

Postcards from the Edge
21-25 August 2019

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Participants

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Alexis Marie (USA)
Alison Cohen (Canada)
Allan Cole (USA)
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Andi Cuddington (Canada)
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Angela Lassandro (USA)
Ann-Marie Kong (Canada)
Annie Guenette (Canada)
Annie Leung (Canada)
Anthony Billoni (USA)
Anthony Hyatt (USA)
Ashley Da Silva (Canada)
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Bara Watts (USA)
Bert Rossouw (South Africa)
Beth Slazak (USA)
Beto Santos-Pyne (Canada)
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Branwen Hurson (Canada)
Cameron Howey (Canada)
Carla Guadalupe Tamayo (Mexico)
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Catherine Dine (Canada)
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Chelsea Omel (Canada)
Chiara Micalizzi (Italy)
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Clara Kluk (Mexico)
Clare Dus (USA)
Cyndi Argona Burnett (USA)
Cynthia Reyes (Canada)
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Declan O'Leary (Canada)
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Deron Essex (USA)
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James Burnett (USA)
James Nash (USA)
Janeen Halliwell (Canada)
Jason Grant (Canada)
Javiera Correa (Chile)
Jay Aquilanti (USA)
Jeff Hendler (Canada)
Jennifer O'Leary (Canada)
Jim Ridge (Canada)
Joanne Stone (Canada)
Joe Gammal (USA)
John Sedgwick (Canada)
Jonah Brotman (Canada)
Julia Zarina (Canada)
Juliana Santos (Brazil)
Julie Sommerfreund (Canada)
Katherine Molnar (Canada)
Katrín Elster (Germany)
Keon Azari-Vala (Canada)
Kim Larkin (USA)
Kristen Peterson (USA)
Kristina Drake (Canada)
Latise Hairston (USA)
Laura Barbero Switalski (USA)
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Lee Kitchen (USA)
Lee Stapleton (USA)
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Lisa Henderson (USA)
Liz Monroe-Cook (USA)
Lo Kidd (USA)
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Mahmoud Arafa (USA)
Marc Hurwitz (Canada)
Marcel Verner (Canada)
Maria Cordiero (Canada)

Maria Elizabeth Bucheli (Ecuador)
Mariana Muñoz (Chile)
Marika Escaravage (Canada)
Marina Randich (Italy)
Mario Allende (Canada)
Mario Ricaño (Mexico)
Marjeta Novak (Slovenia)
Mark Dodsworth (South Africa)
Marlies Grindlay (South Africa)
Marta Goglio (France)
Mary Elyn Vicksta (USA)
Massimo Agostinelli (Canada)
Matias Larzabal (Canada)
Matteo Catullo (Italy)
Mee Hyang Van Den Broeck
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Megan Mitchell (Canada)
Michael Carlson (Canada)
Michelle Auerbach (USA)
Mohamed Osman (USA)
Nadine Jannetta (Canada)
Natalia Baltazar (UK)
Newell Eaton (USA)
Nicholas Gammal (USA)
Nick Drayton (US Virgin Islands)
Nicolás Garrido (Chile)
Nicole Dobinson (Canada)
Nooshin Mohtashami (Canada)
Paul Fleming (Canada)
Philomène Le Maréchal (France)
Quincy Wakulat (Canada)
Rachel Gordon (USA)
Rich DiGirolamo (USA)
RJ Rebmann (USA)
Robert Wakulat (Canada)
Rodrigo Sánchez Picazo (Chile)
Russell Thomas (Canada)
Samantha Hurwitz (Canada)
Samantha Yarwood (Canada)
Sasha Kovalchick (USA)
Shelly Withrow (USA)
Shiraz Saeed (Sudan)
Shirley Wildenbeest (Canada)
Sol Santos-Pyne (Canada)
Sophia Kapchinsky (Canada)
Sophie Harvey (Canada)
Sun Mateo Larzabal Zavitz
(Canada)
Susan Robertson (USA)
Susannah Childers (USA)
Suzanne Ballew (USA)
Sylvain Durocher (Canada)
Sylvain Rouillard (Canada)
Tamara Christensen (USA)
Terri Segal (Canada)
Tim Hurson (Canada)
Tim Switalski (USA)
Tom McMillian (USA)
Tony Esteves (Canada)
Vareia Boxill (Canada)
Victoria Finn (USA)
Vincent Regnier (Spain)
Wayne Childers (USA)
William Donius (USA)
William Sturner (USA)
Yoel Kluk (Mexico)

Schedule

Arrival Day: Wednesday

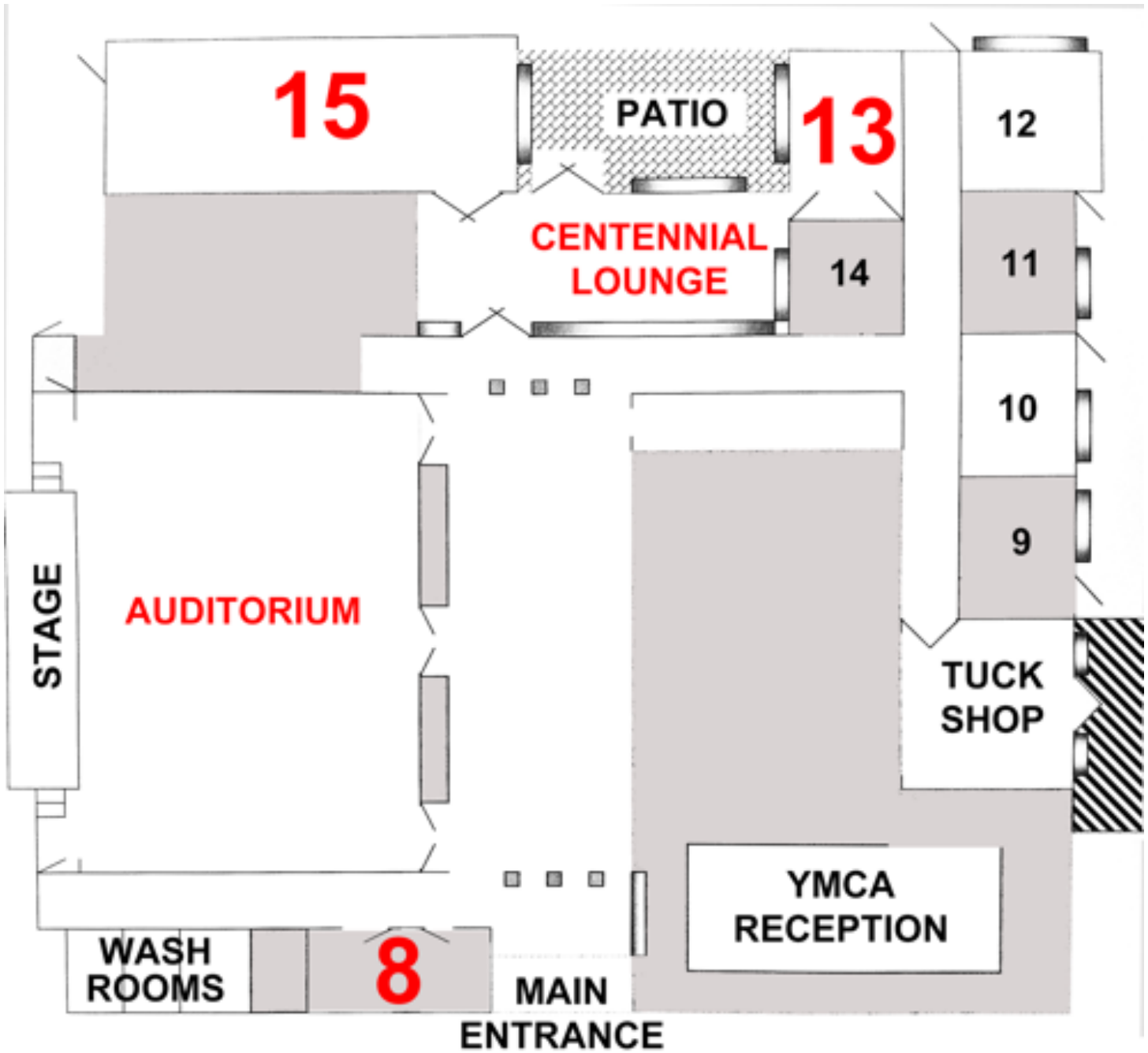
3:00pm	Registration - Free Time - Explore!
4:45pm	Kids meet in The Hub
5:00pm	Opening Plenary – meet in Auditorium
6:30pm	Supper - Geneva Court Dining Hall
8:00pm	Concurrent sessions
9:30pm	Pub – Campfire - Play!

