

Annex 12: The bonfire

Module 9 activity

Learning Goals

- Acknowledge our limiting forces
- Feel empowered by imagining our life without our most limiting fears

Background Information

This is an experiential activity that gives participants the opportunity to express themselves as individuals, leave the seminar more empowered and it offers closure to the session. The exercise allows the participants not only to share their feelings and fears but also get feedback on them, get advice and understand that they're not alone and there are more people feeling the same way. That kind of support may be very helpful and insightful and hopefully the trainees end the exercise feeling more encouraged and empowered.

Duration

45 minutes

Room Organisation

The room must have space for moving chairs. There will be interchanging from a big circle to smaller groups, according to the number of people in each group.

Support material

Paper and pen or pencil.

Instructions

1. The participants are seated in a circle.
2. The trainer talks a little bit about what has been taught in the previous sessions about skills and fears. "We all have some of the skills that we've talked about in the previous sessions. Sometimes we don't even realize it, because these skills are inhibited by other characteristics we have, difficulties that act as inhibiting forces to us. Let's all think about one inhibiting force we have, something that comes up again and again, and stops us

from being as efficient as we would like to be.” Let the trainees think for a moment on their fear.

3. When everybody is ready, the trainer asks the participants to find an object in the room that represents this inhibiting force (may be anything from a piece of paper, to a pen, etc). The participants find the object and return back to their seat holding it.
4. Trainer continues: “Let’s imagine that we have a big bonfire here in the middle of our circle. Everyone will stand up in turns and throw the object into the bonfire to “burn it” but before throwing it, say what fear or feeling that object represents”.
5. When this ‘ritual’ ends, the participants are asked to get up and form 2 circles, one inside the other. The people in the inner circle will be faced outwards and the people in the outer circle will face inwards, so that each person in the circle has a partner facing him/her.
6. Trainer: “Let’s imagine it’s a new day. The inhibiting forces are burnt. You threw them in the bonfire last night. You wake up and you don’t have that difficulty anymore. How do you feel? Start talking about that to your partner. The outer circle talks about how it feels not having this burden anymore. What do you do? How do you feel? Be proud as you talk about it. The person in the inner circle encourages his/her partner to say more and gives positive feedback. This goes on for 30 seconds. When I clap my hands, the outer circle moves clockwise and you do the same with the next partner”.
7. When they are all done, the inner circle becomes the outer circle and the process is repeated (if there’s not time for two exercises ask the participants who would like to share and who would like to give feedback and you can do the exercise only once).
8. The trainer asks participants to form small groups of 4 or 5 people, and reflect on their experience. How did they feel? What did they understand about themselves? After discussing, they write a few sentences, as a group. The groups open up into a big circle. Each small group shares their report.
9. Alternatively (or in case of limited time), they all sit in a big circle and the trainer asks everyone to share one realization during the workshop. “If you could keep only one thing from what you did here today, what would it be? A realization... a feeling...”. The trainer can also go around the group and ask how they feel by imagining their fears and negative feeling gone. How would that improve their life and professional/personal goals.