

How does one use embodiment in online rooms?

What happened at the session

Introduction

Petro & Christian introduce themselves and give an overview

P & C Co-facilitating the concept of flying pig in a “sentence by sentence” way

C made a very short flying pig recap

Individual experience

C & P: Warm up with participants, inviting them, to search for a place in the room and play with body images of “my flying pig”

Pair experience

P: Find a partner: Making the flying pig bigger (mirror game)

C: Debriefing: What did you discover concerning your own flying pig, while mirroring?

Group experience (informal)

Group experiment: Mirror Game of one pig, transforming it together.

Debriefing: One word, you will use, to describe your flying pig now

P & C facilitate a common brainstorming on how improv / embodiment can be applied using (also) online rooms

Close: invitation to online success story spiral.

Recording of the Session: Video (not listed) at YouTube <http://f1p.de/socalpig>

Our plan was

Steps for the session of the conference:

Enter the room, write your first name on a flipchart and add a really great goal you have as applied improviser – you can use maximum five words. (We will ask to send a picture of it to us via mail).

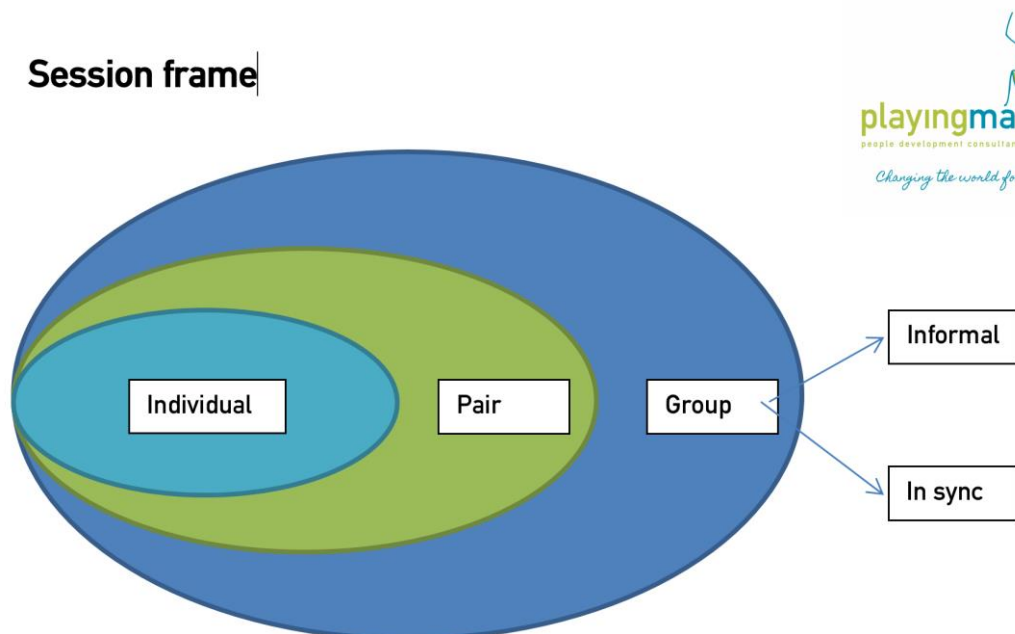
Introduction

Petro & Christian introduce themselves and give an overview

P & C Co-facilitating the concept of flying pig in a “sentence by sentence” way

P & C also explain shape of session (concentric circles/ripples)

Session frame



Individual experience

C: Warm up with participants, inviting them, to search for a place in the room and play with body images of “my flying pig”

Pair experience

P: Find a partner: Making the flying pig bigger (mirror game)

Debriefing: What did you discover concerning your own flying pig, while mirroring?

Group experience (informal)

C: Stay in the body image of your flying pig, go through the room and talk with others – you can give your flying pig a voice, words, ideas

Debriefing: One word, you will use, to describe your flying pig now

Group experience (in sync)

P: Transforming body image: Go back to your partner and your place. You are still the pig. You are looking for a place to land and bring change for good. Group mirror experience.

P & C: Telling more aspects of “Online work needs...” and facilitate a common brainstorming on how improv can be applied using (also) online rooms

Close: invitation to online success story spiral.

<i>Experience</i>	<i>Principle of online work</i>
Flipchart	Getting-to-know / Safe environment
Intro: the shape of the session – strategic frame	Safe environment
Individual: invent your pig	Example for E-Facilitation (esp. Debriefing)
Pairs: make it bigger (mirror)	Getting-to-know (more intense)
Informal group: tour the room	Use breaks in online sessions
In sync group: Global energy (mirror)	A new intimacy/ connection/ vulnerability