



Workshop:

How to catch a flying pig: Facilitating embodiment work in online rooms

Overcoming the tyranny of distance

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cc_by_nc_van Vuuren / Freisleben

Rules for our collaboration

- There is no wrong answer
- Say the first thing that pops into your head
- Accept every offer and build on it (Yes, and!)
- Keep the action moving.



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Session design

S - set a **strategic intent**

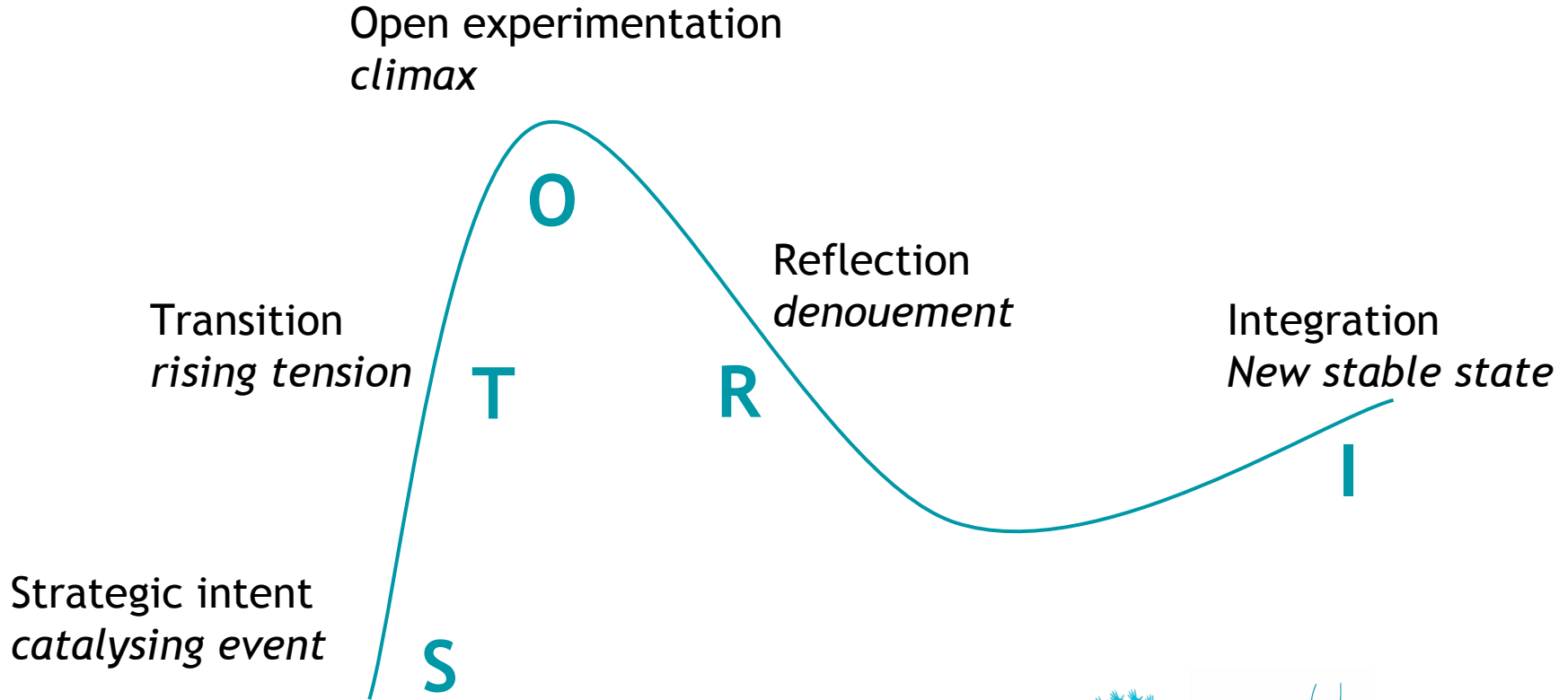
T - **transition** into the present, the body and the group

O - **open experimentation**: catching that flying pig!

R - **reflect** on what happened

I - **integrate** into your practise





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Changing the world for good

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Three elements of Strategic Narrative Embodiment

1. Someone who wants something (a strategic intent)
2. Obstacles in their way (an embodied reality)
3. They try to get it anyway (the narrative/story)

More about SNE: <http://t1p.de/pmsne>



Process steps

- Teach your partner how to be your pig
- Play out the usual story
- Try two or three new ways to respond to your pig

