

# YOUR EMOTIONAL TOOLBOX: Workshop

**Tutor: Georgina Goodman**

**Date: 27<sup>th</sup>-28<sup>th</sup> June 2024**

**Time: 10am – 5pm**

This is a two-day workshop and is designed to support your studio practise, by applying critical thinking through physical design development, process and evaluate a proposed outcome. You will be challenged to create 3 prototypes, designed in sequence responding to a design brief.

Over these immersive workshop days, you will be asked to consider what a 'tool' means to you in the context of your on-going project research, reflecting on past work and future possibilities; What tools do you need to master? What emotional tools might you need? There is a small amount of **preparation marked in red**.

## EMOTIONAL TOOLS: As an example:

In Tibetan Buddhism practise a small dagger shaped object known as a Phurba (Sanskrit: Kila) is used in active mediation to cut ties with bad emotional and negative thought. Through a trance like state the monks use this handheld instrument to slice space around their body, and imagine they see the cords that bind them to these feeling drop away.



Emotional Function: Clearing Space.

The Phurba dagger seen here was designed to symbolically consume the triple poisons of ignorance, greed, and delusion that impede spiritual progress. The Phurba is the embodiment of the Vajra Kila Buddha, who is empowered to suppress all evil in the world. **Image source:** Ritual Dagger (Phurba) and Stand, Tibet, late 14<sup>th</sup>-early 15<sup>th</sup> Century – The Met Museum,

<https://www.metmuseum.org/art/collection/search/75826>

## YOUR EMOTIONAL TOOLBOX: Workshop Brief:

**KEYWORDS:** Responsive – Intuitive – Making – Activism - Powerful – Transformative

### BRIEF OUTLINE:

**PREPARATION TIME:** 2 hours – Research, collecting materials and initial sketches:

**Workshop Preparation:** Research culturally relevant spiritual tools to inspire and inform yourself about how artefacts and natural materials play an important part in mental well-being. Consider tools as functional objects, evaluate the use of tools in contemporary context. Maybe think about your own personal objects that bring you comfort or joy or serve a purpose in some way. **Collect any found materials or objects** that resonate or that spark feelings. Be instinctive and responsive, try not to over analyse at this stage. Start collecting anything that you find and bring these items to the workshop. There is no wrong or right decision, this is a personal journey. (See Workshop resources supplied for initial research). If you have time **start sketching ideas** in response to this initial research.

### CREATING YOUR EMOTIONAL TOOLBOX:

Following your own research, and collection of resources in your 2-hour preparation (objects, materials and visual research), we want you to **visit the library and select one or more book** that inspires your tool set. Then using your own design context and responding intuitively to the list below start to think about designing your own of emotional tools. There may also be sketches from the past workshop you want to explore – Bring all this to the workshop.

**Read The List below and start to think about your emotional tools:**

**KEYWORDS:** Responsive – Intuitive – Making – Activism - Powerful – Transformative

**Pick 3 that spark with you** – from the Emotional Toolbox: (or create your own!)

- The Mind Mover - Find your voice
- The Mark Maker - Make your mark
- The Space Clearer - Clears your path of confusion
- The shape shifter – Helps you adapt and grow
- Talisman – The Special ONE – A transformative object

### THE AIMS:

- To design and make 3 prototypes within a short timescale – To be **Responsive**
- Test different ideas and materials. – To be a risk taker – To act **Intuitively**
- Consider connection and process – To become a **problem solver**.
- Develop multiple ideas – To be a **decision making** and Intuitive thinker.
- To recognise areas of strength and weakness in your studio practise – to be **Reflective**
- To evaluate your ability to respond to a brief - **Transform** ideas through **action**
- Share ideas, be supportive of each other – To be **Collaborative** – Generous – **Supportive**

**SCHEDULE:** Arrive with your research and a few sketches

**STUDIO DAYS:** Day 1: Thursday 27<sup>th</sup> June 10am-5pm - Day 2: Friday 28<sup>th</sup> June 10am – 5pm

This will be explained on the day

## **YOUR EMOTIONAL TOOLBOX: Workshop**

### **SCHEDULE:**

#### **STUDIO DAYS:**

**Day 1: Thursday 27<sup>th</sup> June 10am-5pm**

**Arrive with your research and a few sketches.**

#### **10am Introduction:**

This is a design and making experience, and a space to test ideas and materials through to prototype stage – You are to be encouraged to design in sequence, allow yourself to play with ideas. These immersive workshop days aim to provide an emotional space to connect to associated feeling or action, through object and material association. The intention will be to focus on the ‘emotional function’ of each tool and how you build a relationship to the body. You are also encouraged to question material consumption and ethical manufacturing methods. These tools or the association of the making experience may be used for comfort and well-being, practical application for a process or maybe change the body in some way.

We will be joined by Michael Milloy on day 1 and have the support of the amazing technical staff, So, you can move between workshops depending on your material focus. We ask that you use hand tools only, we will not be using CNC or laser cutter for this workshop. There will be some scrap materials for you to access, but please bring your own found objects and salvaged materials. Please don't spent too much money, we are making prototypes, not perfectly finished objects.

**10.15 - 11.00** Group discussion and peer feedback – gather in groups to discuss ideas, share feedback – brainstorm

**11am** – Make a time plan for day 1 – sketch and Start testing ideas!

**1 pm – 2pm** – Lunch Break

**2pm – 5pm** - Self-directed tool making – Tutor and technical consultation.

**Day 2: Friday 28<sup>th</sup> June 10am – 5pm**

**Preparation: Make a time plan for day 2 NOTE DEADLINE!**

10am – 4pm – Self-directed tool making – Tutor and technical consultation.

Take breaks according to your own progress.

**DEADLINE 4pm - completion of 3 emotional tools!**

4-5pm - **Group show and tell.**

**5pm - END**

**THANK YOU! GG XX**