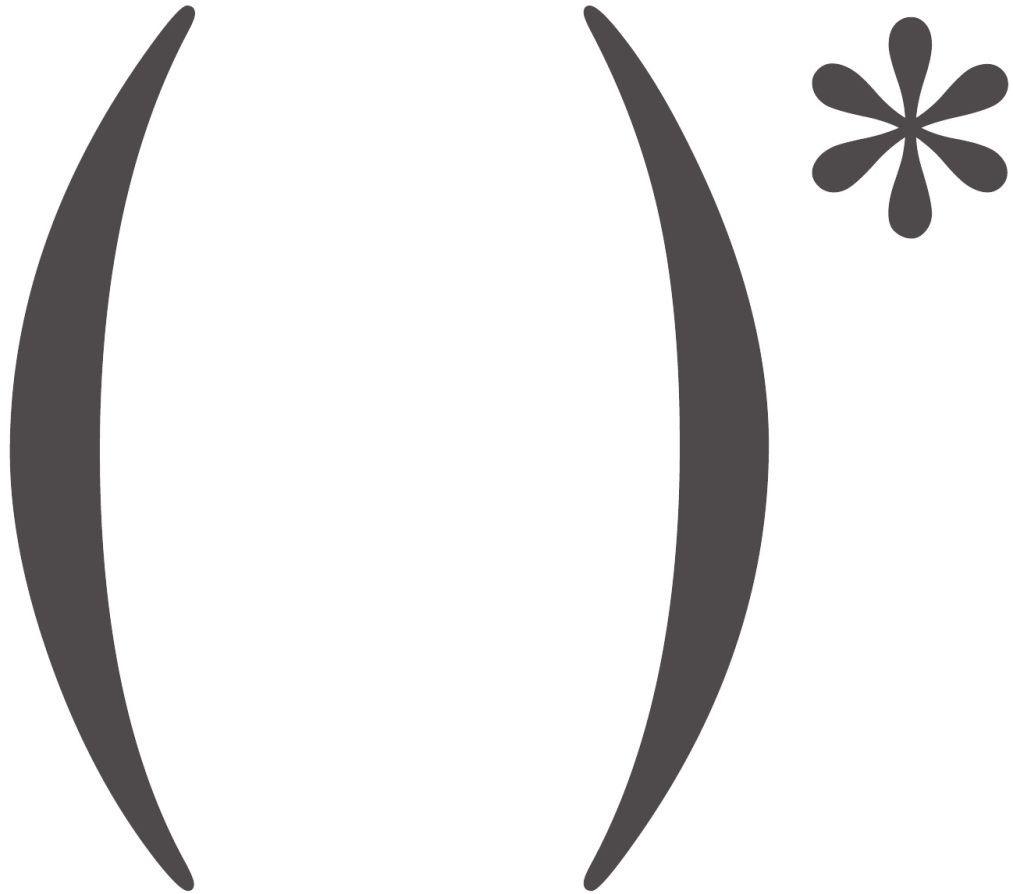


Mindcamp XIV

17-21 August 2016



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Participants

Abby Carvin (USA)	Deborah Jann (Canada)	Janeen Halliwell (Canada)
Alexandre Eisenchteter (France)	Deepika Grover (Canada)	Janice Francisco (Canada)
Alina Isaac (Canada)	Douglas Stevenson (USA)	Janice Purnell (USA)
Alison Cohen (Canada)	Eamon Cobb (Canada)	Jasmine Mahdy (Canada)
Alvina Quek (Canada)	Edouard Marechal (IDF)	Jayson Aquilanti (USA)
Anik April (Canada)	Elizabeth Monroe-Cook (USA)	Jean-Claude Pepin (Canada)
Ann-Marie Kong (Canada)	Emad Jelouali (France)	Jeanne Chatigny (USA)
Ariane Cote (Canada)	Emily Green (Canada)	Jeff Hendler (Canada)
Ariela Kluk (USA)	Emily Nichols (Canada)	Jeffrey Davis (USA)
Ashley Da Silva (Canada)	Emily Stewart (Canada)	Jen Keilty-Friesen (Canada)
Ashley Michaelis (Canada)	Emily White (USA)	Jermaine Henry (Canada)
Aurora Grace Grover-Loeppky (Canada)	Erik Walter (USA)	Jessi Luna (USA)
Ayla Raine Larzabal-Zavitz (Canada)	Franca Leeson (Canada)	Jim Ridge (Canada)
Barbara Neray (Canada)	Francois Coetzee (South Africa)	Joaquin Munoz (Chile)
Barbara Wilk-Ridge (Canada)	Garrett Sibinga (USA)	Joette Field (USA)
Beth Slazak (USA)	Gert Garman (USA)	Johan Majlov (USA)
Beto Santos-Pyne (Canada)	Gina Paigen (USA)	John Di Constanzo (Canada)
Bill Brooks (Canada)	Ginny Santos (Canada)	John Frederick (USA)
Brad Wong (Canada)	Goran Matic (Canada)	John Sedgwick (Canada)
Branwen Hurson (Canada)	Graham McAnanama (Canada)	Johnette Majlov (USA)
Cameron Howey (Canada)	Greg Zlevor (USA)	Jonathan Brown (Canada)
Carole Rudzinski (Canada)	Griselda Hernandez (Mexico)	Jonathon Zapf (USA)
Catherine Dine (Canada)	Grover Neville (USA)	Joselyn Valdovino (Chile)
Cecilia Yau (Canada)	Guilherme Sarkis (Brazil)	Joseph Coveney (USA)
Charlotte Bigonesse (Canada)	Guillemette Goglio (France)	Judy Graham (Canada)
Christine Burych (Canada)	Hamlin Grange (Canada)	Julia Zarina (Canada)
Clara Kluk (Fleischer) (Mexico)	Harry Cobb (Canada)	Julie Chandler (France)
Clare Dus (USA)	Henrietta Key (USA)	karen b k chan (Canada)
Claudia Ebring-Walker (Chile)	Ian Poinsenet (France)	Karen Lynch (USA)
Clay Miller (USA)	Ian Rosenfeldt (Canada)	Karina Loera (USA)
Co Doesburg (Netherlands)	Ilan Kluk (USA)	Kate Bowers (Canada)
Cody Nairn (Canada)	Isabelle Eisenchteter (France)	Katherine Ashby (Canada)
Courtney Kazembe (Canada)	Ismet Mamnoon (USA)	Katie Tagye (USA)
Cynthia Reyes (Canada)	James McAnanama (Canada)	Kaz Ogino (Canada)
Daniel Bigonesse (Canada)	James Nash (USA)	Krista Gottlieb (USA)
	Jamie Elan Prentice-Cassidy (Canada)	Kristen Peterson (USA)
		Kristina Osterman (Canada)

