

“Explore your limits”: dissemination activities

by Alvaro Izquierdo

Workshop “Building connection”

After being part of Explore your limits I could learn many different techniques, strategies and games now I can use them with people I work with.

I am preparing a workshop focus on how to reconnect with people. I will lead a session about how to empower connection between people who are in the same group but they didn't spend enough time together for any reason. In that way, we can give the chance to meet, speak and finally connect. This workshop will have 3 steps:

- A) CONTACT DANDE. First of all, I will do an energizer using some sport activity in order to start to create a good mood between all the participants. Afterwards, I will ask them to divide the whole group in small groups with 3 people, it has to be people who didn't spend so much time together. Then, I will invite them to dance together: one person of each group will be the leader and he or she will use the hands to lead the movements of the others without words. Then, they will change roles, so everyone will have the chance to enjoy each role. They are free to explore all the movements they want: running, jumping slow motion...
- B) INNER REFLECTION: THE WHEEL OF LIFE. Once the first step is done, people will feel more connected because they could have fun, enjoy and laugh together. So now is the moment to connect in a deeper way. I will give them papers and pens and I will tell them to draw a circle and divide it in eight areas. Later, they will have to choose eight main areas of their own lives and write them in each section. Last but not least, they will rate them from 0 to 10 and they will start to draw their own wheel of their lives. I will invite them to reflect in silence for 5 minutes looking their wheel of lives with detail.
- C) GROUP REFLECTION. Then, I will organise them by the same groups of 3 people in order to exchange their feelings and thoughts. Thanks to this last part, they will share their goals, their emotions and how they feel with the life they have; this reflection will empower the empathy and the connection between them. At the end, I will propose them to choose two areas, the weakest ones, and write one realistic goal for each of them in order to improve them.

Thanks to the whole activity, at the end they will feel more connected with their small groups in several ways: doing some sports, having fun and also in a emotional way. The reconnection is done and we will finish the session with a group hug all together 😊