

The Power In Our Hands (duration: appr. 90 min)

Guidelines

Aim of this unit: Explore the power setting of the visions that you developed. Check what we “hold in our hands” and what is beyond our sphere of influence. See our own role from the perspective of trust, responsibility, and dialogue.

Sequencing of session:

- Connecting round: How do you feel? What visions accompanied you? What myths did you discover? Did you get a clear idea of what is in your hands? Did you understand the concept of the power space model?

Each participant:

- Upload your picture with your hand and show it to the others. The facilitator begins by presenting her/his answers to the questions: What do I hold in my hands regarding this specific aspect? What is my responsibility? What is beyond my sphere of influence/what do I not hold in my hands? Can I trust it? Whom or what do I not trust and need to check on? What means of dialogue do I have to articulate my responsibility and my trust? (5 min)
- The rest of the group gives feedback on what was said. Often, others notice things that are obvious but not visible to ourself. For example, a person might note down things in their hand which she or he actually cannot hold in their hand.
- Collect the important issues of this session.
- Explain the task for the next session.
- Closing round: With what feelings are you leaving today’s session? Where do you want to continue?

Individual task for the next session:

From the hand to the foot: after this session you have got what you hold in your hands about one aspect of your vision. Now it is important to **become more specific on your aim**. Take a sheet of paper. Choose a starting point and a finishing point. While writing down your aim, be aware what associations, thoughts, experiences, phantasies of control, resistances etc. come up. Now think about three specific steps that you want to take heading towards your aim. Draw three footprints on your sheet and note down what you want to do. On your way, there may be stumbling blocks. If you come up with some, also draw and name them.