Laila Ghattas (Canada)	Phil Shaw (Canada)	Tristan Keshavarz Ebtehaji (France)
Laura Switalski (USA)	Rebecca Gerber-Biggs (Canada)	Vesna Vukovic-Dzodan (Canada)
Lee Dunne (USA)	René Bernèche (Canada)	Wendy Shaw (Canada)
Leonardo Munoz (Chile)	Rj Rebmann (USA)	William Sturner (USA)
Leslie McAnanama (Canada)	Robert Adler (USA)	Xavier Durochat (France)
Lorenzo Goglio (France)	Robert Wakulat (Canada)	Yoel Kluk (USA)
Manuel Soto (Canada)	Rodrigo Sanchez Picazo (Chile)	Yvane Piolet (France)
Marc Hurwitz (Canada)	Russ Schoen (USA)	Zachary Towne-Smith (USA)
Mariana Muñoz (Chile)	Russell Thomas (Canada)	
Marie-Pier Schinck (Canada)	Samantha Carlo (Canada)	
Mario Allende (Canada)	Samantha Hurwitz (Canada)	
Mario Allende, Sr. (Canada)	Sandi Trillo (Canada)	
MaryEllyn Vicksta (USA)	Sarah Nichols (Canada)	
Mathial Keshavarz Ebtehaji (France)	Scott Stewart (Canada)	
Matias Larzabal (Canada)	Sean Petrinec (USA)	
Matteo Catullo (Italy)	Sebastian Hirtenstein (Canada)	
Matthew McAnanama (Canada)	Shirley Wildenbeest (Canada)	
Max Hurson (Canada)	Sophie Harvey (Canada)	
Maxx Kochar (Canada)	Stanley Young (USA)	
Megan Kachur (USA)	Stephanie Staples (MB)	
Megan Mitchell (Canada)	Stephen Preece (Canada)	
Michael Newberry (USA)	Steven Shama (USA)	
Michel Delage (Canada)	Sunshine Mateo Larzabal-Zavitz (Canada)	
Michel Neray (Canada)	Suzie Nussel (USA)	
Michelle Tokarczyk (USA)	Sydney Berger (Canada)	
Michelle Wong (Canada)	Sylvain Rouillard (Canada)	
Mindy Thuna (Canada)	Tamara Doleman (Canada)	
Missy Carvin (USA)	Tanya Gerber (Canada)	
Nadine Jannetta (Canada)	Terri Segal (Canada)	
Nathalie Dore (Canada)	Tiffany Lanier (USA)	
Nicholas Lynch (USA)	Tim Hurson (Canada)	
Nicole Dobinson (Canada)	Timothy Switalski (USA)	
Olga Petrik (Canada)	Toby Hatch (Canada)	
Olivia Gerber-Biggs (Canada)	Tom McMillian (USA)	
Paolo Sbuttoni (Italy)	Toni Arpaia (USA)	
Peter Hurson (Canada)	Toto Berriel (Canada)	
Peter Scott (Canada)	Tracey Marshall (Canada)	
Peter Zapf (USA)		

Schedule

Arrival Day: Wednesday

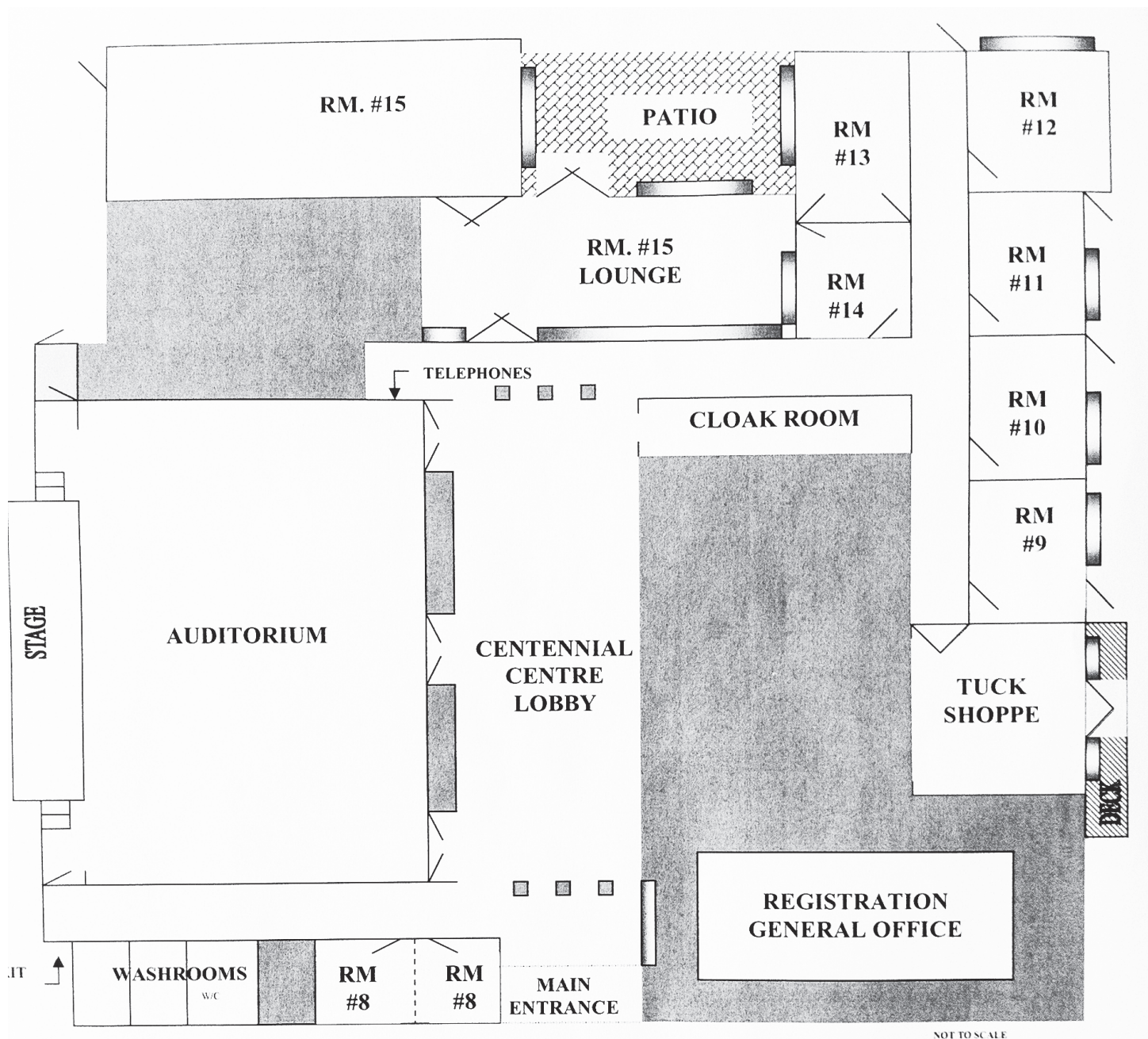
3:00pm	Registration - Free Time - Explore!
5:00pm	Opening Plenary – meet in Auditorium
6:30pm	Supper - Geneva Court Dining Hall
8:00pm	Concurrent sessions (75 minutes)
9:15pm	Pub – Campfire - Play!

Departure Day: Sunday

7:00am	Early Riser Sessions (optional, 60 minutes)
7:30am	Breakfast - Geneva Court Dining Hall
8:30am	Creative Jolt! - Geneva Court Dining Hall
9:00am	Final Mind U Session (2 hours)
11:00am	Break
11:30am	Closing Kaleidoscopes
12:15pm	Lunch and Closing - Geneva Court Dining Hall

