



Workshop Description

Mindfulness Exchange in Italy

“GO Alive”

Title:	FROM CATERPILLAR TO BUTTERFLY
Objectives:	- Finding our strengths and our personal ways to deal with problems
Duration:	30-60 minutes
Materials needed:	Cards of Paper, pen or pencil
Step by step instruction:	<p>In the beginning of the workshop, the facilitator after announcing the title of the workshop, she informs group members that they will be asked to remember situations and emotions of the past that can be unpleasant for them. So, everyone is free to stop the activity at any moment and go out. Moreover, before the workshop start, facilitator should ask about the feelings and mood of the group in order to know in general their emotional situation.</p> <p>THE CATERPILLAR After that, the facilitator asks the group to be in a circle and each of them to sit in the child pose, close their eyes and relax. Then, group is asked to remember a bad situation of the past or a problem that NOW is solved or under control, especially if he/she does not know each person of the group, in order not to cause possible extreme pain (Of course, if the facilitator knows very good the group and is sure that she/he can deal with possible psychological pain, can ask group to remember a problem that is very significant and probably not solved yet). Time is needed for each participant to choose a problem (probably 5 minutes) and then facilitator asks about feelings and emotions that have been arisen (In this step nobody shares their feelings.)</p> <p>THE CHRYSALIS The facilitator urges participants to push themselves a little in order to sit in the pose of hero. Participants who know yoga poses can keep their eyes closed in all that process and they who don't know, after taking that pose, are asked to close their eyes again. In that step, they are asked to remember how they dealt with that problem in order to solve it. "What were your personal characteristics that helped you" "What were your strengths". (If the problem is not solved, facilitator can ask about what participants have done/or not but believe it could be helpful and possible). Moreover, it is up to the facilitator if she/he wants to give some examples</p>

	<p>like about what she/he asking “It can be your persistence/your patience/your moral values/your focus to solution/your relationships”. After a little time for thinking (about 5 minutes), facilitator says “if you have already distinguished some (of your strengths), please open your eyes, take some breathes, choose wisely three of your supportive powers and write them down one for each card of paper”.</p> <p>THE BUTTERFLY</p> <p>Now all have their powers written in front of them and they are asked to read them again by themselves. In that moment facilitator calls them to stand up and says “These characteristics are your supporters, your forces, your benefits,, not only helping you to deal with problems but also form you as a powerful, unique and magnificent person. You can keep these card in order to remember that every moment of your life. So, please give yourselves a round of applause... You deserve it”</p> <p>Questions for reflection:</p> <p>Is there any who want to share their strengths? How did you feel during the phases of the workshop (caterpillar, chrysalis and butterfly)? How do you feel now? Can you feel that these powers lies within you and can be developed more from you?</p>
Additional Suggestions:	<p>Video that could be used in the end of workshop in order to discuss more parallels: https://www.youtube.com/watch?v=NLCvprEub5k</p>
Other comments:	
Designed by:	<p>Designed and implemented by Sotiria Reklou.</p>