
Creative Aikido

Description

Category

1. Creative base
2. Energy
3. When people see too many obstacles

Tags

1. Activity

Meta Fields

Debriefing : The following questions might be useful to ask after the exercise:

- Was it easy / difficult to come up with the story?
- Was your vision of the story similar/different with the vision of your colleague?
- What ideas surprised you the most?
- How did you feel participating in such a collective task?

Source: The Art and Craft of Facilitating Learning Spaces, Kaospilot

Outcomes : The exercises is an open-minder. It shows participants that they don't have to criticise their ideas, but rather build upon ideas of their colleague

Materials : No materials needed

Time : 30'

Methodology : In this process, someone starts a story. The next person says "Yes, and what I love about that is....And we could also...." The listener can say "New Shot" if he wants the story teller to try a new story dimension. The story teller can say "shift" if he wants to pass the story telling to someone else.

Description : Just as Aikido uses the opponent's force to diffuse a potentially aggressive situation, Creative Aikido does the same. It uses the ideas from others and builds upon them. The key principles of Creative Aikido are:

1. Accepting not rejecting
2. Integrating
3. Build on – let it inspire what you already have
4. Offer back