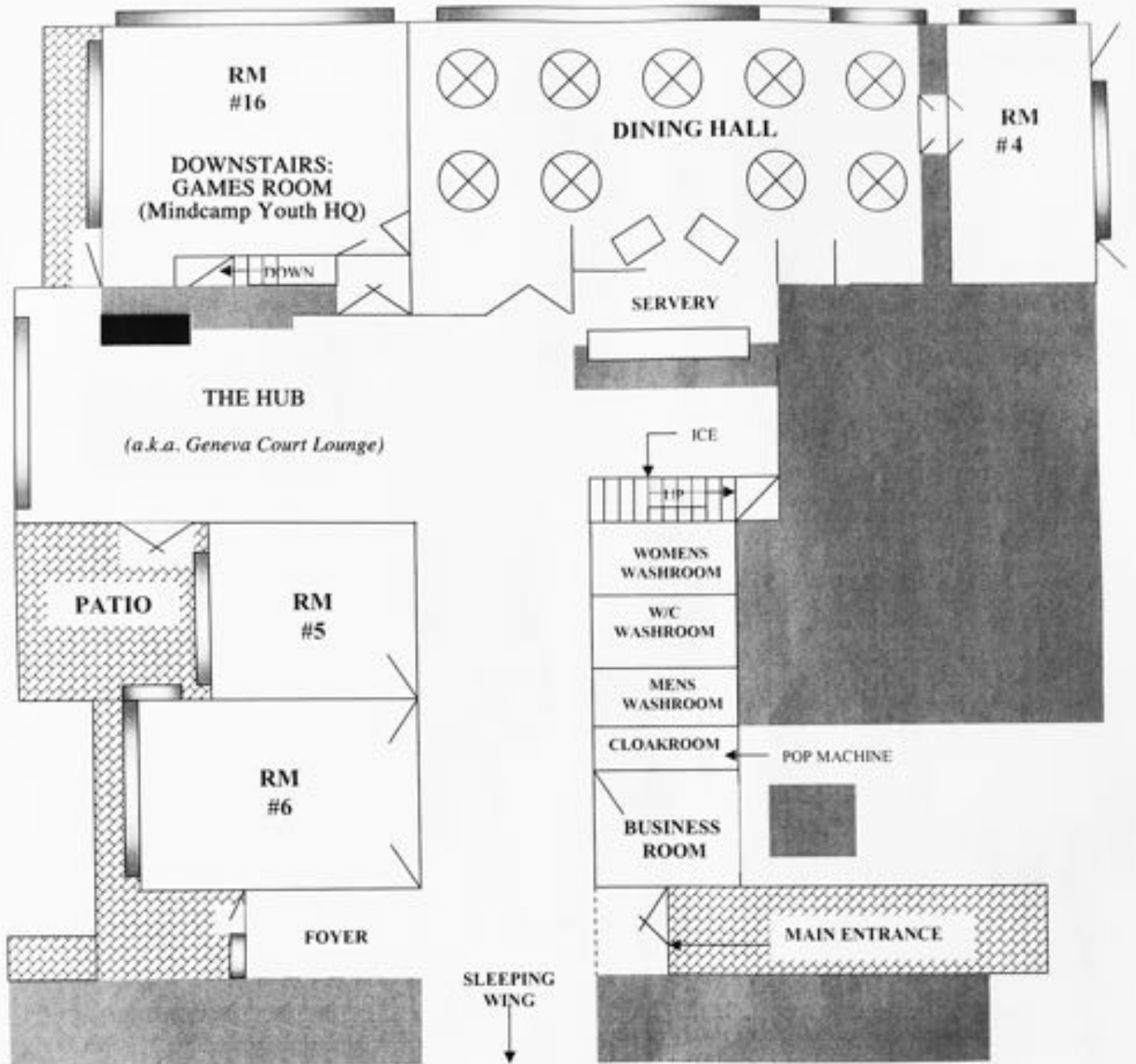
Thursday, Friday, Saturday

7:00am	Early Riser Sessions (optional, 60 minutes)	
7:30am	Breakfast - Geneva Court Dining Hall	
8:30am	Creative Jolt! - Geneva Court Dining Hall	
9:00am	Mind U (75 minutes)	
10:15am	Break	
10:45am	Concurrent sessions (90 minutes on Thursday & Saturday; Pt 1 of double-90 on Friday)	
12:15pm	Lunch - Geneva Court Dining Hall	
1:30pm	Concurrent sessions (90 minutes on Thursday & Saturday; Pt 2 of double-90 on Friday)	
3:00pm	Open Space	
4:45pm	Yoga Snack (optional) - Court 16	
5:15pm	Kaleidoscopes — small group meetings to debrief your day	
6:30pm	Supper - Geneva Court Dining Hall	
8:00pm	Evening Plenary: Thursday Drumming, Friday Camino, Saturday Dancing	
9:30pm	Night Flights (optional)	Pub - Campfire - Play!



CENTENNIAL CENTRE

YMCA Geneva Park Conference Centre



GENEVA COURT BUILDING

Session Index

Are You Here Yet? (Ashby) Daily 9:00am	First Night Freewrite (Reyes) Wed 8:00pm	Painting Your Life (Thomas) Daily 9:00am
Art of Appreciation (Shama) Thurs 10:45am	FOMO to JOMO (Chan) Thurs 1:30pm	Raising Adults (Mamnoon) Thurs 1:30pm
Art of Deferring Judgment (Catullo, Hurson) Daily 9:00am	From Story to Stage (Neray) Fri 10:45am	Shower Thinking (Dus, Monroe- Cook, Peterson) Daily 9:00am
Between the Beats (Allende, Berriel) Thurs 1:30pm	Gamification (Rouillard, Goglio) Fri 10:45am	Space-Making (Vicksta) Thurs 10:45am
Boost Your Bliss! (Ghattas) Fri 10:45am	Gift of Courageous Feedback (Jann) Sat 1:30pm	Stepping into Coherence (Coetzee) Fri 10:45am
Bounce! (Zlevor) Fri 10:45am	Going Wireless (Sarkis) Thurs 10:45am	Taming Judgment (Chatigny, Leeson) Wed 8:00pm
Breaking It Open (Carvin, Slazak) Sat 1:30pm	Graphic Recording Bootcamp (Gerber) Fri 10:45am	The Possible Dream (Kluk, Rouillard) Thurs 1:30pm
Building Creative Tension (Lynch) Thurs 10:45am	Hello 2046 Me (Santos) Sat 10:45am	The Thinkubator (Segal, Rosenfeldt) Sat 1:30pm
Celebrating Complexity (Tagye, Bigonesse) Thurs 1:30pm	ImageStreaming (TBD) Sat 1:30pm	Theory U and YoU (Frederick, Field) Daily 9:00am
Chakras and Creativity (Towne- Smith, Luna) Sat 10:45am	Innovating the NGO (Kluk) Sat 10:45am	Third Way Leadership (Paigen) Fri 10:45am
Collaborative Listening (Poinset, Jelouali) Sat 10:45am	(IoT)* (McAnanama) Sat 10:45am	Tracking Wonder (Davis) Thurs 1:30pm
Connected Nature (Santos, Eisenschetter) Thurs 10:45am	Kaleidoscope Groups (Mindcamp) Daily 5:15pm	U Lead (Soto, Dobinson) Thurs 1:30pm
Creative Leadership (Switalski, Switalski) Thurs 10:45am	Labyrinth (Mindcamp) Anytime	Undoing the Splits (Isaac) Thurs 1:30pm
Creative Team Dynamics (Hurwitz, Hurwitz) Daily 9:00am	Law Dogs and Leaders (Dobinson) Sat 10:45am	Wake Up Singing (Berriel, Allende) Daily 7:00am
Creative Thinking Primer (Bigonesse) Wed 8:00pm	Make It Real (Ridge) Daily 9:00am	Warp Speed Creativity (Hurson) Wed 8:00pm
Design Thinking (Yau) Wed 8:00pm	Mental Time Travel (Aquilanti) Thurs 10:45am	We at KC (Muñoz) Wed 8:00pm
Discover PREZI (Rudzinski) Sat 1:30pm	Metaphor and Creativity (Bernèche) Sat 1:30pm	What Hill? (Young) Sat 10:45am
Diving into Poetry (Tokarczyk, Dunne) Daily 9:00am	Mirror, Mirror (Sedgwick, Rosenfeldt) Daily 9:00am	(What If)* (Brooks) Thurs 10:45am
Failure Wake (Halliwell, Keilty- Friesen) Sat 10:45am	Morning Yoga (Wong) Daily 7:00am	Writing Freely (Reyes) Daily 7:00am
Family Dreaming (Doré, Delage) Sat 10:45am	Navigating Cultural Differences (Grange) Fri 10:45am	Yoga Snack (Wong) Daily 4:45pm
Fantastic Voyage (Doesburg) Sat 1:30pm	Night Flights (Mindcamp) Thurs to Sat 9:00pm	
	Opening Night Improv (Ashby) Wed 8:00pm	

PLENARY SESSIONS

Kaleidoscope Groups

Debriefing your Mindcamp experience

Thurs-Sat at 5:15pm; Sunday at 11am

We all know that what you learn from an experience doesn't end when the experience is over. In fact, most of your learning takes place after the experience, when you discover the connections between what you've learned and what you already know — between who you are and what you might become.

So in 2013, thanks to our dear friends at CREA, we introduced an opportunity for participants to share what they had learned, what they thought, what they felt, and what they wondered about their Mindcamp experiences. It was a hit! We're doing it every year now.

We do this through small, facilitated groups called Kaleidoscopes. Each group will be hosted by an experienced facilitator who will ensure a safe, open environment in which you can explore your thoughts and feelings, unpack your learnings, and begin integrating what you've been exposed to.

Drumming

Wendy and Phil Shaw

Thursday at 8:00pm • Centennial Auditorium

The biggest drumming plenary ever attempted at Mindcamp in our 14-year history! Don't miss it!

