

Empathy towards others



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The background features several abstract, overlapping shapes in various colors: a large pink hand-like shape on the left, a yellow circle below it, a yellow and blue shape at the top right, and a grey shape with a pink and blue circle at the bottom right. The overall aesthetic is clean and modern with a light blue background.

Activity: The Village

This exercise signifies a profound shift towards holistic consciousness, where the well-being of all components within a system is paramount. This transition is facilitated by the alignment of mind and body, fostering innate awareness.



Activity: The Village

Within the Village exercise, participants progress from individual bodily awareness to a collective sense of belonging, sparking creativity and fostering mutual respect. Originating from a pivotal question on unlocking group potential, the Village prompts exploration into the dynamics of attention and action necessary for emergence.

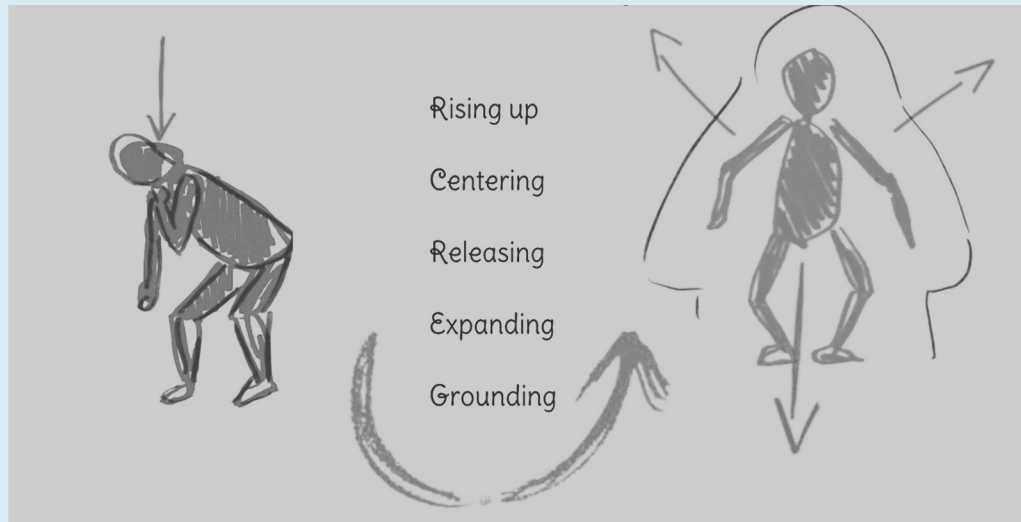


Activity: "Stuck" exercise

"The invitation here (Stuck) is to notice the inclination of individual people and groups of people to move toward a saner, freer, healthier, more creative situation; By paying attention to our "body-knowing" and to the social field, we discover new directions or fresh insights that were not accessible just by thinking."

Stuck exercise

- You are not stuck. You have a stuck.
- It is part of a creative process.
- We are not stuck by ourselves.
- It is not sustainable. It tends to move.
- Get insights that are not available with the mind.
- Linguistic has a limit.



Stuck exercise – Social Presencing Theater

- Pick an actual conflict (you don't have to share it).
- No thinking. Allow your body to give it a shape.
- Make visible what is invisible. Sculpture 1.
- Be there. Check how you feel. Notice your body. Be really aware.
- If there is a word or a phrase that want to emerge, allow it.
- The stuck is not sustainable, it tends to move. Allow your body to go to the next shape, sculpture 2.
- Pay attention to the journey between sculpture 1 and 2.
- In sculpture 2. Be there. Notice. See if there is a word or a phrase.

Stuck exercise – Social Presencing Theater

- Show the other person the full journey. (Sculpture 1, 2 and words/phrases)
- The other 2 people witness with care and empathy.
- The witnesses share what they felt, sensed or saw. No advices.
- The person showing the stuck can share what resonated.
- Then repeat twice, with the other 2 people.
- At the end, take some minutes for generative dialogue.

Activity: The Gift Conversation

What are the gifts and assets we bring to the enterprise? Rather than focus on our deficiencies and weaknesses, which will most likely not go away, focus on the gifts we bring and capitalise on those. Instead of problematizing people and work, the conversation is about searching for the mystery that brings the highest achievement and success in work organisations. Confront people with their essential core that has the potential to make the difference and change lives for good.

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