

# **TIME PLAN OBL – Emotional Response Workshop**

## **PLAN AND STRUCTURE: Rationale**

### **20 Minute:**

#### **1 minute -INTRODUCTION**

Inform participant I will be asking questions and to prepare paper and something to write/draw with Invite engagement to allow all member to join and settle before session – Introduce myself and talk a little about my practise of collecting objects – share a personal story about collecting this object.

#### **3 Minutes - VISUAL JOURNEY**

Talk through each slide and speak about my reaction to finding this object where, when, share questions that arose about this object. Expand on what is written a little, to create engagement. Use questioning tone.

#### **1 minute - CONTEMPLATION**

Re-Inform participant I will be asking questions and to prepare paper and something to write/draw with. Assuring this is a very gently enquiry- after contemplation invite reaction to what they observed – what this object ignited for them– participants can write down any associated thoughts or choose to be still to absorb the visual information or feeling.

#### **4 Minutes - ENQUIRY**

4 question – 1 minute each question. Cameras optional but I gentle invite participants to remain. Participants may want to share between questions, it is important to allow natural flow of communication. Be mindful of time.

#### **2 Minutes - REFLECTION**

Ask participants to close eyes: More time is allowed for this final reflection. They might choose to write or draw - or reflect verbally.

#### **6 Minutes - SHARE**

Invite participants to reflection on their feelings. Ensure each person is included, ask each in turn by name – prompt if necessary. Allow the conversation to flow between participants.

#### **2 Minutes - ROUND UP**

Final discussion – Thank participants individually by name – noting insights and contributions - reflecting on the varied reactions and outcomes. Ask for any final contributions or comments – and then share the final slide and share my own reaction to the final question. I see a shoe!

**Big Thanks!**