Departure Day: Sunday

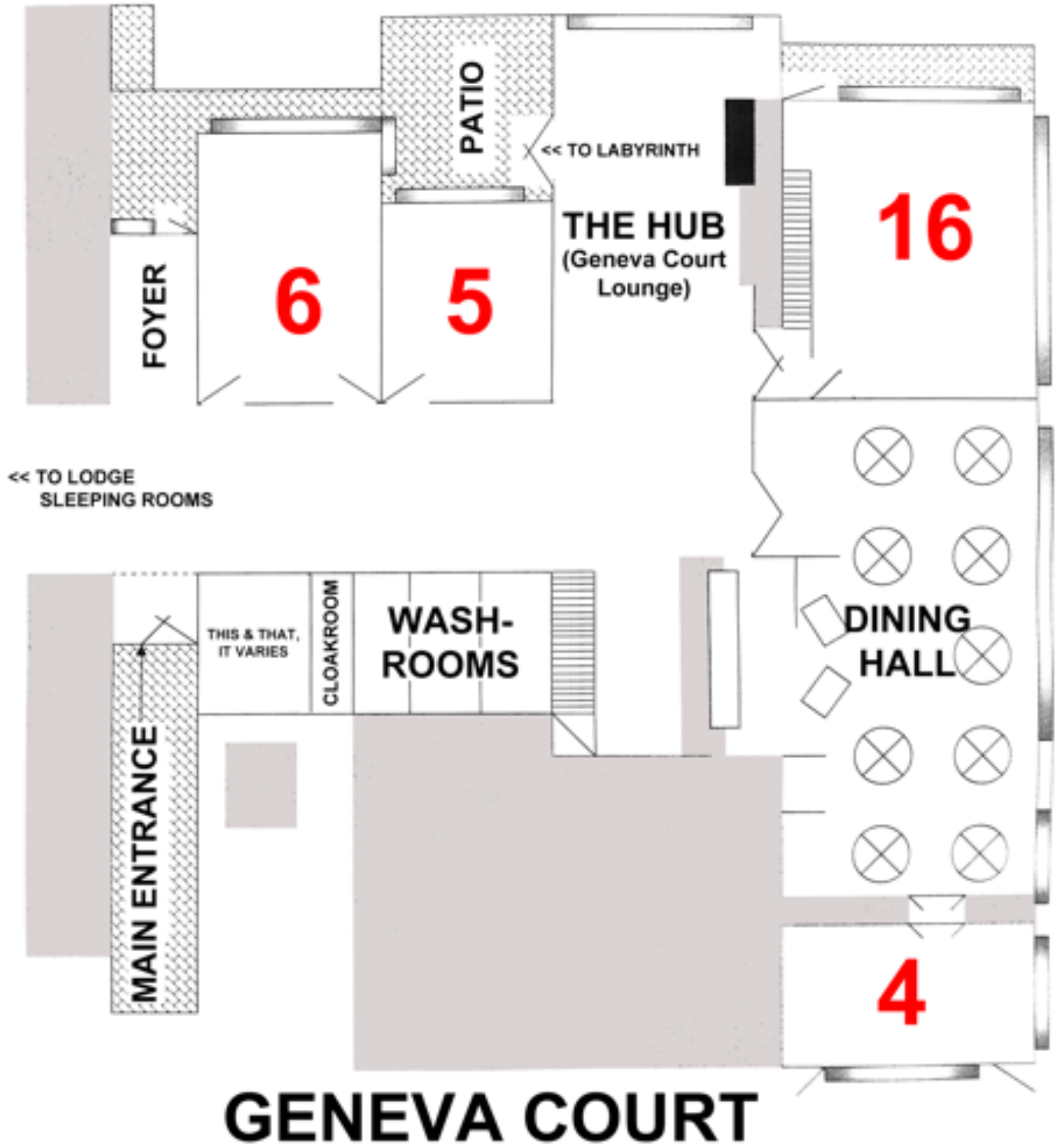
7:00am	Early Riser sessions (optional)
7:30am	Breakfast - Geneva Court Dining Hall
8:30am	Creative Jolt! - Geneva Court Dining Hall
9:00am	Final Mind U session
11:00am	Break
11:30am	Closing Kaleidoscopes
12:15pm	Lunch and Closing - Geneva Court Dining Hall

Thursday, Friday, Saturday

7:00am	Early Riser sessions (optional)	
7:30am	Breakfast - Geneva Court Dining Hall	
8:30am	Creative Jolt! - Geneva Court Dining Hall	
9:00am	Mind U sessions	
10:15am	Break	
10:45am	Concurrent sessions	
12:15pm	Lunch - Geneva Court Dining Hall	
1:30pm	Concurrent sessions	
3:00pm	Open Space	
4:30pm	Afternoon Relaxation Practice (optional) - Court 16	
5:00pm	Kaleidoscopes — small group meetings to debrief your day	
6:15pm	Supper - Geneva Court Dining Hall	
7:30pm-ish (Fri-Sat)	Friday: Camino • Saturday: Poster Session	
8:00pm (Thurs) 9:00pm (Fri-Sat)	Night Flights (optional)	Pub - Campfire - Play!



