

Inspirations from TC CARE

*(Community Activists for
Regenerating Energy)*

22.08 - 31.08.2022, Poland



Mindfulness - Listening - Empathy (20 min)

1

Write on a flipchart three nouns: mindfulness, listening, empathy. Define together with the participants what each of them mean? How do they understand each of them?

At the end, underline that all of them are connected. There is no true listening without mindfulness and there is no empathy without both of them. That's why in this workshop we will work on all of them at the same time.

Before you go to practice you may also watch a TED talk about 10 ways to have a better conversation:

<https://www.youtube.com/watch?v=R1vskiVDwl4>

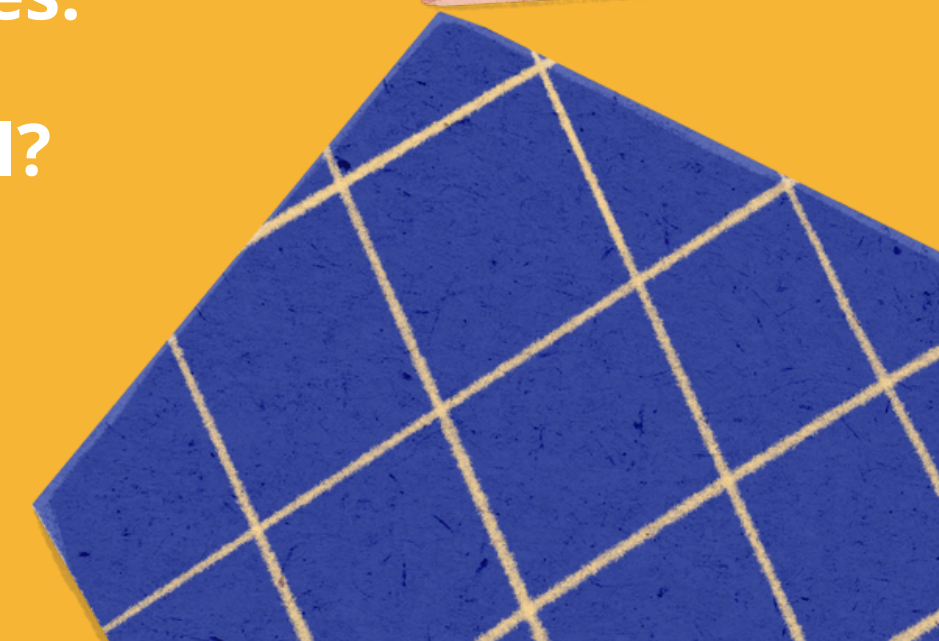
Meditation (20 min)

Let's try our mindfulness/listening/empathy starting from ourselves. Ask participants to sit comfortably, close their eyes and follow your instructions. With soft, calm voice read them sentence by sentence, at a slow pace so participants can really visualize what you are saying.

During the meditation they shouldn't comment or ask about anything, after there will be time for discussion.



- Concentrate on all sounds you can hear around.
- Notice every single noise.
- What are the smells which you feel?
- Pay attention to your skin. What sensations do you feel?
- Is it cold, hot, itchy, vibrating? Feel the chair you are sitting on, the floor under your feet.
- Put your attention on breathing. Feel the air coming in and flowing out.
- Now, put attention on your head. What do you feel on your head?
- Stay a little bit longer with your face. Is there any tension? If yes, let it go.
- Go slowly to your neck. What's going on in this part of your body?
- After the neck, pay attention to your arm. What are the sensations you feel there?
- Is there any tension?
- Slowly move your attention from the shoulder to the hand, till the end of fingers.
- First one hand, then the other. Go to your chest. What do you notice there?
- Pay attention to your stomach. Is there any tension? Go to your back.
- How is it feeling today? Slowly move down, to your legs.
- Go through one leg and then another, from the top, till the end of your toes.
- Come back to your breathing, notice the air coming in and flowing out.
- Before coming back to us pay attention to your emotions. How do you feel?
- Where those emotions are located in your body?
- When you are ready open your eyes.



When everybody opens eyes, ask about their experience.

Auxiliary questions:

- How did you feel? How do you feel now?
- What has changed?
- Why focusing on the moment is important? What being here and now brings?

• If needed you can add conclusions to the poster prepared in the previous points.



Listening in pairs (30 min)

Let's try to keep our mindfulness while listening to another person.

Ask participants to find a partner to work with.

Decide which person in the couple will be Person A and which Person B.

Person A for 3 minutes speaks about any topic he/she wants.

The task of Person B is to listen. Being here and now, fully concentrated on the person, just listen. Without asking questions, commenting, or talking.

Try to put your full attention on the another person.

After 3 minutes change: Person B is speaking, Person A is listening.

Discuss with the participants about their experience.

3





Auxiliary questions:

How did you feel while speaking/listening?

How was it different from daily life conversations?

What helped you to listen/speak and what disturbed you?

What did you learn about listening and empathy from this exercise?

How it was to speak/listen without asking questions or/and commenting?

(for some people it will be very helpful, while others will find it strange. You can ensure them that tomorrow there will be time to speak about questions and the way to ask them properly)

In the next step tell participants that listening is not only connected with the language. We will try to listen our partner without speaking.

Person A is just breathing, while Person B tries to adjust to the breath of the partner and start to breath the same way. Do this exercise in silence.

After 2 minutes change: Person B is breathing and Person A is adjusting.