Camino

Let's go for a walk

Friday after super • Everywhere

Mindcampers are invited to enjoy a postprandial stroll with a "twist": creativity buskers. Last year encounters included: performances of all kinds (mostly interactive), a punk hair salon, ice cream, a Thinking Well, free hugs, karaoke stand, bubbles, ping pong... and more. This year? You will have to see for yourself! This daily outing is an opportunity to pick up new ideas, have fun, and connect with the community in a relaxed series of chance encounters.

DAILY (OR NIGHTLY) SESSIONS

Writing Freely: Wake up with your Muse

Cynthia Reyes

Daily at 7am; Court 5

Maybe you like to write, or you want to write more. Perhaps you feel the need to reflect on all the things that you're experiencing at Mindcamp, to collect them and make sense of them. Or you just want to explore your creative potential using words and language.

These are all good reasons to join us mornings and late afternoons for random free-writing. We'll use prompts and images and writing exercises to unleash the words in you. No need to attend every time, just drop in whenever you feel the urge to write.

Wake Up Singing: Yoruba songs for early risers

Toto Berriel, Mario Allende

Thurs, Fri, Sun 7am (no Sat); Daniel Centre

Join esteemed singer, percussionist and friend of Mind Camp, Toto Berriel for an early morning singing class. Toto will lead us through Orisha praise songs that connect us all the way to West Africa via the island of Cuba.

Morning Yoga: Daily dose of Vitamin "Y"

Brad Wong

Daily at 7am; Court 16

Join this energizing morning yoga session to get the body and mind flowing. This practice will stretch your the muscles and wake up the mind with a focus on breath and body alignment.

Yoga Snack: A 15-minute yoga quickie!

Brad Wong

Daily at 4:45pm; Court 16

A 15 min Yoga Quickie! Try out this easy total body energizing routine.

Night Flights

Nightly 9:00pm • Everywhere

Every year, all Mindcampers have the opportunity to offer something we call Night Flights. These are workshops that are held after the normally scheduled sessions. Here is how it works:

People who want to present fill out a form that says what the session is about, how long it will be, and which night it will be (it can be Thursday, Friday or Saturday night).

Then we post the sheet publicly for everyone to see. People who are interested sign up on the sheet. We then assign a room appropriate to the number of people who have indicated they want to come.

FIRST NIGHT: WEDNESDAY 8:00PM

Creative Thinking Primer: How process + tools can make you more creative

Dan Bigoness
Court 4

In this interactive session, Dan will introduce you the basic Creative Problem Solving Process and to several of its most powerful tools — tools designed to help you have more ideas, better ideas, more of the time.

You will discover that the fundamental equation of process + tools can be sophisticated enough for corporations to develop new products, create innovation strategies, and design organizational change—yet simple and clear enough to be used with your kids at home.

You'll understand your challenges with more clarity, generate ideas with more creativity, evaluate solutions with more rigor than ever before — and you'll walk away from this session with more cranial firepower than you can imagine. Guaranteed.

Design Thinking: Creative & collaborative problem-solving mindset & methods

Cecilia Yau
Court 6

Design Thinking is critical for innovation. In this interactive workshop, we will study and practise the creative and collaborative problem-solving mindset and methods of Design Thinking.

As well, we will discuss the strategies it formulates to bring about innovation, distinctiveness and competitive advantage. A study of Apple Company will be included.

First Night Freewrite: Get into the flow of Mindcamp with a freewriting session

Cynthia Reyes
Court 5

This is a great first-night introduction to our ongoing early-morning freewrite sessions.

Maybe you like to write, or you want to write more. Perhaps you feel the need to reflect on all the things that you're experiencing at Mindcamp, to collect them and make sense of them. Or you just want to explore your creative potential using words and language.

You can take this alone, without coming later in the week; you can also come to the morning sessions without taking this.

Opening Night Improv: Brilliance exists within the blank canvas

Kate Ashby
Centennial Auditorium

During this highly interactive workshop participate in some fun and energetic improvisational training. Discover that brilliance exists within the blank canvas, you can access ideas from nowhere, and you think best when you're not thinking.

This workshop can be a prelude to Kate's "Are You Here Yet?" Mind U session, or stand on its own. It helps you access more of your creative thinking brain cells and discover new ways of communicating. Come out and play...and leave with seriously useful stuff!

If this class scares you...perfect.

Taming Judgment: Turning your inner judge into an ally

Jeanne Chatigny, Franca Leeson
Court 16

What's up with all this "no judgment" stuff in creativity? Are we supposed to disregard our critical faculties? What's meant by "positive" judgment and what's "negative" judgment? And what does it mean to "defer" judgment? Until when, for example? And how might that be a good thing?

In this highly interactive session we will each meet and get to know our inner judge, and explore how this faculty can both impede AND assist our creative efforts. Finally, we will share some creative tools to help us recalibrate this faculty and maximize its usefulness in personal and professional creativity, in relationships, and in life.

Come prepared to feel some discomfort, to have fun, to laugh, and maybe to change!

Warp Speed Creativity Bring a problem. Bring your feet (Really?). Expect the unexpected.

Tim Hurson
Centennial 15

New to the world of creative thinking? Here's a way to get oriented AND at the same time to tackle a personal challenge (completely privately if you like). It's quick, it's effective, it'll open your mind to a raft of unexpected connections between where you are and where you want to be. And it'll help you get a whole lot more out of Mindcamp.

Tim will lead you through a straightforward, accelerated thinking model and show you how you can generate more ideas, better ideas, more of the time. You'll be amazed at the wealth of creative answers already inside you. Bring a problem. Bring your feet (Really?). Expect the unexpected.

We at KC: A simple tool to help change stick

Leonardo Muñoz
Centennial 13

Are you familiar with the following situation?: We had this wonderful idea. We crafted it thoroughly, even had a detailed action plan. But now, it's not working. People just keep doing everything the way they always did. Nothing has changed. Why?

In this workshop we will practice a short process that will help you understand and categorize the reasons why changes don't stick in your particular situation, and develop an action plan to overcome difficulties.

"We at KC" is an applied tool based on the Resistance-to-change Pyramid, developed by Nieder and Zimmerman (University of Bremen, Germany), combined with techniques from Productive Thinking and CPS.

This is specially aimed at organizational challenges, but also may be useful for personal situations.

We will start by analyzing the dynamics of resistance to change, according to Nieder and Zimmerman. Then, we'll learn how the tool works and apply it to a generic situation. And finally, write a mini action plan to use it in different situations back at home.

Participants will leave with a template of the tool, and hopefully a small network of partners (other participants) ready to be helpful when needed.

Would like to know why such an odd name? Well, come and see, you'll never forget!

MIND U: DAILY 9:00AM

Are You Here Yet? Improv for the moment

Kate Ashby
Court 16

Most people will say they are terrified to take an improv class because they aren't clever or funny. Improv is not about being funny, it's a life skill that changes the way you experience the world.

Kate's many students will tell you she has a remarkable talent for ensuring you feel supported (and laugh) as you practice taking risks. I love taking groups of people and connecting them. Teaching them about no judgment, staying in the moment, saying "yes", status, scene work, outward focus, taking care of your partner, commitment, character, reincorporation, group mind, active listening, being good at it, failing, focus and most importantly finding the fun.

I love what I do.
All are welcome.

Art of Deferring Judgment: This space intentionally left blank

Matteo Catullo, Max Hurson
Daniel Centre

Why are some people able to approach problems more creatively than others? In the early 1950s researchers at the University of Buffalo asked that very question. One thing they found was that all of us, under certain circumstances, will tend to judge too quickly — that is, to assign "right" or "wrong", "good" or "bad", "possible" or "impossible" to new ideas based on personal biases. Quick judgment is great when you're dodging traffic or playing blackjack, but in situations where creative thinking is needed, it's not. Judging too soon results in "premature obliteration" — it kills new ideas before they've even had a chance to take their first breath.

In this program, Matteo and Max take you on a cognitive, sensory, and emotional journey during which you will encounter and explore biases you never knew you had. You will learn how to recognize them, and most important, how to prevent them from obliterating creative ideas that may, just may, have value.

