

“Thinking On Your Feet in the Heat of the Moment”

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Session facilitators:

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Description:

This experiential workshop builds skills for responding in the moment improvisationally, while keeping your purpose and values intact during facilitation, mediation or other dispute resolution. This interactive session enhances self- and group- awareness and offers practical tools for responding to the unexpected.

Flow:

- I. Welcome and Introductions
 - a. Facilitators intro selves
 - b. Brief step-ins to see who is here...
 - c. Basic purpose and background on where this session came from...

- II. Form/Function => Art => Thinking on Your Feet
 - a. Your context/work environment
 - b. Be clear about your Process/Purpose
 - c. Values as the guiding light
 - d. Art

- III. Sociometry
 - a. On your feet activity
 - b. Continuum of preference

- IV. Awareness (4:15 – 4:30)
 - a. Paying Attention to what is actually happening in the room, what does the dance need?
 - b. Knowing what triggers you (Trigger Wheel)
 - c. Recognizing EARLY when things are going off-course

- V. Response (4:30 – 4:40pm)
 - a. Discussion: what's your context? What's allowable within that framework? What does the dance need?
 - b. Q&A...

- VI. Closing (4:40-4:45pm)

Due to the experiential nature of this workshop much of the learning happens in the room. However, here are a few simple tips for awareness building:

Things to notice:	Ways to respond:
<ul style="list-style-type: none">• Physical cues• Breath (holding breath?)• Changes in voice• Your own triggers and reactions	<ul style="list-style-type: none">• Acknowledge/name what you notice• Reframe what you notice• Take a break• Tag-team and let partner take the reins• Breathe

Related Reading:

1. Rosenberg, Marshall. *Nonviolent Communication*.
2. Huntsberry, Randall. *Creative Listening: Overcoming Fear in Life & Work* by Randall Huntsberry and Cheryl Varian Cutler
3. Mindell, Arnold. *Sitting in the Fire* (Lao Tse Press, 1995).
4. Nachmanovitch, Stephen. *Free Play: Improvisation in Life and Art*.