach with a new mindset

1) Make note of the bullets in each category above

2) Identify if you will consider the bullet personally, or if you want to discuss it with the larger group (or with a peer or your manager)



GROUP REFLECTION

In small groups of three for GE or DA:

- **What does this bullet point mean?**
- **What do your peers think about this bullet?**
 - **Note where you align or disagree or can expand how you consider this bullet**
- **How critical is this bullet to achievement overall within the caption?**
 - **Note if this is a unique element to the caption**
 - **Note if this is a tie breaker for comparison**
 - **Note how you wish to reconsider this bullet in the future**
- **Discuss how you might incorporate this bullet more into your commentary.**

Complete an index card with specific questions about any bullet for caption managers to cover during the weekend or a future meeting.

GE COMPARISON POINTS EXERCISE

Key Takeaways:

- The bullets are reminders and windows into our complete understanding of the scoring system.
- The ultimate outcome is for us to internalize the scoring system, adjudication manual, and integrate that into our judging.
- We can always work to better cover the complete system WHILE being present with each team and providing that team with its unique information in real time.





Attention

“Attention is not neutral.”

“It is the act by which we confer meaning on things and by which we discover that they are meaningful, the act through which we bind facts into cares.” —Antón Barba-Kay



Attention

"Instructions for living a life: Pay attention. Be astonished. Tell about it." —Mary Oliver

ATTENTION

Definition: Actively focusing mental energy on one chosen element of the environment, making it the governor of conscious awareness in the present moment.



ATTENTION

Key Aspects:

- ***Selectivity:*** Filtering event-to-event, actively choosing what to process.
- ***Sustained Concentration:*** Focusing mental resources without allowing the mind to drift.
- ***Vigilance:*** Maintaining active state of readiness and expectation, being alert and receptive.



ATTENTION

The Result: Attention fosters deeper trust and connection because the team feels they are interacting with the *real* you:

- You are you and teams want to hear from you.
- The teams want to know that you are watching them, reacting to them, and evaluating what they are “uniquely” trying to do.





Authenticity

"Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are." —Brené Brown (researcher/author)



Authenticity

"Authenticity is invaluable; originality is non-existent. Select only things to steal from that speak directly to your soul. If you do this, your work (and theft) will be authentic." —Jim Jarmusch (filmmaker)

AUTHENTICITY

Definition: Showing up in a way that aligns with your true thoughts, feelings, and values, rather than putting on a performance or mask to please others or fit a role.