Subject to change. What isn't?

Creative Team Dynamics: Bridging the creative space between people

Marc Hurwitz, Samantha Hurwitz
Centennial 15

Generate more ideas, better ideas, and do it TOGETHER. This Mind U series unpacks the keys to collaborative creativity and the most important things to know - and do - from an interpersonal perspective. The sessions are filled with creative activities:

Session 1 - The Foundations of Team Creativity

We will begin by how to establish a psychological safety net in the space between the people on the team to optimize creativity and collaboration. And, we will open eyes to the roles we play in team creativity - creative leadership and creative followership - and how they both differ from individual creativity.

Session 2 - Optimizing Brains for Creativity

We unpack a series of awesome tips that will enable you optimize the space between your ears for creativity, as well as those you lead and facilitate.

Session 3 - Optimizing Creative Leadership

This is a deeper dive into the role of leading for creativity: building a frame for creative action, ways to include everyone, and what barriers, biases and blunders might be hiding in the space between your team and your aspirations.

Session 4 - Optimizing Creative Followership

We end with unique information by diving into the important role of creative followership: how to have the most positive influence and positive impact.

Diving into Poetry: Finding your treasure

Michelle Tokarczyk, Lee Dunne
Centennial 13

This program is designed to guide participants through the process of writing and sharing poetry: from generating ideas to choosing forms to selecting venues in which to share poems.

We'll start with the spoken word: reading poems aloud—immersing ourselves in the content and forms of other poets. Then we will move to varied techniques for tapping our own deep language and experiences. We'll practice free-writing and writing from prompts.

Participants need no experience, just a willingness to join in the exercises.

Make It Real: Making visual thinking and story telling a magical sensory experience

Jim Ridge

Centennial Auditorium

After a few niceties, uncle Bob said to Alice, “So kiddo, what’s up? You didn’t just call your old uncle to visit did you?”

“Oh Uncle Bob, you know me too well. I am really frustrated, I just don’t seem to be able to connect with folks in my workshops. They just seem so bored no matter how hard I try.”

After a pause, Uncle Bob, the master tinkerer-inventor, said to Alice, “Are you Making it Real?”

“Real?” replied Alice.

“Yes, real,” said Uncle Bob. “Remember when you were a kid in my workshop? We’d draw your ideas and problems out, make models, prototypes and do all kinds of crazy stuff to figure things out.”

“Those were the best times ever!” said Alice.

“Yes, they were,” said Bob, “and that was because we made things real, Alice. You could see it, touch it, feel it and almost taste it, couldn’t you?”

“Yeah, but I can’t do that in the corporate world, Uncle Bob!”

“Sure you can, kiddo! Just figure out how to make the learning experiences visual, tactile, kinesthetic, and spatial. Just start off with a good visual story using ‘Tell-A-Vision’ and build from there. It’s easier than you think. Remember, Alice, they are all just big kids in grown-up clothes... Oh, and one more thing, Alice.”

“Yes, Uncle Bob, I remember! ‘It’s not the drawing that matters; it’s the *drawing* that matters!’”

They both laughed.

Mirror, Mirror: Learn the art and science of delivering and receiving feedback

John Sedgwick, Ian Rosenfeldt

Lodge Lounge

Delivering and receiving feedback can be a tricky business. Often times it can give quite a shock to the recipient, and sometimes even to the person delivering it regardless of their intent.

The purpose of this session will be to look at our brains and our hearts, as part of one complete system, and to explore the following questions: Is it really possible to eliminate the input of one or the other when delivering or receiving feedback? What if we could harness the signals we receive from both our cognitive and affective systems in order to redesign the way we deliver feedback?

This curriculum will present a consistent approach on how to contract and deliver effective feedback to our friends, our peers, and our colleagues in a way that capitalizes on the strengths of our own internal systems. We will examine feedback from the cognitive and affective perspectives, allowing participants to develop a deeper connection with the role that feedback has in any system.

This series of MindU workshops will include various simulations and practice exercises around both delivering and receiving feedback, as well as learning the importance of contracting and how to do so effectively. You will also be given additional resources to use as you continue to develop your own feedback style.

Painting Your Life: Letting go and creating the unknowable

Russell Thomas

Court 6

Playing with canvas, paint and brushes can be incredible fun when we allow ourselves the gift of letting go of our inner critic. This session will be a guided creation experience where participants will be given prompts that will inspire colour, shapes, text and composition on individual canvases. Like everything in life, we become tethered to things: ideas, people, habits, and patterns. What happens when we let go of our attachments?

Participants will be asked to give over their creation to the group, at which point they will select someone else's work and be led through a new series of prompts.

How will allowing ourselves to respond to others' creative instincts influence our own? How can collaborative creation exponentially affect outcomes?

Shower Thinking: The art, science and process of incubation

Clare Dus, Liz Monroe-Cook, Kristen Peterson
Court 4

We have all experienced sudden Ah-Ha's or insights that happen when we're not actively working on a problem. We can be driving, exercising, or, as many people report, taking a shower. Flashes of insights and ideas come at unexpected times because of a mental process known as incubation. When we move our conscious mind away from a problem or challenge, we free our subconscious mind to incubate on the problem, not unlike a computer routine running in the background.

In this immersion session, we'll explore the art, science and process of deliberate incubation by diving into the tools, concepts and current explanations of Incubation. You'll experience excursions designed to allow your unconscious to do the heavy lifting while you play, discover, explore and wander. You will also develop your own incubation tool kit to pull out when you need it, whether you are working by yourself or with others. Join us and stretch your capacity to incite insight.

Theory U and YoU: Kick start your Theory YoU

John Frederick, Joette Field
Court 5

Come and have fun tapping into the spirit of Sid Parnes and Otto Scharmer's Theory U concepts. This dynamic and experiential session explores how Theory U interfaces with Creative Problem Solving (CPS) to create dynamic flow. The principles of Theory U: Open Mind, Open Heart and Open Will enrich and complement the CPS experience.

Theory U is an awareness-based process that invites us to reflect on and cultivate our strengths while simultaneously asking us to address our resistors of judgment, cynicism and fear. This process shifts us to clear thought, heightened emotional intelligence and courageous action, increasing our capacity to make positive individual and global change.

Using the arts with reflective and group activities, the session will provide tools to launch you toward your Theory YoU!

THURSDAY 10:45AM

Art of Appreciation: Seven secrets of the lost art

Steven Shama
Centennial 13

William James (1842-1910) psychologist and philosopher said, "The deepest craving of human nature is the need to be appreciated." Since then many wise men and women have added that an essential part of living is to appreciate what life is all about.

In our world of creativity, appreciation of the wonder of it all is critical and how far are we today from this deep appreciation? How much are we missing?

In this experiential and interactive workshop we will share fresh and exciting ways to appreciate ourselves, our families, friends, colleagues and clients. We will increase our creative sensitivities by exploring ways of overcoming the obstacles that get in the way of this essential part of our human nature...Appreciation. Our time together will be an "Ahhhh" experience, guaranteed to touch your soul and put a smile on your face with the goal of getting to "IT," the true appreciation of what life is all about.

Building Creative Tension: Honoring the "space between" where you are and where you want to go

Karen Lynch
Court 4

Have you ever created a vision board? Read up on the Law of Attraction? Bought, and bought into, The Secret, and our ability to manifest our dreams? Good. Then this workshop is perfect for you. Because there's another

secret that I want to tell you about and I'm sure you'll believe this too: our real joy is found in the space in between our current reality and our desired future state.

In the workshop, participants will be using LEGO® bricks, mindful reflection and "found objects" to consider their current state, explore a vision for the future and learn to embrace the creative tension in between. We'll discuss achievement vs failure vs forfeiture. In our time together we'll be building, reflecting, telling stories, journaling and creating a "tension totem".

Connected Nature: Can biomimicry and digital tech find happiness together?

Ginny Santos, Alexandre Eisenchteter

Daniel Centre

Biomimicry is the conscious emulation of nature's genius, an approach that has been used to successfully solve complex problems. One example is the creation of Tubercle Technology for wind turbine blades by Dr. Frank Fish (inspired by the flippers on humpback whales).