CENTENNIAL CENTRE



Session Index

- Afternoon Relaxation Practice
(Middleton) 4:30pm daily
- All Inclusive (Halliwell)
Thurs 10:45am
- Best Session EVER (Mamnoon,
Catullo) Fri 1:30pm
- Biodanza (Harvey) Fri 1:30pm
- Blindfolded! (Pinto) Thurs 1:30pm
- Bouffon for Everyone (Agostinelli)
9:00am daily
- C.H.A.N.G.E.(S.) (Monroe-Cook)
9:00am daily
- Chindogu (Kidd) Thurs 10:45am
- Cognitive Biases (Robertson)
Sat 10:45am
- Collaborative Combustion (Kitchen,
Childers, Dodsworth)
Thurs 1:30pm
- Collective Image Streaming
(Santos) Thurs 10:45am
- Connecting through Conflict
(Larkin, Wilkymacky)
Fri 10:45am
- Conscious Leadership (Kong,
Stone) Fri 10:45am
- The Courage to Jump (Jónsson)
Sat 10:45am
- Cracking the Cultural Code
(Switalski, Barbero Switalski)
Fri 1:30pm
- Creativity is Dead (Neville)
Fri 9:00pm
- Creativity X-Press (Hairston)
Wed 8:00pm
- The Edge (Hyatt) Thurs 10:45am
- Excursions to the Edge (Hurson,
Nielsen) Wed 8:00pm
- Extreme Exploration (Vicksta)
9:00am daily
- Facilitating with Heart (Kluk,
Rouillard) Thurs 10:45am
- Feeding Change (Sedgwick)
Wed 8:00pm
- The Future is All Made Up
(Auerbach) 9:00am daily
- Game-Based Learning (Sánchez
Picazo) Sat 10:45am
- Hard Spaces / Safe Places (Cole)
Thurs 1:30pm
- The Hero Within (Coetzee)
9:00am daily
- Home and Native Land (Carlson)
Fri 10:45am
- Hum Strum Ukulele! (McMillian,
Mitchell) Thurs 10:45am
- I Think I Can (Watts) Fri 1:30pm
- Inspire Your Ideal (Mitchell)
Wed 8:00pm
- Journalling at the Edge (Billoni)
Wed 8:00pm
- Learning from Labyrinth (Micalizzi,
Berti, Randich) Thurs 1:30pm
- Legal Check-up (Wakulat)
Thurs 9:00pm
- Meet Your Better Half (Donius)
Fri 10:45am
- Memory and Creativity (Regnier)
Fri 10:45am
- Morning Welcome (Dixon)
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- The Mind/Character Split (Essex)
Fri 1:30pm
- Mining Your Creative Capacity
(Rossouw) Thurs 10:45am
- Morning Movement & Mindfulness
(MacMillan) 7:00am daily
- Navigating Culture (Grange)
Sat 10:45am
- Painting Your Postcard (Thomas)
9:00am daily
- Pitch 'er Perfect (Carter)
Thurs 1:30pm
- Playing with TIM (Burnett)
Fri 10:45am
- Samurai Wisdom (Aquilanti,
Peterson) Thurs 1:30pm
- Sense-ational Svadhyaya
(Christensen, Wyrd)
Sat 10:45am
- Storytelling to Inspire (Childers)
Wed 8:00pm
- Track and Trace (Broekman)
Sat 10:45am
- The Tree of Life (Goglio) Fri 1:30pm
- The Vortex of Innovation (Le
Maréchal) 9:00am daily
- Wabi-Sabi Restore (Muñoz)
Fri 10:45am
- WeTube 2.0 (Ridge) Sat 10:45am
- What's So Funny? (Agostinelli,
Correa) Monday 6:00pm
- What's That Smell? (Dus, Stapleton)
9:00am daily
- Writing Freely (McMillian)
7:00am daily
- Writing with the Senses (Reyes)
Fri 1:30pm
- The YES, AND Inside NO, BUT
(Slazak) Wed 8:00pm
- Your Lifetime Reimagined (Catullo,
Eaton) Thurs 1:30pm

MIND U: DAILY 9:00AM

Bouffon for Everyone: The power of humour

Massimo Agostinelli

Centennial Auditorium • maximum 24

These workshops are designed for all individuals with artistic experience or not. It empowers participants with positive transformative and permanent results on the professional and personal level.

During a Mind U session, participants will have more time to explore the full Bouffon experience and learn the characteristics of the four families, the big bums/bellies, the dwarf, the hunchback and heretic high priest. You will learn each character in layers through well developed exercises leading up to costumed group improvisations. You will be challenged, pushed, cajoled and tickled beyond your previously imagined limits.

Explore and develop your mental and physical range through *jeu* (theatre games), simple improvisations, Bouffon character development, ensemble creative thinking and sore abs (from laughter).

Massimo Agostinelli's unique approach changes individuals in a short period of time putting them quickly at ease to go beyond barriers of every kind. He emphasizes the well being of an individual, strengthening their confidence to achieve a goal or state of being through his workshops in Bouffon physical theater. He creates a safe and enjoyable environment for all individuals to shine. The transformative freedom that the participants experience during his workshops is something to experience. And this all happens painlessly, usually laughing continuously.

C.H.A.N.G.E.(S.): Turn and face the strange

Liz Monroe-Cook

Court 16 • maximum 16

Change can be something we seek, bringing our intentions to bear on life's course. And sometimes it's just something that happens to us, perhaps unexpectedly. However it comes about, change is always shaping our lives. It is, truly, the only constant.

Take a few days to "turn and face the strange" — to explore factors that inflect change. You'll be given brief "postcard" messages to ponder and use as introductions to activities and discussions throughout each session. You will be challenged to customize the workshop's contents to fit your own circumstances, with an emphasis on personal awareness and action-focused learning.

Each letter of the model can mean different things, but we'll use the following starting points:

C = Competing ideas

H = Habits

A = Anxiety

N = Negativity

G = Ghosts

E = Energy

... and in a special addition for this Mindcamp session:

S = Sustainability.

Extreme Exploration: What Marco Polo, Christopher Columbus, and Arctic explorers have taught us about the world at the edge

Mary Ellyn Vicksta

Centennial 8 • maximum 24

Each day of our short Mind U sessions, we will be setting the stage for what "exploration at the edge" means for three types of expeditions that changed the world. We will explore three journeys into the unknown, one per day, and think of each one in a historical and cultural context. Plus the perils associated with exploring. We will also explore what things were brought back in terms of ideas, art, culture, crops, and goods that made for a different world.

Building on this background, each participant will take the day's exploration and then capture depictions of what this might mean by taking photos using a phone or tablet around Mindcamp. These depictions can range from a very realistic translation to something that is extremely abstract, and anything along that continuum.

Additionally, during our first session, we will learn how to create a postcard using this photo input and continue enhancing our postcard approach during our time together.

On our last day, we will further modify our postcards for each of the explorations and then share our gallery of postcards, self-discoveries, and key learnings about what Extreme Exploration has meant for creative thought and a transformational world view.

You will need a Smartphone or Tablet and the app, Snapseed, installed prior to Mindcamp.

The Future is All Made Up: Science Fiction postcards from the unimaginable future

Michelle Auerbach

Court 6 • maximum 24

Everything that hasn't happened yet is Science Fiction. Harness the ways Sci Fi bends reality in order to bend strategy and see the inflection points in the growth of your company, community, organization, or cause. Once you see the Utopia and the Dystopia, you can design the future world by reverse engineering it. We can weaponize, decolonize, radicalize, adapt, create, and spin when we know the future like we wrote it ourselves.

