After Art Workshop - Session 1

we want is a world in which many worlds fit.

- Many words are walked in the world, many worlds are made. Many worlds make us. There are words and worlds that are lies and injustices. There are words and worlds that are truthful and true. In the world of the powerful there is only room for the big and their helpers. In the world we want everybody fits. The world
 - Fourth Declaration of the Lacandon jungle, the Zapatista Army of National Liberation. 1 January 1996.



Workshop objectives

- To devise a personal strategy to not "go back to normal" post covid
- To explore various ways art, life and radical politics can merge and feed each other
- To extend (maybe even transform) their practice, by re-localising it and making it "useful" to radical social and ecological transformation and movements
- To build a supportive network of fellow practitioners
- Identify risks of and address burn out and despair
- To look at how to make their practices sustainable by sharing regenerative tools, emphasizing the balance between connection with self, other and the living world







ZONE



Brave Space

- Welcome multiple viewpoints Speak from your own experience by using "I statements." Ask questions to understand the sources of disagreements.
 - Own your intentions and your impacts Respect each other's experiences and feelings by taking responsibility for the effects of your words.
- On the other side, if you have a strong reaction to something, let the group know. Be open to dialogue.

Work to recognize your privileges Use this space to recognize and investigate your privileges (for example: class, gender, sexual orientation, ability). Honor the different experiences we all bring to this space.

Take risks Lean into discomfort. We are all in process. Challenge yourself to contribute even if it is not perfectly formulated.

Step back Share speaking time and try to speak after others who have not spoken

Actively listen

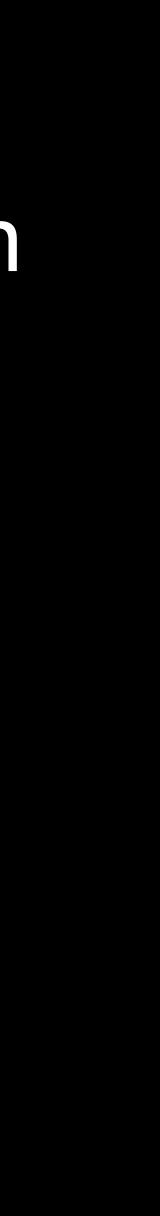
- Notice and name group dynamics in the moment We are all responsible for this space. Be aware of how others are responding or not responding. Ask for a « time out » if dialogue is needed

Use your energy to listen to what is said before thinking about how to respond. Notice defensiveness and denial when it arises

Use simple language and background information when necessary.

Challenging with care Find ways to respectfully challenge others and be open to challenges of your own views. Think about how to question ideas without personal attacks.

- Confidentiality
- Share the message, not the messenger
 - Break it down



DISOBEDIENCE