Stormz is a new digital collaboration platform designed to connect 2 to 1000 people across both time and space.

In this workshop we will practice Creative Problem Solving under the trees—using biomimicry as a methodology, Stormz as a technology, and you the participants as connectors.

Creative Leadership: Vision, alignment, and execution

Tim Switalski, Laura Switalski

Court 6

One of the positive advances of the Thinking Skills model of Creative Problem Solving is the ability to use it as an open framework that can be combined with other models from other related fields.

This workshop will explore a leadership model developed by the pioneers of the DiSC assessment and training systems who recently published "The Work of Leaders" and introduced the VAE model as a product of their research. This approach focuses on the critical

elements of vision, alignment and execution and the drivers and best practices that are essential for each element.

We will present the VAE model and examine how it can be combined with CPS Thinking Skills to provide leaders with an extremely useful framework for learning and practicing truly creative leadership.

Going Wireless: Experimenting with wireless connections

Guilherme Sarkis

Outside (meet in Hub)

Much of our creative potential can be expressed and assessed through our body expressions. The same goes for our biases. By "unconditioning" our attitudes it is possible to foster deeper states of concentration, connections and creativity.

In this active and interactive workshop you will experiment with such states and connections that can trigger creativity. Together we will explore practices from the world of dance, martial arts and cooperative games to address cognitive biases and attitudes that hinder creativity and decision-making when we face uncertainty. As a result you will expand your 'tools and techniques' repertoire to live more happily in a world you cannot control.

The workshop is designed for facilitators and practitioners of creativity who value the integration of body and mind and are looking to insert physical practices to their work.

Mental Time Travel: Tap into your past creative genius to fuel future potential

Jay Aquilanti

Court 16

Everyone has moments in life where they've fired on all 'creative cylinders'. Imagine being able to tap into that feeling whenever you need it?

This session will be a time for creative reflection where attendees experience guided meditation to seek answers to their creative past. They'll learn how to unlock the ability to bring that past to the present and ensure a more creative future

Space-Making: Imaginatively creating space in your images

Mary Ellyn Vicksta

Court 5

Often we take a photo and quickly post it or keep it on our smartphones to show friends and family. In this workshop, we are going to take a couple of your images and then use a photo app or two to dramatically create interesting spaces within your images.

We will start with a demonstration of some before and after images so you get a sense of what is possible as we break and re-create photographic compositional rules. We will then be guided through a series of "space making" experiences where you imaginatively create your own images using your own smartphone or tablet. Near the end of our time together, we will "show off" our images in a special "Space-Making" gallery.

No previous experience with using photo apps is required. Just bring your smartphone or tablet, with 3 to 5 images identified as potentials for "space making". Just before Mindcamp, there will be a short video showing a couple of "space making" images, some ideas of starting images, and what apps to pre-load on your smartphone or tablet.

Looking forward to your openness to explore space in many different ways!

(What If)*: *Honing the POWER of your imagination

Bill Brooks

Centennial 15

Children are more imaginative than adults - Right? - NOT TRUE!! In this session you will investigate the power of your imagination as it applies to creating the world you live in.

THURSDAY 1:30PM

Between the Beats: The magic of rhythm lies in the space between

Mario Allende, Toto Berriel

Daniel Centre

Drumming is one of our oldest musical and spiritual traditions. The sounds made by scraping, hitting, shaking and stomping creates a space, both physical and spiritual, where we can come closer to the beauty of our universe and celebrate the magic of life. No previous drumming experience is necessary, you already know everything.

Celebrating Complexity: The connection between creativity and tolerating complexity

Katie Tagye, Dan Bigonnesse

Court 6

One of the big affective skills underlying the creative process is "tolerance for complexity" — what does that mean and, bigger yet, how do we become better at having cognitive complexity?

In this session we'll explore how holding multiple ideas at once can open you up to greater possibilities and lead to more creative thinking.

FOMO to JOMO: Trust your creativity through fear, uncertainty, and loss

Karen BK Chan

Centennial 15

Are you the curious type? Always into learning new things? Do you love asking questions and knowing the wonders of the world? What happens when you CAN'T know something? Chances are, there will always be things we can't know or comprehend, things that we miss or have to let go of.

To fully engage your creativity, you not only need a hearty dose of curiosity, you also need the ability to stomach uncertainty, accept mystery, and embrace loss. Creative life is full of those things!

In this workshop, we will move curiously towards fear, uncertainty, and loss, with the goal of expanding our creativity by expanding what's tolerable emotionally. We will reflect, share, and experiment through experiential games.

Raising Adults: How to get creative about about raising a creative generation

Ismet Mamnoon

Court 5

Parenting is the toughest job most of us ever have to handle. In this session we will tackle this challenge head on by using Parenting Tools and a model that has been designed and tested to help Raise Adults. These tools will leverage creativity to help reach parenting goals.

The Possible Dream: Sequence I - Garden of Totems

Clara Kluk, Sylvain Rouillard

Court 4

This is the first part of the sold-out double workshop from last year.

This workshop is an opportunity to identify and clarify the wishes and desires you have (and sometimes didn't know you had!) in a specific area of your life, or for your life as a whole. If you are a facilitator, it is also a great occasion to discover new tools that will help individuals and groups to pinpoint and embrace their wishes.

You will discover five sub-steps we synthesized within the clarification of the wish step, and at least five techniques, maybe unusual, certainly a bit artistic, to experience a journey that will reveal possible dreams and give energy to enter the realisation process.

Tracking Wonder: The surprising path to Beginner's Mind

Jeffrey Davis

Court 16

In the beginner's mind there are many possibilities. In the expert's there are few. — Shunryu Suzuki

Wonder is the first of all passions. — René Descartes

In the workshop participants gain tools and experiences that help them approach a specific project, problem, or situation from a wholly refreshing perspective

— as if they were beginners. We each will define a specific project, problem, or situation we want novel insight into.

The workshop structure takes participants through three junctions of wonder to bust cognitive biases, mindset biases, and perception biases in order to gain surprising experiential insight into a novel solution to her or his defined problem or project.

The learning experiences include bringing our young geniuses to work & play, busting open the problem with wondrous questions, cleansing the lens of perception, and becoming human cameras with partners in the group. Participants will have time to assimilate their reflections as well as to write into or map a possible “solution” to their defined problem, project, or situation.

U Lead: Tango as a creative leadership tool

Manuel Soto, Nicole Dobinson

Centennial Auditorium

The proposed creative leadership workshop is a concrete application of the Synectic approach, mainly used in creative solving of very complex problems. Since Argentine Tango is so complex, sophisticated and completely improvised (no predetermined choreography), every step is a co-creation. It really takes two to tango! That's what makes it a great experimentation field. Nicole Dobinson and I will lead the session.

The workshop is divided in 5 simple steps:

- Identification of common challenges to work on
- Synectic excursion in the tango universe (read tango challenges)
- Idea generation to overcome the tango challenges (noted on Flip Chart)
- Conversion of ideas into concrete solutions face the common challenges identified.
- Q&A on the results, on the Synectic approach and on “Tango intervention”

Undoing the Splits: Exploring the spaces between inner and outer life

Alina Isaac

Centennial 13

Do you ever find yourself doing the splits, that is, 'performing' outward life while disconnected from your inner life? When this happens a rich source of knowledge is lost – knowledge that can generate awareness, clarity and zest.

The goal of this workshop is to take a peek at our relationship with emotion and intuition – the sometimes hidden residents of our inner life.

Using a gentle curiosity, we will engage in small socio-metric experiments to take snapshots of our positions and attitudes at this interface. We will discuss the role of the vagus nerve and the concept of head, heart and gut as our '3 internal advisers'. We will build safety by exploring similarities and differences and by staying open to themes that emerge in the room.

Whether you live in full dialogue with your inner self or just drop in from time to time, this workshop invites you to (re)connect with what is important to you. Be prepared to stay mostly on your feet but you will not have to do any acrobatics!

FRIDAY 10:45AM

Boost Your Bliss! Radically reliable self-confidence

Laila Ghattas

Daniel Centre

The health of your self-perception matters. It's actually the only thing you have total control over. Your thoughts either fill up your treasure trove of self-confidence or trip you towards the black hole of self-doubt.