Discuss the experience with the participants.



Auxiliary questions:

- How did you feel?
- What helped you to adjust to the breathing and what disturbed you?
- How it was to breath as another person?
- What did you discover about your partner?
- Did you feel connected with him/her?
- How this exercise is connected with listening and empathy?

Underline that we can connect with other people also without words, sometimes it's even easier. Body language (not only breathing) is very powerful and sometimes if we listen carefully, it can tell us more than verbal communication.

In the last step ask participants to keep eye contact with their partner for one minute. In silence, trying to be as much here and now as possible. Discuss the experience with the participants.

Auxiliary questions:

- How was it?
- Did you find it easy or difficult? Why?
- What did you learn about your partner?
- Did you feel connected?
- What is the role of eye contact in our culture?
- What did you learn about listening, mindfulness and empathy from this exercise?

If needed, you can add conclusions to the poster created in previous exercises.

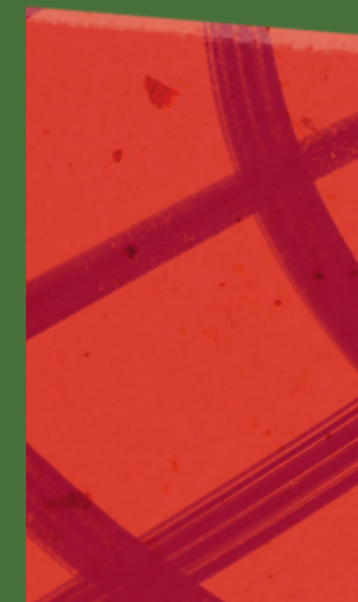
Experience the 3 elements of the burnout process in a movement exercise using British Drama methodology.

4

The aim of the exercise:

To learn 3 elements of burnout (according to Christina Maslach):

1. exhaustion,
2. insufficiency (reduce the sense of personal accomplishment, decrease in motivation and commitment),
3. cynicism (dehumanisation).



Description of the activity:

part 1 - 10 min

Entering roles, the concept of being in a role and leaving it: We walk around the space and enter into roles such as a river, shake it, wind in the hair, shake it, baby, shake ita robot, a puppy.

part 2 - 30 min

Divide the group into threesomes.

Each group will create 3 sculptures on 3 topics related to burnout: cynicism, exhaustion and insufficiency.

They will have 6 to 8 minutes to prepare them.

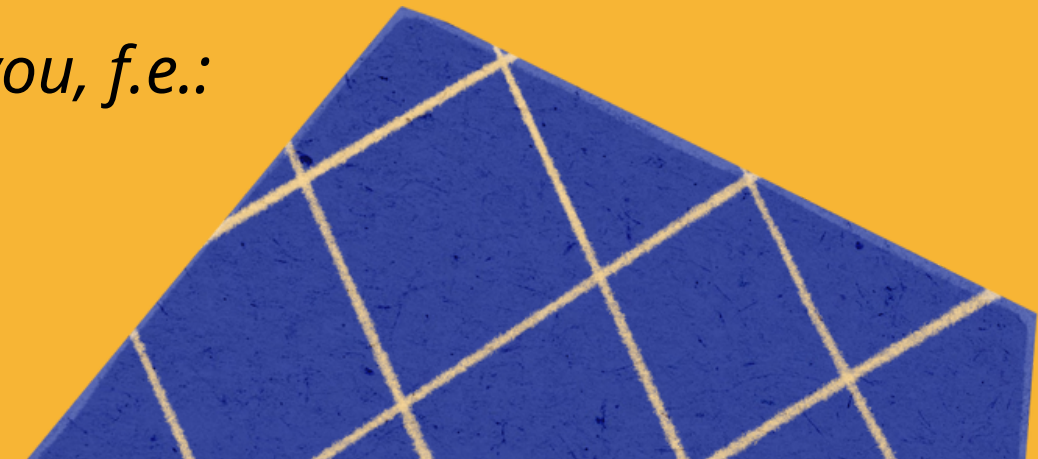
In the instruction tell the group:

- not to overthink it, use spontaneous body reaction and improvise, use intuition.*
- the way they get to the sculpture (movement) is also important, show them an example*
- When you're ready first you will perform your sculptures in all groups simultaneously to rehearse them together.*
- Then you're going to perform your sculptures in front of the other groups.*

Warn participant that while doing it you will ask questions and the rest of the group will join you, f.e.:

- what do you see? What do you feel? What do you hear?*

Ask them questions, which they will answer from the perspective of their roles.



The schema of performing sculptures is more or less:

1 minute to associate the audience - watching

1 minute to question the role

1 min - if necessary - for commissioning (especially for exhaustion)

At the end ask participants to shake their roles as a ritual for getting out of it.

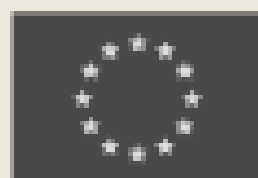
part 3 - 20 min

Put 3 scarves on the floor that represent these 3 aspects of burnout - which one are you closer to now? - ask participants to relocate closest to the component that identifies them the most at this moment of life.

2. summary - Ask participants: What did the exercise give you - discoveries, reflections, thoughts (f.e. always listen to your body, it knows what you need the most).

Authors: **Paulina Jędrzejewska (Culture Shock Foundation)**
Anna Książek (Exchange the World)

Co-funded by the
Erasmus+ Programme
of the European Union



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.