Travel the process of creation from possibilities to pathways in collaboration with other thinkers who want to see the future with you. The four-step process starts with future design, moves through the pleasures and dangers of what we have not yet seen, finding the points where we can have the most influence and be the most resilient, and then grow the community that can get you there. You will leave with a visionary pathway that has revolutionary potential.

Each day we will work together through games, processes, thinking, writing, and building our real community as it unfolds right there by the lake. Admit it, you have always wanted to be the heroine, the trusty side kick, the evil villain, or the magic sorceress in space. Find your superpowers, use them for good, and build a stronger better faster Mindcamp world for yourselves and those who come after you.

The Hero Within Designing a life on purpose

Francois Coetzee

Centennial 15 • maximum 30

The great work of your life is to find the path to your true purpose and design a life of meaning.

We embark on many journeys in living a life. Along the way we face many obstacles, dead-ends and distractions that push us off course. Sometimes, we lose ourselves along the way. And the path back to our authentic self becomes arduous. It almost seems that it is easier to live a life on auto-pilot rather than a life of direction.

And then one day we find ourselves teetering on the edge instead of climbing the trail to the summit.

But it can be different! It is possible to create a life of meaning and true purpose. It is possible to look at the shape of life journeys. It is possible to prepare and shape your experience for optimal living. If you are ready to embrace the adventure of life, we invite you to join us at this session.

We will show you another way to look at purpose, meaning and commitment to craft a meaningful life. We will explore the cycles of life using the metaphor of the Hero's Journey.

We will teach you techniques to allow you to master your internal states and emotions. You will learn to focus and connect with emergent awareness. By the end of this session you will have a new future built with creative dreaming and creative thinking.

Are you ready to join us?

Painting Your Postcard: Embracing your past and imagining your future

Russell Thomas

Daniel Centre • maximum 12

Whether you are a seasoned artist or a beginner, Painting Your Postcard is for everyone interested in going on a creative and personal journey.

The first step in this process will be overcoming the fear of the blank canvas and becoming comfortable with colour. Participants will work on a portrait of one of the great creatives.

The second step will be the creation of a painted postcard that will offer insights into where you've been, where you are, and where you want to go. Be prepared to go to the edge of your comfort zone, as you will be asked to share the story of your postcard and then let go of your creation. You will discover that in releasing your attachments, magical things can happen.

The Vortex of Innovation: Draft your project from the edge

Edouard Le Marechal

Court 4 • maximum 24

The most common mistake we make about innovation comes from our obsession about an iterative process. Try, fail, try again, succeed. The problem with this way of handling an innovative project is that, at some point, we begin to simplify the issues in order to solve them more easily. And by cutting out a big problem into smaller ones, we create new ones.

Considering standard innovation processes, the vortex of innovation offers a radically different way to make innovation happen: it lets the innovative ideas emerge at the end of the process, instead of letting them set the pace. Can you imagine?

This new paradigm is not dedicated to innovation. It can be applied to any kind of project prone to raising resistance from reality. So, no need to be an expert of product development or change management to use the vortex. And, believe us, there is no way back from the edge.

What's That Smell? Building your sensory postcard

Clare Dus, Lee Stapleton

Court 5 • maximum 20

We were born with all the tools we need to live a sensory life. In fact, when we were very young, we experienced life completely in the present and through our senses. Then as we grow, we have the tendency to overlook much of the sensory input that surrounds us. We often miss the full palette of what the world offers.

In this Mind U session, we invite you to join us as we reconnect with the senses of sight, sound, smell, touch and taste. This session is experiential with excursions and unusual demonstrations that help us build our own

sensory postcards to revisit time and time again. We will explore the push pull of using our senses to “just be” and using our senses to make connections. Come smell, listen to, taste, touch and look at the world we live in (the pleasant and the not so much). And, as a bonus — you will learn how to use a spit cup.

OTHER DAILY SESSIONS

Afternoon Relaxation Practice: Lie down and breathe from the edges of your awareness

Allie Middleton

Court 16

Integrate your learnings with an afternoon body-mind integration session.

Morning Movement & Mindfulness : A juicy way to enter your day

Elisha MacMillan

Court 16

A morning practice of 60 minutes offered daily.

Cultivate your ability to listen for the stretch or movement that your body needs most. Learn simple techniques that you can weave into your daily routine to help reduce chronic pain, muscular tension and emotional stress. Move into your day ready to learn, feeling like you just had a revitalizing massage.

Morning Welcome

Erin Dixon

Outside Hub

A brief Morning Welcome ritual by the lake..

Writing Freely

Tom McMillian

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 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.

Kaleidoscope Groups

Debriefing your Mindcamp experience

Thurs-Sat at 5:00pm; Sunday at 11:30am

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 here's an opportunity to share what you've learned, thought, felt, and wondered about your Mindcamp experiences. 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.

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.

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

Creativity X-Press: Key attitudes, principles, and tools

Latise Hairston

Court 16

This highly engaging workshop is designed for new Mindcampers and others who are new to creative problem solving. It's designed to jump start your Mindcamp experience with both core concepts and key insights. Creativity X-Press will help you get the most and make the most out of the other Mindcamp sessions you attend.

Everyone is creative. It's part of the human condition. Unleash your creativity and put it to work productively with new ways of thinking and working together. This energetic, interactive session will help you think more clearly, more creatively and more productively to unlock the wealth of ideas already inside you.

Excursions to the Edge

Tim Hurson & Dorte Nielsen

Centennial 15 • maximum 24

Come with us on a personalized journey beyond the ordinary.

In this session you will explore a series of edges — the edge of society, the edge of the world, the edge of time, and the edge of your imagination.

On each of these excursions, you will question, ideate, and reflect as you evolve your thoughts about a meaningful challenge unique to you. At the end of the session, you will have a series of Post Cards From the Edge to inspire and enlighten you, take you beyond the conventional, and maybe even move you one step closer to fulfilling a deeply felt wish.

Feeding Change: Standing on the edge of chaos

John Sedgwick

Court 4

Does it feel like some parts of your life, (work, home, community etc) are in a mess and flying apart while other parts are running smoothly and holding things together? If so then you may be standing on the very EDGE OF CHAOS!

In this 90 min. session we will explore a simple model for change and you will create a process flow for a system drawn from your real experiences. We will come to an understanding that the key to healthy change is a built-in feedback loop. Feedback nurtures all transformations.

To be able to take this home and use this approach we will learn, and practice, the basic tool for giving and getting feedback; "What?", "So What?" and "Now What?"

The format will be: Some talking head (dull, sorry), some whole group brainstorming (crazy, sorry) and some fish bowl improv (stressful, sorry).

If any of this bothers you then that is the feedback that is telling you; - you need to be here.

Inspire Your Ideal: A whole-being happiness workshop

Megan Mitchell

Court 6

Using tools from positive psychology, understand and apply what it takes to focus on your well-being as a whole person to drive your creativity and your happiness.

It's a uniquely human capacity to choose the focus of your attention. In directing attention, you can deliberately shape life toward your ideal self – the aspirational view of the best you – which may involve breaking away from the masses and living at the edges. Using tools from positive psychology, behavioural science, and neuroscience, learn to identify, cultivate and engage your strengths as a daily practice and walk the road you were meant to!

