

CASSANDRA MASTERCLASS PLANNING TEMPLATE

SESSION TITLE: Values as an artist

LED BY: Lina Teir

SESSION OVERVIEW:

SESSION AIMS: To get in touch with ourselves and each other and to start a conversation about ourselves, our values, what we see in the world and how we want to act as socially engaged artists.

REQUIRED MATERIALS: A3 paper, crayons, pens, projector for laptop (Mac)

REFERENCES:



EXERCISE	DESCRIPTION (Step by Step)	PURPOSE/DESIRED OUTCOME	TIME (90 mins total)
Guided meditation	Lina is leading a guided meditation where we shift perspective from the personal, to the local, to the global. The participants are sitting relaxed with eyes closed, listening and visualizing. The participants use crayons for an intuitive drawing inspired by the meditation. Lina introduces herself, her activism and shares a short story about early activist childhood memories and value leaders.	Land in the room, get in touch with inner images that carry meaning and remind us of who we are in relation to the world.	5 min
Self portrait		To get in touch with image as an expression and make oneself visible, to be able to position oneself and be an active subject.	5 min
Presentation with storytelling		To present the workshop facilitator and give an example of the connection	15 min

		between our life experiences and the artist we become.	
Sharing in groups of 5	The participants share something that came up during the two first exercises and talk about values and personality. 3 min per person without interruption. The participants are divided in groups with all the five nationalities represented in each group.		20 min
Discussion in groups: 17 UN goals	Lina presents shortly “The 17 United Nations Sustainable Development Goals”. Discussion in groups: Which one(s) do we feel are most inspiring, most important, most relevant in relation to what we do and want to do as socially engaged artists? We sum it up in a big circle with all the groups.		15 min
Imaginary globe	All the participants are standing in a big circle. We are throwing around an imaginary globe. First round: When you get the globe. Point at a place on the globe and tell us about what the place is and what people there dream about. The rest of the exercise is improvisation.	To explore the richness humanity and the world through imagination and inspire eachother with our personal perspectives, engagement and values.	10 min
Step in to the circle	We stand in a big circle with the drawings we made earlier. When anyone feel called to do so they can take a step in to the circle, introduce themselves by their		7 min

Ending discussion, reflections, questions	first name and tell about something that is important for them as an artist – what they know now.		10 min
Ending meditation	<p>Everyone is free to reflect on what we have doing and themes that have come up. They can also ask questions that anyone can answer. Lina can also share her perspectives.</p> <p>We're sitting down again in a circle and are guided back from the global perspective to the building we are in, to the room, to ourselves.</p>		3 min



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