

## Full day workshop

Aim to have participants experience different patterns of thinking.

Use large cushions, or bean bags.....no tables. No barriers between facilitator and participants.

Encourage participants to wear comfortable clothes and shoes.....take off shoes.

Music. Use relevant music.

At all parts – be aware of participants’ state. Provide assurance. – See when they are ready to continue.

Day comprises of three (3) parts.

### Part 1: 2 Hours

Topic/ Duration	Content & Activity Guide	Aids	Facilitator notes
<b>Introduction</b>	Welcome participants & introduce workshop		Very brief
	<p><b>Mention objectives:</b></p> <ol style="list-style-type: none"> <li>1. Learn how to use the Game professionally</li> <li>2. To have a personal experience</li> </ol>	Ref.	
<b>Activity 10 mins</b>	<p><b>The Pause Process</b></p> <p>After pause process make personal reference to own life past/present/future. (not necessarily a pause) – could be a story that connect with the Game – i.e. how we found the POY (personal). Tell participants they will add their own story during the day.</p>	Cards	
<b>Activity 5 mins</b>	<p>Then - Introduction to POY &amp; double meaning; i.e. brings out different points of view. We all have many different points of view. Everyone is different.</p> <p><b>Looking at Cards</b></p> <p>Then have participants look at the cards and study them</p> <p>Explain “how to look at cards”</p> <p>Ask them to put cards away and close the game</p>	Ref.	Brief discussion

<p><b>Play</b></p>	<p>Then “play” <b>Working in Couples</b> session</p> <p>Choose a partner. Someone you don’t know. Someone perhaps you were not interested in on 1<sup>st</sup> glance.</p> <p>Decide who is A or B</p> <p>Instruct them to randomly pick one card each (can change if they want)</p> <p>Sit opposite looking at each other</p>	<p>Pen/paper/Game</p> <p>Cards in middle of room on floor face down</p>	
<p><b>Q.1</b></p>	<p>Ask. What works in your life? Or, What are you good at? Or, What makes your glass half full?</p> <p>Instruct. Look at card 1<sup>st</sup>. – What do you see in the picture/word – look at it from different angles.</p> <p>Then. A tells B Then. Read the story – <b>Authenticity</b></p> <p>Then. B tells A Then. Read the story – <b>Should Be</b></p> <p>Then. A + B swop cards – Tell your present. Now find new partner.</p>	<p>Book. P92</p> <p>Book. P24</p>	
<p><b>Q2.</b></p>	<p>Ask. What doesn’t work in your life? Or, what makes your glass half empty? Can use your existing card or swop at any time. (Sometimes the card finds you). Do not pressure participants – ensure they are comfortable.</p> <p>Then. B starts Then. Read the story - <b>Judgement</b></p> <p>Then. A tells B Then. Read the story – <b>Stuck</b></p> <p>Then. A + B swop cards – Tell your present. Now find new partner.</p>	<p>Book. P.104</p> <p>Book. P.106</p>	

<p><b>Before Q3.</b></p>	<p>Then. Before last question. Read the story – <b>Mediocrity</b></p>	<p>Book. P.46</p>	
<p><b>Q3.</b></p>	<p>Ask. What do you want to invite into your life?</p> <p>A tells B Then. B tells A</p> <p>After finished. Read story - <b>Belief</b></p>	<p>Book P.30</p>	
<p><b>Debrief Process</b></p>			
<p><b>15 mins</b></p>	<p>Morning tea break</p>		
<p><b>Q?????</b></p>	<p>After break allow for questions</p> <p>Then. Tell participants today we are wearing 2 hats:</p> <ol style="list-style-type: none"> <li>1. Professional hat</li> <li>2. Personal hat (perhaps most important) – Could assist with breakthrough in life.</li> </ol>		

Part 2: 2 Hours

Topic/ Duration	Content & Activity Guide	Aids	Facilitator notes
<p><b>Play</b></p>	<p><b>Introduction of all participants</b></p> <p>Place cards face down in the middle of the room.</p> <p>Ask participants to randomly pick up card and then to introduce themselves via a question I'll ask.</p> <p>Q1. Tell us what the card says about you?            Q2. Tell us what card does not say about you?            Q3. Tell us about a story in your life the card reminds you of?            Q4. Tell us what the card remind you is cool?            Q5. Ask yourself a question and answer via the card.            Q6. Tell us what card tells you about getting older?            Q7. Can we get a question from the group?            Q8. What does the card tell you about what you believe in?            Q9. What does the card say about how you feel about yourself?            Q10. What does the card tell you about family?            Q11. What does the card tell you of the past?            Q12. What does card tell you of your special talents?            Q13. What does the card tell you about the best thing you have done?            Q14. What does the card tell you about your most glamorous occasion?            Q15. What does the card tell you about what you'd still like to do?            Q16. What does the card tell you about what makes you feel wonderful?            Q17. What does the card tell you about what you like to daydream about?            Q18. What does the card tell you about a difference you could make?            Q19. What does the card tell you about</p>		<p>During break</p>