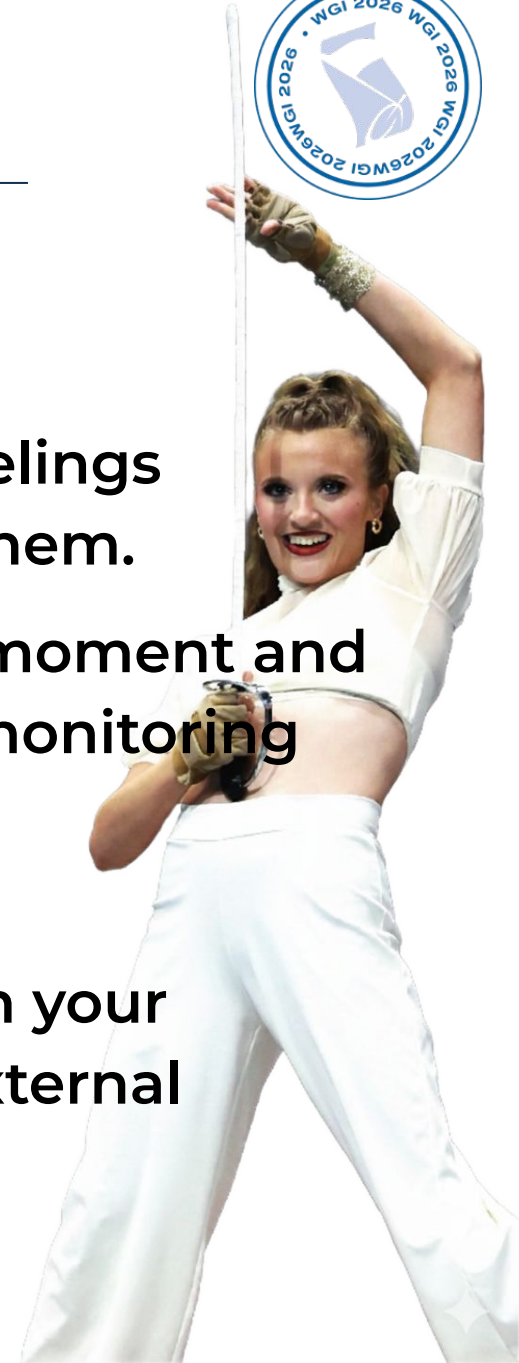


AUTHENTICITY



Key Aspects:

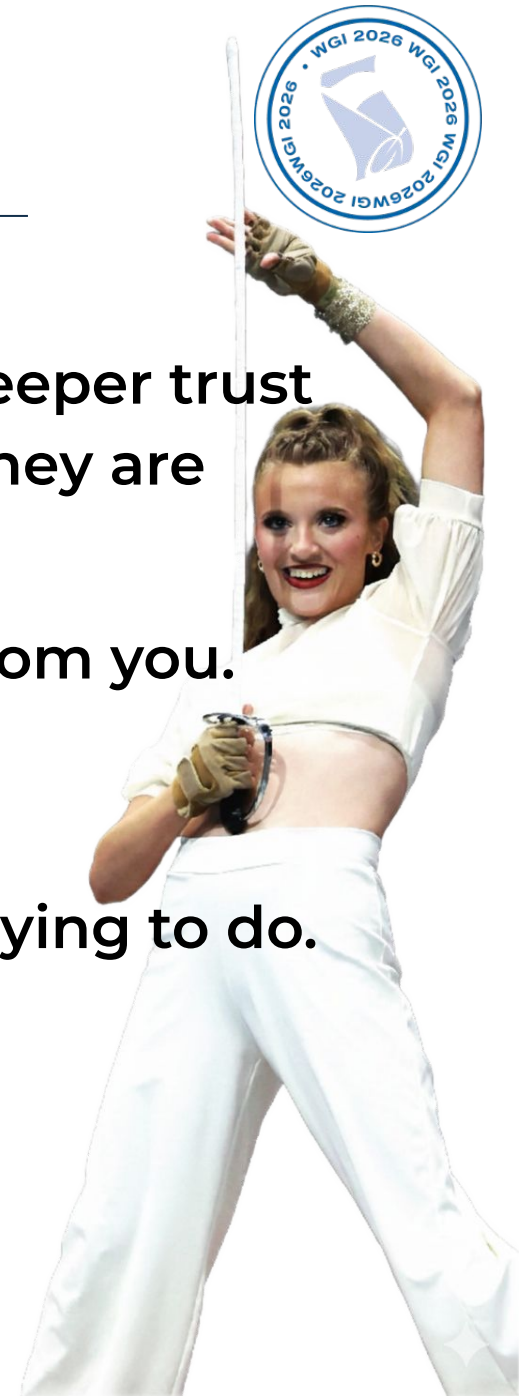
- ***Self-Awareness:*** Knowing your true feelings and reactions; being willing to share them.
- ***Presence:*** Being fully engaged in the moment and with the team, not distracted by self-monitoring or rehearsing what to say next.
- ***Congruence:*** The consistency between your internal thoughts/feelings and your external words/actions.



AUTHENTICITY

The Result: Authentic presence fosters deeper trust and connection because the team feels they are interacting with the *real* you:

- You are you and teams want to hear from you.
- The teams want to know that you are watching them, reacting to them, and evaluating what they are “uniquely” trying to do.





TAKEAWAYS

- What discoveries did you make?
- How will you incorporate these into your craft this season?



THANK YOU!