Aging memory makes it harder to recall previous success when facing a life challenge, computer glitch or Ikea instructions. Anxious and overwhelmed you face a situation that needs something*, wondering: "Can I do this? Figure it out? Transform this mess?"

YES YOU CAN! This profoundly practical, impact driven, super cool process is dedicated to crafting unshakable belief in your self. ^

How? With expert guidance remember the YES in yesterday and integrate it to fuel your NOW:

1. Gather proof of achievements with targeted blasts from the past.**
2. Illustrate your success into an in-your-face, indisputable, physical body of evidence.
3. Assemble to create your irrefutable OH YES I CAN! BOOK.***
4. Review as necessary for a guaranteed, at a glance, self-confidence extravaganza.

*courage, humour, genius, vodka...

**You choose which areas need a swig of confidence

***Please bring a worthy binder/album to fill with nothing but the truth. (you can still come if you forget)

^ Lovingly designed to remind individuals, couples & families: "YES, I(we) have what it takes to navigate through those pesky waters of life!"

Bounce! Resiliency and the space between impact and renewal

Greg Zlevor

Court 16

Between absorbing the impact of failure, hurt, or disappointment—and either succumbing to it or bouncing back, there is a dead zone — that point at which the metaphoric ball that is your energy is completely still against the wall it has encountered. The question is will you deflate and fall to the ground, or will you harness your compressed energy to bounce back even stronger.

In this session Greg will help you discover and apply the latest work and research in this field from Martin Seligman, Travis Bradberry, Charles Duhigg, and others. Learn and practice how to identify and foster, in your own life and work, the basic elements of well-being including: positive emotion, engagement, relationships, meaning, achievement, and the "BiG Picture." Compare and contrast how you experience resilient thinking and non-resilient thinking – and acting – through daily practice and rituals. Come and learn how to build your "happiness" muscle.

Explore the power of practicing in the 'space between' and learn tools and exercises for strengthening your resiliency muscles. Finally, make this the beginning of your journey to raise your *Happiness Set Point*.

From Story to Stage: Bridging the space between you and your audience

Michel Neray

Centennial Auditorium

You can't motivate, inspire, or even truly inform your audience unless you can connect with them. In this double session, Michel will focus on two of the most fundamental areas of speaking and presenting — story and stage presence.

Combining a mix of acting exercises, stand-up comedy techniques, neuro-linguistic programming and scriptwriting, this is a hands-on session for all kinds of speakers and presenters, whether you speak to sell, inspire, train or facilitate. It will help you develop a powerful, authentic, grounded energy, you'll be able to tell your story without notes, and establish respect and credibility from the moment you walk on stage or to the front of the room. After this session, you'll no longer be merely 'telling' your story, you'll be using your entire body to fully engage your audience and have them re-experience your story with you.

The session will end with live coaching to give everyone the opportunity to see how these new skills are incorporated into any keynote or presentation.

Gamification: When the game becomes serious

Sylvain Rouillard, Guillemette Goglio

Court 4

People love to play games.

Gamification is the study of the learnings we can get from games in order to improve actual products, services, etc., that have nothing to do with playing.

Studies have identified powerful levers that explain why certain person can spend hours playing a video game for example.

In this workshop we will discover these motivation levers, and transform them into paths for discovering new ideas, improve actual concepts.

A unique and powerful addition to your facilitation toolbox. This is a 90 minute session with optional overtime.

Graphic Recording Bootcamp: Practice, play and draw together! Polish your visual vocabulary!

Tanya Gerber

Centennial 15

Participants in this session will develop their graphic skills and visual vocabulary! Teachers, facilitators and leaders of all kinds will benefit from having visual icons ready for your next flip chart, note-taking or teaching moment!

This highly interactive session will give people concrete skills in graphic recording from a seasoned practitioner (and IFVP trainer!) Come play with markers! Bring your camera to take pics of your favourite icons and images for future reference!

Navigating Cultural Differences: The key to creating diverse and inclusive environments

Hamlin Grange

Court 5

PRE-REGISTERED PARTICIPANTS ONLY. An assessment taken BEFORE Mindcamp starts is a crucial part of taking this session.

The space between cultures can be a Pandora's box of trouble — and of hope. Learning to navigate cultural differences is a critical skill for the future. As the world becomes more interconnected, the demand for each of us to be able to shift our cultural perspective and change our behaviours will only become greater.

In this session we'll use the Intercultural Development Inventory™ to explore how individuals and teams encounter differences and we can use what we know to develop intercultural skills that drive creativity and innovation.

Stepping into Coherence: Aligning creativity and purpose

Francois Coetzee

Court 6

Are you stuck in that space between what you have to do and what you want to do?

Have you ever been in a situation where your head says one thing but your heart another?

Do you want to align your creative journey with your purpose of being?

Some of us dedicate ourselves to pursuing a journey of personal and creative growth. In work, in life and in our relationships, we search for the creative sparks which propel us down a road of creative discovery and meaning.

And somehow, while dedicating our attention and pursuits to this journey of becoming whole, we are distracted into decisions, events and tasks that leave us conflicted and side-tracks us; leaving regrets of what could be if we aim for our highest creative intentions.

A life worth living is a life of coherence. Coherence is that moment when heart, mind and gut-feel is aligned with our sense of purpose - a life of continuous flow. Finding that space in between doing and being that will connect who you are with what you do.

So, if you are interested in exploring an approach and the tools of coherence that will align your creative journey with your purpose of being, this session is the one for you!

Third Way Leadership: Harnessing mindfulness and intention

Gina Paigen

Centennial 13

Third Way Leadership rests in our ability to live in "yes, and." It is about engaging with ourselves and our world with an open mind, an open heart, and a commitment to service.

We each have the capacity for Third Way Leadership. It may derive from conferred authority (leading from the front), a sense of personal accountability (leading from behind), or a commitment to collaboration (leading from the side).

This workshop is for anyone who wants to expand their leadership potential. Through a series of exercises and discussions, we will explore critical leadership competencies in four key areas: focus on relationships (engagement), focus on results (effectiveness), focus on collaboration (inclusion), and an entrepreneurial mind-set (creativity).

We will look at how to use mindfulness (awareness of our internal and external world), purpose (what matters most), and intention (considered action) to expand our capacity to lead effectively in each of these areas.

SATURDAY 10:45AM

Chakras and Creativity: Aligning your energetic centers and your creative self

Zachary Towne-Smith, Jessi Luna

Court 16

Many traditional health and wellness practices are based on the understanding that our body is made up of seven energetic centers whose balance determines our ability to thrive.

This brief introduction will explore these seven centers, sharing simple tools based on Yoga and creative explorations to self-diagnose imbalances and improve creative flow.

Collaborative Listening: Multiply your ability to solve problems

Ian Poinset, Emad Jelouali

Centennial 13

Experience a creative moment organized around group questioning and listening. Answer collaboratively and creatively of governance, strategy performance and even technical issues. In a difficult climate of possible distrust or lack of cooperation make sure everyone has a chance to contribute. Look for consensus, more clarification, more reactions and more ideation. Let's use "Collaborative Listening" to generate team-built answers.

Failure Wake: It's a wake, wear mourning!

*Janeen Halliwell, Jennifer Keilty-Friesen
Centennial 15*

Janeen and Jen are hosting a Failure Wake and you are invited, if you:

- Have a personal or professional mistake, 'ah s**t moment,' bad/really stupid decision, or plain old failure you want to lay to rest for good, no looking back, EVER, not even a peek.
- Are up for sharing your %&#\$-up with everyone else who shows up at the Failure Wake
- Are into sharing your learning from your %&#\$- up
- And into creating and making a ceremonial toast to all the successes and future failures you hope to experience in this one wonderful life you are living moving forward!

The format for this session is ceremonial. Wear black or other mourning attire (underwear, socks - even with sandals, a hat, a veil, whatever.) Come prepared to share, possibly shed a tear or two, and to laugh, let go, and embrace this one precious life.