Journalling at the Edge: Send yourself a postcard from the edge everyday

Anthony Billoni

Court 5

Some of our greatest humans kept journals — for their ideas, reflections and for posterity. Everyday folks like us may think we aren't doing stuff worthy of recording. Well, the greats weren't always great! Journaling a little bit each day is a way to sort out our rush of tasks, challenges, wins and losses. Once the habit of journaling is in place one finds they will tease apart the mass one of thought calls the passion of their life's calling.

Regularly including notes of gratitude and celebration leads one to be more fully engaged in the present — and more comfortable building this hoped-for future. I base this on research and my own 10 years of daily journaling. This session will offer several points for participants to actually journal on particular themes with time to reflect and debrief. Journaling methods and techniques will be shared. By applying techniques from this session, word after word, day after day one will create a map that will lead them to begin fulfilling their life's calling.

Storytelling to Inspire: Dreaming with your eyes wide OPEN

Susannah Childers

Centennial Lounge

The edges of what we can imagine come to us in our dreams and stories are our waking dreams. Stories connect us to one another, creating shared experiences. Stories deepen our understanding, creating empathy. Stories connect our hearts and minds, bringing the whole self to the innovation challenge.

Stories help us push out on our own boundaries of what is possible – to the edge and beyond. In the field of innovation and creativity some of the best novel and useful ideas are uncovered in the "Third third" – where you get beyond the cognitive, rational, top of mind ideas and solutions. This is where stories come in, taking us into our non-cognitive brain space – to emotions, intuition, feelings and new connections. Much like dreams tap into our subconscious, stories allow us to evoke the dream state – while fully awake and aware. Stories allow us to pull forward those underlying wishes, dreams, emotions into our current awareness and use them to create our desired future state.

This highly interactive and experiential session (meaning you'll be telling and listening to each other's stories) is for the Mindcamper who wants to build relationships in groups, deepen your personal awareness and tap into this powerful means of inspiring innovation. We will practice different approaches to storytelling to inspire us to stretch creativity beyond the edge.

The YES, AND Inside NO, BUT

Beth Slazak

Centennial Auditorium • maximum 20

Improv has one main mantra – YES, AND. It is the base that gives improv its humor and excitement. We in the creativity field laud the YES, AND philosophy – and it is good. But it is only half of what we need to know. It is divergent and necessary, but not the end of the process. Outside, on the edge of this is NO, BUT, the criteria-based aspect of convergence.

In this session we will look at the YES/NO AND/BUT quadrants and how to apply them to our work, and when they are appropriate, and when they aren't. Then we will look at which quadrant we spend our mental time in, and how to adjust that, if necessary.

This session is intended to help those who struggle with convergence find the best language for it and create tools that can help you get there. This will also be helpful for session leaders who deal with hard-to-converge resource groups. If you have committed to always living a YES, AND life, this may push you to the edge, but have no fear, we will hang a guardrail there.

Participants will learn about the quadrants, practice tips (and games) to help them move along in the process, engage in activities to show awareness, and reflect on where they are, and where they want to be.

THURSDAY 9:00AM

Mind U Sessions

Each morning at 9:00am is Mind U, described at the beginning of this section.

THURSDAY 10:45AM

All Inclusive: A 5-star approach to human-centred design

Janeen Halliwell

Centennial 15

Are you using or interested in Human-Centred design? Are you curious about effective ways to empathize, understand, include AND engage all people — people whom historically have been left out of the room as designers of their products and services?

In this eye (and mind) opening session you will explore the use of co-design and creative problem solving tools and techniques that are being used to move empathy and inclusiveness to an EXTRAordinary level. You will see for yourself how people with sensory impairments, physical & developmental disabilities, autism, mental illness, and brain injury are shifting the power dynamics through the use of adaptive and collaborative approaches to innovation.

It is a pivotal time in our evolution — social change is moving from the margins to mainstream, and inclusiveness is moving from theory into practice. Come and see how you can become an influencer in this movement.

Chindogu: The art of making something un-useless

Darrell Kidd

Daniel Centre

Combining ideas is Idea Generation 101 and chindogu is one of the most fun ways to do this. Chindogu, coming originally from Japan, is the art of designing “un-useless” inventions: that is, inventions cannot be regarded as “useless” in an absolute sense, since they do actually solve a problem, but that in practical terms, they cannot positively be called “useful.” Some shining examples: attaching a dust mop to the belly of a small dog to sweep your floor, attaching umbrellas to your shins to keep your shoes dry.

Come to this session to innovate new and unusual solutions to everyday problems. You will prototype a solution to a real problem, creating an item that will work to solve the problem — but that most likely would not really be used. Come prepared to try, to fail, to succeed, to laugh!

Collective Image Streaming: Postcards from the edge of group consciousness

Ginny Santos

Court 6

Image streaming is a mind-blowing tool created and taught by the very wise Win Wenger at many past Mindcamps, and inspired by Einstein's discovery method. In this workshop we will practice image streaming in pairs and then in small groups.

Image streaming is a tool that uses the power of our vivid imagination and our subconsciousness to discover answers to any question. Some say it's like holding up a mirror into your unconscious in order to access the answers that are already within you. In this session we will go a step further by blending other's image streams with your own in order to access the unexpected answers that might result from the collective unconscious.

If you have never learned to image stream you must not miss an opportunity to learn. If you have done it before, this is your chance to go deeper:

The Edge: It's the moment of NOW!

Anthony Hyatt
Court 16

The "Edge" is the infinite moment between what was and what will be. How can we be fully present in that moment?

In this session we will experience presencing techniques and explore possible methodologies that we can use to apply them in our lives and work.

As the great dancer, Martha Graham, once said, "All that is important is this one moment in movement. Make the moment important, vital and worth living. Do not let it slip away unnoticed and unused."

Facilitating with Heart: Navigating the emotions triggered by clarifying a situation

Clara Kluk, Sylvain Rouillard
Court 4 • maximum 20

To communicate a challenge, to explore our understanding of it is an act of courage in many ways. As coaches and facilitators of creative problem solving journeys, we need to clarify the situation with our client.

We often think of assessing the situation as a cognitive step: exploring data, fact-finding, etc. But it may give rise to many emotions. Being public about a situation, answering unexpected questions, being challenged about their assumptions, can bring the client to the edge of discomfort.

This very interactive workshop is an invitation to become more aware of what is at stake in the clarification phase, to realize the need for empathy and to reflect on strategies in order to become better facilitators when accompanying the client in the sensitive step of clarification.

Hum Strum Ukulele!: If everyone played the ukulele, the world would be a better place

Tom McMillian, Megan Mitchell
Court 5 • maximum 12

This session promises to be pure fun! If you've always wanted to play a musical instrument, but has not yet had a chance. This session is for you. Also, the session is open to folks with musical experience and now would like to check out the mighty ukulele.

This is a hands-on session! Everyone will get a ukulele (uke) to play! We'll start with an overview of the uke and then quickly start teaching you how to play cords and to strum. We're assuming everyone can hum.

We'll be playing and singing together. We have a series of 4 to 5 songs that we plan on teaching. Each song will teach you something new and build upon what you have learned.

