

# Workshops Information

## 1 Being – Relationship to Self

<b>Date</b>	Saturday, 18 Feb
<b>Time</b>	3-5 pm (CEST)
<b>Title</b>	BEING - Connect with yourself
<b>Description</b>	This session will be all about the connection you have with yourself. We will guide you to be fully present and help you learn about your values and beliefs. Also, you will explore your inner compass and you will be able to reflect on your discoveries through exercises and group discussions. Our aim is for you to get to know and truly connect to yourself.

## 2 Thinking – Cognitive Skills

<b>Date</b>	Sunday, 19 Feb
<b>Time</b>	5-7 pm (CEST)
<b>Title</b>	Driving change with the IDG Thinking in our life
<b>Description</b>	In our workshop: “ <b><i>Driving change with the IDG Thinking in our life</i></b> ” we will briefly discuss what is meant about the concept of “thinking” and introduce the IDG Thinking and why it is essential to develop cognitive skills. We will discuss in small groups a series of questions to help to reflect and deepen on the five thinking skills. The second part of the workshop is based on silent conversation & harvesting. At the end of the workshop we will show the interconnectedness of thinking with all the other IDGs.

## 3 Relating – Caring for Others and the World

<b>Date</b>	Tuesday, 21 Feb
<b>Time</b>	5-7 pm (CEST)

<b>Title</b>	Relating – Caring for Others and the World
<b>Description</b>	This workshop's purpose is to create a sense of connectedness between you, your community and our amazing ecosystem called nature. We will practice active listening and learn how to incorporate appreciation into everyday life. Furthermore, we are practicing empathy by listening to stories and reflecting on ourselves. We are warmly welcoming you to come and participate.

#### 4 Collaborating – Social Skills

<b>Date</b>	Thursday, 23 Feb
<b>Time</b>	5-7 pm (CEST)
<b>Title</b>	From Individual to Organization - what can we achieve working together?
<b>Description</b>	In this workshop we will reflect on the social skills that help us create beautiful things together with other people. For successful and impactful collaboration, first we will look at ourselves - who we are, and what we bring to the table. We will draw attention to the previous workshops, and what you have learned about yourself and your surroundings. We will then zoom out, and take a look at the roles people take on when collaborating in the teams, followed by interdisciplinary organizational collaborations between several teams. We will immerse ourselves in a collaboration simulation - where everyone will get to play a role in the process.

#### 5 Acting – Driving Change

<b>Date</b>	Saturday, 25 Feb
<b>Time</b>	5-6 pm (CEST) followed by a closing ceremony
<b>Title</b>	Experience the unconventional ACT
<b>Description</b>	Join us for an easy-breezy workshop to begin the ACTion of goal setting that can help you discover your old patterns, break them and acquire true agency. And finally, witness and welcome yourself starting to act with persistence even during uncertain times. Shall we begin?