Family Dreaming: Get to know your family through their dreams

*Nathalie Doré, Michel Delage
Kids HQ (downstairs from Hub)*

An interactive workshop for parents and their kids. Everyone has dreams, but often it's hard to articulate what they are and how to activate them in our daily life. Using cool abstract images each family member will be guided through the discovery and articulation of their dream using storytelling. And we'll explore how you can live your dreams in your everyday life NOW! Participants appreciated this workshop so much, we want to do it again. If you were there come back and build from last year!

Participating kids will invite one or both parents (or an adult of their choice) to do the session with them.

Hello 2046 Me: A coffee date with your future self

*Ginny Santos
Lodge Lounge*

Are you prepared to meet your 2046-self (dead or alive)? If so, join us in a fascinating experience of deep and playful reflection. Bring your fears and/or enthusiasm and expect to apply three forms of imagination while you create an authentic "Future Pull."

This session was inspired by the work of Tim Hurson, Paul Torrance, Richard Moss, 18 months of experiences in online dating and McKinnon's research on Creative Personality Traits; and combined with the principles of positive psychology, mindfulness, and productive thinking.

Important Note: All session participants must bring a smart phone or voice recording device and meet Ginny at the photo booth for a personal one minute photo shoot before the session – exact time and location to be announced at breakfast on Thursday morning.

Innovating the NGO: Creative thinking for large social purposes

*Yoel Kluk
Court 5*

This session will be a hands on session divided quickly and rapidly into sections:

1. let's review some key design thinking principles
2. let's apply them to a project for Mindcamp as real practice
3. let me share with you how for 3 years I have been helping an orphanage in Uganda using design thinking to strategize the growth of the orphanage

I will illustrate the session with videos, pictures, and very emotional experiences. Design Thinking starts with empathy. We will differentiate empathy from sympathy and learn how to create a strategy with empathy.

(IoT)* Understanding the Internet of Things

James McAnanama

Court 6

The space between the real world and the information that is becoming available online is called the Internet of Things (IoT). It is the network of physical objects—devices, vehicles, buildings and other items—embedded with electronics, software, sensors, and network connectivity that enables these objects to collect and exchange data.

In this hands on workshop, we will make our very own IoT "thing" based on a tiny device called the Photon that we can control with our smartphone.

Law Dogs and Leaders: An alternative decision-making process for the ages

Nicole Dobinson

Court 4

There once was a group of Indigenous peoples that sat as on Council of Leaders. They came together under a set of laws to decide matters in the best interest of the land and for seven generations to come.

The Council was made up of War, Peace, Women, Hunters and Hey-o-kahs to name just a few, and together formed an alternative decision-making model that to this day works to achieve holistic, inclusive and creative solutions.

Exploring the model in a modern context, we will step into new old world roles to gain a deeper understanding of authentic leadership and truly empowered decision making.

SATURDAY 10:45AM

Breaking It Open: Finding the gifts in adversity

Missy Carvin, Beth Slazak

Court 6

You can't make an omelet without breaking some eggs. As with breakfast foods, so is life. Sometimes, it takes going through a mess – sitting amongst the rubble of egg shells and kitchen scraps – to find the comfort and joy waiting on the other side. And often, there is something of value that life is offering even when you're in the middle of the chaos.

There are certain experiences that make us human. These allow us to feel joy, gratitude, sorrow and pain. Sometimes we feel all of these at once. Then there are experiences that seem to only serve to make us wounded or depressed. But in every adversity there is a gift. Using a variety of metaphors, small group discussions and journaling exercises, this workshop will help you learn to look for the gifts that life gives you, even when it feels like you're in the midst of a raging storm.

Discover PREZI: A great tool for presenting interconnected ideas

Carole Rudzinski

Centennial 13

Prezi is an online presentation creator. It allows more options for creative, graphic design. This session will help you understand the basics and the tools of the Prezi software to create presentations that are more engaging, memorable, and fun than Power Point.

See how to create a story with images, videos and text. You can zoom into specific content elements, and back out to see the bigger picture, then zoom in again to a different part.

Participants will learn how to insert text and images into Prezi, find and use essential editing tools, create frames around objects they want to group together, and specify a path for the presentation to follow. If they bring a laptop, they'll even have a chance practice!

Fantastic Voyage: Travel old ways to new solutions

Co Doesburg

Court 5

The book *Verdraaide Organisaties (Twisted Organizations)* has brought me great enthusiasm because of its sharp analysis and lack of jargon. The core thesis of the analysis is that in twisted organizations rules are dominating the original reason of its coming into existence.

This gnaws at the conviction of ownership that professionals have; that's why, when working in this climate, they become uncertain, put the rules before the client's interest, and eventually they may become cynical.

What to do? Professionals and management each have their responsibility for this culture, to be sure; but what to do?

There has been a lot of thinking about this, recently and previously. The way we are able to develop the world further rests upon a basis that goes back a long long time, so why don't we try to find answers to this problem by thinking from five existing philosophical systems? They have a lot to offer...

Gift of Courageous Feedback: How to navigate tough conversations for win-win outcomes

Deborah Jann

Court 16

In life we are often faced with challenges and pressures outside of our control and we still need to perform. Sometimes we can hire people to manage our stress and expectations. Thank you doctors, lawyers, mechanics, accountants, therapists... But what do you do when you work, live or learn with someone who is causing stress by not meeting high standards or expectations? What if they are not aware of the shortfall? What if they are really, really nice? Should we say anything? And do we?

Every interaction with another human being is an opportunity to influence outcomes. As colleagues, friends, parents and consumers we are in the unique position to advance thinking, conversation and relationships by providing courageous feedback.

ImageStreaming: Work directly with the most intelligent part of your brain

Presenter TBD

Centennial 15

Albert Einstein is one of many who made good use of "mind experiments" or "Receptive Visual Thinking," a wellspring of creativity and understanding.

All of us have a stream of "back-of-the-mind" stuff running all the time. You prove that to yourself, every time you take a shower. This back-of-the-mind stuff reflects your deepest knowledge, understanding, and intuition. And it has more than 40 times the capacity of the part of your brain that maintains your conscious, verbal focus. This stream reflexively responds to whatever is going on, including any questions or problems you may be dealing with.

Much of this session will focus on how to notice and make sense of the image-metaphors constantly flowing through the back corners of your mind. There's a vast storehouse of knowledge, wisdom, and creativity hiding there. And you can access it.

PLEASE NOTE: Imagestreaming takes place in a DIFFERENT ROOM than Win U

Metaphor and Creativity: A powerful encounter

René Bernèche

Court 4

Our word *metaphor* comes from the Greek *metaphora*, meaning "to transport". Metaphors, in which words or phrases are applied to things to which they do not literally apply, allow us to enhance our thinking, open new pathways to meaning, and create powerful communication.

Through images, communication becomes more meaningful and more evocative. The metaphor, with its capacity to provoke creative transformations, brings the originality of our mental images to life. The metaphor calls for attention, astonishment and reflection, invites us to perceive differently and to elaborate on complex and sensitive subjects.

The metaphor establishes relations with different horizons to allow the emergence of original ideas, and invests our communication with more power, more clarity, and more creativity.

In this session, you will be exposed to a definition of creativity and its components. You will explore the process of creating metaphors and learn how to integrate them in original modes of thinking and communication. And you will discover how to enhance your own thinking and communication by applying the unique Metaphorical Stairway to your own ideas.

(If at the end of this session, you say, "This program blew me away," you will be employing a metaphor.)

The Thinkubator: A space to create

Terri Segal, Ian Rosenfeldt

Daniel Centre

We invite you to enter The Thinkubator...where you will have the opportunity to slow down and settle into a multidisciplinary arts experience that will awaken your senses and enable your creativity. Come experience the space inBEATween.

The session will begin with a brief lesson on how to better invoke your own powers of incubation as well as providing a quick lesson to drumming and percussion. Following the setup, you'll have uninterrupted time and space to incubate and create as you wish, either individually or as a collective.

You are sure to emerge from The Thinkubator with new ideas, fresh perspectives and useful incubation techniques that you can apply to everyday life.

(Art and drawing supplies and paper will be made available however participants are encouraged to bring along their own if they'd like)