One of our main goals is to laugh a lot and enjoy having a wonderful time learning to play the ukulele.

"If everyone played the ukulele, the world would be a better place." — Jake Shimabukuro

Mining Your Creative Capacity: A how-to guide for implementation and rapid results

Bert Rossouw
Centennial 8

Your organization is in a crisis. You are falling behind competitors or you are stagnating and need to grow for survival. What to do...? The good news is that you have all the capacity in your organization right now to make rapid step-changes. The key is to understand how to unlock this treasure.

In this session, participants will learn to apply a simple, proven, step-by-step methodology to not only make those changes but to unlock their organization's internal

capacity. To 'mine' the ability to implement improvement projects, from small, incremental changes to major large-scale improvement programs.

A successful methodology, key insights and a clear guide forward. What are you waiting for?

Get practical insights from more than a decade's worth of experience in creating sustainable growth – a true postcard from the edge. This session is ideal for those working in or with medium- to large-sized companies who want to get rapid results... and keep them..

THURSDAY 1:30PM

Blindfolded!: A sightless experience

Denise Pinto

Centennial Auditorium

"The eyes are useless when the mind is blind."

We are going to go on a journey in the darkness to overcome the obvious and see without our eyes.

Guided by audio prompts, whisper games, and noise-making, this experimental session will have you explore whatever wants to emerge from your inner world — a subconscious deep-dive of Mind Camp proportions.

Accessibility note: This session will use hand-to-hand touch, and, of course, blindfolds.

Collaborative Combustion: Lessons learned from the creative frontier

Lee Kitchen, Wayne Childers, Mark Dodsworth

Centennial 15 • maximum 30

What happens when you toss 3 experienced global facilitators (the 3 WHYz DUDEz) into the South African bushveld and ask them to create a killer workshop... with limited time and high expectations? You get Collaborative Combustion! Looking for fresh ideas on collaborating with others? Need to crank up your content? Want to push your own creative boundaries to the edge (and beyond)? We will share lessons learned from the creative frontier, including epic fails and unexpected triumphs from three very diverse approaches to facilitation. The result is a simple, practical approach to collaboration, something so powerful it even surprised these 3 DUDEz!

What can I expect from the session? Principles to improve any meeting, new tools, new activities and as a MINDCAMP BONUS - simple ways to crank up YOUR existing content.

Disclaimer: If you are looking for a low-key, reflective session, this is NOT for you. Come prepared to create new ideas, experiment with your existing content and experience how the WHYz DUDEz combustible approach can explode your creative efforts.

Hard Spaces / Safe Places: Bringing the creative mind into the hard discussions of sex, politics, and religion

Allan Cole

Court 6

Sex, politics, and religion — do you avoid those topics at the family holiday table? You might be wise to do so. But, in creative community, we need to have the tough talks or face being irrelevant.

Our most creative selves can show up for these conversations if we make the process and the space. Then you, your unvarnished self, perfectly imperfect, can come away with a vision for what we could be, not a diagnosis of what's wrong with who we are now.

The Rev. Allan Cole brings sensitivity and humor to the process because he has failed more times than he can count. As a white, straight, Southern guy, he knows we need to keep showing up and trying. So, he has created and tested a community conversation that has proven successful for even the most tender topics.

Learning from Labyrinth: A one-way path to learn, un-learn, re-learn. Let the labyrinth guide you.

Chiara Micalizzi, Alessia Berti, Marina Randich
Outside Hub

It is widely known that a labyrinth is a place of meditation and contemplative journeys. Only one path leads to the center and back to the exit. This path takes all the space available and there are no other routes to discover: One path to the center, one to the exit, no crossroads, no alternatives, no magic shortcuts.

When we enter the labyrinth, we can see the center just a few steps away from us. When we start walking, we realise how long and torturous and winding the

path is. And still we can only trustworthily follow the way, because, as life teaches us, when we have a project, an objective, we need time and patience to get there.

We need a lifetime to find ourselves.

The labyrinth through its four quadrants — Awareness, Letting Go, Vision & Transformation — can lead to countless surprising insights and is a powerful tool to facilitate creative transformation.

Our friend and colleague, Joe Miguez, spent the last decades of his life working with and sharing Labyrinth Xperiences around the world. He focused upon the architectural principles of “the lab” to design accessible labyrinth-based creativity tools. Working with those tools we will be, in awareness, enhancing spaces where ideas emerge, where there is self-discovery and where our attention may become action-producing intention. We will, to quote Joe, “slow down so that we can go faster”.

Happy journeys.

Pitch 'er Perfect: How to craft and deliver a perfect pitch

Doug Carter

Court 5

People only act on what they remember. Yet, all too often, pitches and presentations which you see (or do?) are, quite simply – forgettable. Why? Because they are essentially the same as every other presentation, they are the same ‘postcard’, just with different lettering.

In this workshop, you will learn how to creatively, effectively, and consistently make your message more diverse, memorable and persuasive.

This workshop has been designed for anyone who, as part of their ever-changing role in business, has to create, develop and deliver pitches. And we all have to pitch, whether it be an idea, product, service, or even yourself.

You will leave this workshop with at least three practical tips, ideas and strategies which you will be able to use to improve and enhance your very next pitch or presentation.

Samurai Wisdom: Exploring Your Edge

Jay Aquilanti, Kristen Peterson

Court 16

Using the metaphor of the mighty Samurai warrior, this workshop will explore our behaviors when we are competing within organizational structures, in handling and responding to authority, or simply, in any game we play to win.

The war simulation offers large group role-playing techniques that allow participants to examine individual and group behavioral outcomes in competition and cooperation modes. The simulations are not strenuous but do require exactness and alertness.

Participants will become aware of their processes in high stakes situations, i.e. how their thinking can support and provide rigor to physical tasks, or unravel physical awareness.

Your Lifetime Reimagined: A time travel experience

Matteo Catullo, Newell Eaton

Court 4 • maximum 24

What if you had made a different choice at a pivotal moment in your life? Who might you be today? How might the world be different? And...

How might exploring this provide you with insights about your current identity and your future possibilities? What current edge might this expose from a new angle? Plus, what will you learn about yourself and others by collectively enacting a story of an alternative life journey for some one else?

In this workshop you will get to reimagine your life with the help of some imaginative friends. No advance time travel experience necessary.

THURSDAY 8:00PM

Legal Check-up: Structuring your creativity

Robert Wakulat
Court 5

Using peer-learning and creative thinking tools, we will explore common (and uncommon!) legal questions facing self-employed facilitators, small businesses, and collaborators.

Topics will include, but not be limited to, business structure, contracts, employees, and intellectual property from a Canadian perspective. You will leave with greater knowledge, better questions, and some DIY tips on how to keep your eyes crossed and tees dotted.

Night Flights

Night Flights are the impromptu sessions described at the beginning of this section.

FRIDAY 9:00AM

Mind U Sessions

Each morning at 9:00am is Mind U, described at the beginning of this section.

FRIDAY 10:45AM

Connecting through Conflict: It's a small world after all

Kim Larkin, Abby Wilkymacky
Court 4

"I don't like that man. I must get to know him better." - Abraham Lincoln

How might we better connect as humans through self-awareness, shared and distinct experiences, and healthy conflict?

