

After Art Workshop - Session 1

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
we want is a world in which many worlds fit.

Fourth Declaration of the Lacandon jungle, the Zapatista

Army of National Liberation. 1 January 1996.



How am I feeling right now?

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



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

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

Actively listen

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

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

Use simple language and background information when necessary.

DISOBEDIENCE