	<p>what you are passionate about?          Q20. What does the card tell you about what you'd like to be remembered for?          Q21. What does the card tell you about your most precious memories?          Q22. What does the card tell you about what your friends mean to you?          Q23. What does the card tell you about your best surprise?          Q24. What does the card tell you about what relationship means to you?          Q25. What does the card tell you about bad habits you admit to?</p> <p>Q26. What does the card tell you about work?          Q27. What does the card tell you about your fondest memories of you parents or grandparents?          Q28. What does the card tell you about your greatest challenges?          Q29. What does the card tell you about love?          Q30. What does the card tell you about the hardest thing you've attempted?          Q31. What does the card tell you about the most interesting things you've learned?          Q32. What does the card tell you about the naughtiest thing you've done?          Q33. What does the card tell you about the most difficult times you've had?          Q34. What does the card tell you about what concerns you?</p>		
<p><b>Debrief</b></p>	<p>Tell participants it is a creative "ice-breaker" –share ideas on how to use.</p>		
<p><b>Coaching cards</b></p>	<p><b>Face up or face Down?</b></p> <p>Discuss merits /application of each approach</p>	<p>Ref.</p>	

**Part 3: 2 Hours**

Topic/ Duration	Content & Activity Guide	Aids	Facilitator notes
<p><b>Q?????</b></p> <p><b>Debrief</b></p> <p><b>Finish session</b></p>	<p>Tell participants to use cards from session2 Place card in front of you facing up, so all can see.</p> <p>Tell we are now going to another process.</p> <p>We are going to do 2 things: 1. Explain Points of You more 2. We are going to upgrade your information from the previous session. Invite something new into your life.</p> <p>We are now going to change our point of view by:</p> <p>Tell participants to walk around and look at the other people's cards.</p> <p>Then, with permission only;</p> <p>1. Ask for another's card, or 2. Give your card to someone else, or 3. Keep your card</p> <p>Tell participants to sit down</p> <p>Then. Ask if they feel completeness with their card. If not what will you do?</p> <p>When everyone seated. Ask who'd like to share? How does the card connect? Voluntary</p> <p><b>Analyse the process</b> Discuss what happened in the room. Give feedback. Sometimes in life instructions are not clear. Share my observations. i.e. what people did, talk about, etc.</p> <p>Tell participants a good activity for team development</p>		<p>Dynamic session. Just observe. Pay attention to individual behaviour.</p>

<p><b>Group Activity</b></p>	<p>Tell participants to use the card in hand. Select a life topic. Make a group puzzle in middle of room on floor.</p>	<p>FC Paper</p>	<p>Do not participate. Stand back.</p>
<p><b>Debrief</b></p>	<p>Then debrief &amp; analyse activity. Reflect perception in group.</p>		
<p><b>40 mins</b></p>	<p><b>Lunch Break</b></p>		
<p><b>Q????</b></p>	<p><b>Question Time?</b></p>		
<p><b>Process Chart</b></p>	<p>Explain the Process Charts</p> <p>Then tell participants. Individually or in couples to pick a process.</p> <p>Decide on A &amp; B</p>		
<p><b>40 mins</b></p>	<p>Pick an issue. One person coach. Work through process on chart. Tell they have 20 mins.</p> <p>Then switch B coach A</p> <p>When finished. Discuss:</p> <ol style="list-style-type: none"> <li><b>1. Coaching Ticket</b></li> <li><b>2. Insight</b></li> <li><b>3. Action</b></li> </ol> <p>Then tell them. I am going to do session with you now.</p> <p>Tell them about the coaching process/breakthroughs etc.</p> <p>Then give them the layout</p> <p>Tell them to complete layout</p>	<p>Insight &amp; Action layout</p>	<p>Provide assistance with insight &amp; practical goals</p>

<p><b>Closure</b></p>	<p>Ask for questions???</p> <p>Then ask each participant. In 1 word or sentence, what did you take from today? 1 by 1. Do not elaborate.</p> <p>Refer to website</p> <p>Sign up for newsletter</p> <p>Talk about developers Yaron &amp; Efrat. The game. Social, Environ. Bio. Community</p> <p>Distributor plan. See us if interested.</p> <p>Mention- Gift idea</p> <p>Thank participants &amp; close workshop.</p>		
<p><b>Debrief</b></p>	<p>Debrief myself. What worked? Can be improved. Do different next time. Etc.</p> <p>Photos, video, facebook</p>		