In personal life, the workplace, and our multicultural society we are in need of more intentional and deep human connection. Where humans are involved, conflict is inevitable. Whether between "conflict avoiders" or "conflict seekers," the end result is often the same: distrust, disregard, and disrespect. Being aware of our own reactions and the biases we bring to conflict can be a

powerful equalizer. In this workshop you will go through a series of experiences to cultivate connections, shift perspectives, and enrich conflicts.

Conscious Leadership: Awaken the inner leader within you!

Ann-Marie Kong, Joanne Stone
Court 6

We live in a rapidly changing, uncertain, complex, ambiguous, and interdependent world. We are on the edge of awakening and evolving conscious leadership, shifting from playing it safe to being free to be one's authentic self with an abundance of curiosity, playfulness, child like wonderment, creativity, love, joy, generosity and gratitude.

The 21st century leader is awakened to one's purpose aligned to who one is at one's core, exercises the power of choice and choose to practice leadership daily. Become aware of who you are, where you are, where you want to go, choose to transform and gain a practice to become a conscious leader.

Join Ann-Marie Kong and Joanne Stone in exploring conscious leadership to awaken the inner leader within you and choose to shift to the leader you are meant to be by practicing leadership daily.

Home and Native Land: Rethinking our connections to this place we call Canada

Michael Carlson
Centennial Auditorium

Participants will be lead through an interactive exploration of the history of Canada by walking across a map of Canada without political boundaries as we know them.

Meet Your Better Half: Unleash the power of your right brain

William Donius
Court 5

Learn to activate the right side of your brain to unlock the insights necessary to break through self-limiting patterns. Based on a Nobel prize-winning discovery in neuroscience, this methodology helps you truly "think outside the box" and live a more creative, productive, and happier life. William Donius, author of the *New York*

Times best seller *Thought Revolution*, spent a decade researching and developing this brain-enhancing methodology. He has taught these skills to a wide range of people, from students and corporate executives to scientists and artists. This innovative approach inspires more creative solutions than conventional thinking or brainstorming sessions.

After an initial brief overview of the specific technique and science underpinning the process, the session continues with a dynamic, interactive series of easy-to-learn exercises that will reveal a great deal about you. Discover ways to harness your intuition and uncover profound insights about yourself that make change possible. By the end of the session, you'll have practical tools you can apply each time you face an important decision or obstacle in life. This methodology is especially helpful for gaining insights about those areas where you're "stuck" in life. You'll return home with new ways to unlock your own inner genius and create the life you long for.

Memory and Creativity: Imagination is a key to our brain agility

Vincent Regnier
Centennial 15

Imagination fosters creativity. Imagination promotes memory anchoring. "Imagination is more important than knowledge." said Einstein.

So why shouldn't we imagine more often?

You will come out of this session enlightened and confident with a powerful brain gym that increases your ability to be creative, memorize, and be mentally agile.

Let yourself be guided up to the creatosphere, where imagination plays tricks on the real world, where changing dimensions and perspectives is strongly recommended, so that we can use all our senses to innovate, to invent crazy and incredible scenarios. You will learn and practice the methods used in memory championships, which make the intellectual and the creative work simultaneously at the edge between the rational and the irrational.

It is a conference-show around the themes #memory and #creativity

It is a living experience through living pedagogy and multi-modal participatory interactions. The richness of collective imagination through universal images thus drives our personal imagination.

Energize, connect, let go.

Dare to learn, dare to imagine, dare to trust, dare to be free.

Playing with TIM: Integrating a creative thinking skill set into your training or classroom

Cyndi Burnett

Court 16 • maximum 25

How do you integrate creativity into your classroom/trainings? And how do you do it when you are already pressed for time?

Join me for this interactive session where you will be introduced to a creativity skill set, and then transform your lessons with the Torrance Incubation Model for creative teaching and learning.

Wabi-Sabi Restore: Honour the precious edges within you

Leonardo Muñoz

Daniel Centre • maximum 20

When a bowl or precious vase falls and breaks into a thousand pieces, we throw them away angrily and regretfully. But we don't see that when objects are damaged, many new edges appear. The Wabi-Sabi aesthetic vision for repairing them is based on "the beauty of imperfection", the restoration highlights the edges as part of the new object.

In this workshop we will apply restoration techniques in a real damaged piece, as a way to reflect on the role of damaged places in our life.

Be prepared to get dirty and sticky. And beware, the sharp edges might hurt.

FRIDAY 1:30PM

Best Session EVER

Ismet Mamnoon, Matteo Catullo

Court 16 • maximum 24

In this 93 minute session we will explore what happens when we follow possibilities all the way to the edge and then take a leap into the great unknown.

The first challenge is to brace for ambiguity. Would you sign up for a session you knew NOTHING about? The second challenge is to brace for uncertainty. Would you sign up for a session that could take you to UNEXPECTED places? The third challenge is trust. Would you trust yourself and others to make this the BEST SESSION EVER? Arrive 3 minutes early to receive a surprise gift.

Biodanza: Dance me to the edge

Sophie Harvey

Centennial Auditorium

Some journeys towards the edge require effort, determination and mental focus. But sometimes, an alternative backroad is also available: one which gradually flows like a river, circumventing obstacles with fluidity. When we harmonize what we think, what we feel and what we do, we experience a kind of enjoyment that nourishes a meaningful movement and heightens our momentum. Biodanza's invitation is to organically expand your comfort zone towards the edge, giving it another dimension.

In this session you will experiment with joyful exercises on carefully selected pieces of music. Movement, music and interactions with others are the key to allow authentic movement and heartfelt emotion to happen, providing the experience of feeling alive in the here-and-now beyond effort and mental projections.

Biodanza may surprise you as a highly liberating activity and a transformative practice. Dancing skills are not necessary. Comfortable clothing is advised.

Cracking the Cultural Code: Strategies for managing cultural polarities to foster creativity

Tim Switalski, Laura Barbero Switalski

Court 4

We all know creative thinking thrives on diversity of input, right? But working with diversity, particularly in multicultural environments, can present a variety of challenges. Multiple variables need attention: communication, decision-making, collaboration, building trust and leadership, to name only a few. Managing all of these variables requires careful planning based on a clear understanding of cross-cultural best practices that can foster a creative environment when people from diverse background and values come to work together.

This session will explore the dimensions that underlie cultural diversity and their connections with creativity. By building an understanding of these dimensions and by viewing each as separate polarities, we can map different cultures in ways that explain behavioural differences and allow us to leverage them to achieve creative outcomes.

We will explore these dimensions and practice applying them through simulations and case examples. Deepening our awareness of what makes us different, we can design better programs, engage in more authentic collaborations, and live fuller, more creative lives.

I Think I Can: Why can't that be enough to start "doing"?

Bara Watts

Court 6

I was 2 years old when the *The Little Engine that Could* was first read to me. Since then the words "I think I can, I think I can" have been the echoing chant that has empowered me to venture forth into fantastic adventures, to pick myself up after devastating loss, and to not just dream the impossible but to actually step out and try "because maybe, just maybe "I could."

