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Take a Break ... Rest, Relate, Create



## A HeARTful Interlude

### Objectives:

To provide an opportunity for participants to explore the areas of

- self-efficacy
- cognitive horizon
- self-organisation
- creativity and innovation

through

- experiential activities involving creative crafts and art
- interacting with ideas ranging from Covey's 7 Habits, Thatchenkery & Metzker's Appreciative Intelligence to Wheatley's A Simpler Way
- guided conversations

### Synopsis:

Many of us feel overwhelmed by the turbulent pace of change around us. A sense of **personal mastery** or private victory is a good and necessary foundation on which to build resilience and more importantly, to generate creative energy. This helps us to go beyond mere coping strategies, and plays an important part in our personal well-being.

The key areas for consideration in arriving at a sense of personal mastery have been identified by many people. For this workshop, the various **frameworks** will help give a richer understanding by each providing a different dimension while on the whole presenting a coherent approach to this matter.

This programme uses the 3 metaphors of **Curator**, **Explorer** and **Orchestrator**, or CEO in short, to guide the participants.

As a **Curator**, we will consider the various responses to the idea of choices in life and thus look into the areas of self-efficacy and self-reference. In looking at the **Explorer**, we will delve into the areas of cognitive breadth and appreciative intelligence. Finally, with the **Orchestrator**, we will learn about the idea of self-organisation, an increasingly important concept for working with people in this information and technologically rich age .

It is the aim of this programme that each participant will feel **renewed**, **energised** and **empowered**. Leaders will find this personally enriching as well as gain from having areas that they could explore in the **development of their team**.

### *Approach and Structure:*

In order to create what John Kotter has identified as the more powerful see-feel-change flow, instead of the analysis-think-change flow, the approach taken in this workshop is to engage participants in **experiential creative activities** and **reflective conversations**.

Broadly, it will be divided into 3 segments corresponding to *Curator*, *Explorer* and *Orchestrator*. Each segment will begin with an activity which will then lead into an introduction of some relevant frameworks before wrapping up with conversations and reflections. The setting will be restful and inviting.

In the course of the day, each participant will also attempt to create a **personalised scrapbook** using information introduced as well as their own responses and reflections.

This is a full-day programme with a group-size of between 5 to 10 participants. Ideally, participants should not be from the same workplace.

It will be held at Pauseability, a cosy crafts and art workshop, in Toa Payoh. It is accessible via Braddell MRT.

Currently, *A HeARTful Interlude* is available every Wednesday from 9 am to 5 pm.

### *Facilitator:*

Moses Sia, MEd, has 15 years of experience in the field of education, having been a teacher, educational media producer and school leader. A warm person, Moses enjoys relating to people, exploring new ideas and is known to be creative and to provide novel and critical perspectives on issues.

As a lifelong learner, ever curious and striving to remain adaptable, he wishes to see himself grow as a *Curator*, *Explorer* and *Orchestrator*.