In my life, "I think I can" empowered me to be a dancer, a movie studio executive, a serial entrepreneur and now a college professor. In all instances I did not fit the norms. I didn't always have the requisite training or credentials. The through-line is starting with "I think I can";

and then figuring out what I needed to do to get it done. I've learned you have to "do" your way to understanding. And when the "doing" is understood it has the potential for life changing impact.

The "I think I can" session will take you through a two-part facilitated experience, first to uncover and identify those times when you did something that seemed impossible, that was beyond risky, that challenged the status quo, that flew in the face of reason. Was it yesterday? Or not since childhood? And what came of this "doing"? Defeat? Humiliation? Success? Change? The second part is a team-based exercise that forces us to challenge their thinking about "doing" or "not-doing" as a group.

The Mind/Character Split: How to use it to transform your life

Deron Essex

Centennial Lounge

Do you find it hard to command yourself to a task, and execute it? Especially if that task is perfected as something that your "self" would never do? Do you have a strong sense of identity? Do you want to up level your life in all areas but feel like something is holding the back of your heels?

What is holding you back is YOU, and the character you have built yourself to be. We were trained to believe that our character or our perceived self is something when it is not. It is only us clinging on to beliefs, and stories of the past that your family and friends hold about you. This has gotten so distorted that your perceived "self" has reversed the roles and is pulling the strings on its own master, your mind. Thus it is able to wreak havoc in all areas of your life.

Join me on a journey where I will teach you how to break your current paradigm and reverse the roles back to their signal order; where your mind gives the command, and your self follows it accurately. It will no longer feel pain while doing it too. (WHAT IS THIS FOR??) I will also teach you how to pin your character down and define it in order to transcend your current character and reinvent yourself into who you want to be. Finally, I will teach you how to unlock this inner freedom to become whoever you want to be.

The Tree of Life: A journey into our strengths

Guillemette Goglio, Charlotte Goglio

Centennial 15 • maximum 20

Speak about the story of your life using the metaphor of the tree. In a forest, each tree is unique — this is why the forest is so beautiful and provides such a rich ecosystem. Much like the forest, it is our diversity of languages, backgrounds and culture which make our richness.

We will draw our own "tree of life" starting from our "roots" (where we come from), presenting our skills and knowledge (many of which we ignore at the beginning), our hopes and dreams, as well as the special people in our lives. This approach helps us tell the story of our life in ways that make us stronger, since it links each of us with our strengths.

First we will draw our own tree, stimulated by a set of questions. We will explore individually the connections between our roots, values, skills, people, before sharing our trees in small groups. We will then take a walk together into our forest of drawn trees. We will feel surprised and enriched by our differences and similarities.

The Tree of Life was developed by Ncazelo Ncube and David Denborough. It is very popular in Australia and Southern Africa. It comes from the narrative practises developed by Australian social worker Michael White and therapist David Epston. This approach was originally used by practitioners in different countries to support communities, vulnerable groups, and families. In this exercise, we will explore and practice together how the methodology can be adapted to create more cohesive teams.

Writing with the Senses

Cynthia Reyes

Court 5

We experience the world through our senses. What we see, hear, smell, taste and touch informs our impression of anyone or anything we encounter.

We base observations and even decisions on a person's height, body weight, face. How they stand, walk or sit. How they sound. How they smell. How we feel about them.

On a stroll in the woods or in a garden, most of our senses are triggered. We hear the call of birds, the rustle of unseen squirrels or rabbits. We smell the flowers, shrubs and sometimes even the soil. We reach out and touch a petal, a leaf or even a tree trunk. We feel the sun on our face or a single rain drop on a bare arm.

Why then, do we so often overlook the senses when we write? Do we fear being over-indulgent with our writing, being too descriptive? (I confess: I used to.) You may have another reason.

In this session, we will bring our writing alive by revealing what our senses tell us. I'll share examples and we will discuss them together. You'll also do some writing of your own, and read aloud what you've written (only if comfortable doing so).

Bring your writing implements.

FRIDAY 7:30PM

Camino

Let's go for a walk

Behind The Hub

You're invited to enjoy a postprandial stroll with a "twist": creativity buskers. Previous encounters included: performances of all kinds (mostly interactive), a punk hair salon, ice cream, 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.

FRIDAY 9:00PM

Creativity is Dead: Reimagining problem solving using radical compassion

Grover Neville

Court 4

This session begins by introducing the idea that creativity by itself is an insufficient problem solving tool. Next participants will apply familiar creative exercises of their choice alongside practices in radical compassion such as loving kindness meditations, musical communication and inclusive design exercises to everyday issues. We will particularly apply these practices to issues of gender,

ability and identity regarding design decisions on common items and interpersonal communication.

Participants will finally form into groups and re-imagine spaces and items around the Mindcamp campus.

This session is for everyone age 12+ and will deal with some potentially sensitive topics. This session is for anyone interested in the moral and ethical aspects of creative practice, and will focus on the how and why implications of creative design in hands-on professional and personal activities.

Night Flights

Night Flights are the impromptu sessions described at the beginning of this section.

SATURDAY 9:00AM

Mind U Sessions

Each morning at 9:00am is Mind U, described at the beginning of this section.

SATURDAY 10:45AM & 1:30PM

Cognitive Biases: Why saying "defer judgment" is delusional

Susan Robertson

Centennial 15

Cognitive biases are a set of mental shortcuts that all humans share. A wealth of neuroscience research shows that we ALL have these limiting thinking traps. And because they operate subconsciously, we're not aware of how, nor how severely, they're limiting our thinking.

This new understanding of how our brains work suggests we should reexamine how we're running our workshops and how we're training people in creative thinking.

In this hands-on, interactive workshop, we'll examine a few of the most critical cognitive biases related to creative thinking. We'll experience these biases in action through experiential activities, and we'll discuss how they limit participant's thinking. Importantly, we'll generate ideas for how to modify our own facilitation and training processes to leverage this new learning.

The Courage to Jump

Ingvar Jónsson

Court 4

When one jumps over the edge, one is bound to land somewhere. (D. H. Lawrence)

In this 180-minute session Ingvar will take you on a STRENGTHS-hunt through the forest of FEELINGS and EMOTIONS using only your compass of VALUES and BELIEFS. If you are blinded by your EGO or LIMITING BELIEFS you might have to find your COURAGE before you sign up.

However Ingvar will guarantee your SAFETY on the journey but can neither be held responsible for the POSITIVE IMPACT nor the ADVENTURES after you discover the INNER STRENGTH to jump over the edge.

Game-Based Learning: Soft skills developed by playing HARD!

Rodrigo Sánchez Picazo

Centennial 8 • maximum 15

Every culture has the structure of a game. At work or at home, playing football or Fortnite, there are limits of time and space.

Awards and punishments.

Formal and informal rules.

Even objectives with their corresponding rewards.

If your culture is already a game, why not enhance it by playing? Throw your preconceived assumptions about education over the edge with the most immersive and fun tools yet!

In this session, you will learn some basic Game Theory and how to apply its principles to develop soft skills in a playful, yet deep way. Through three surprise games, which are currently being used in some of the biggest companies in Chile, we will develop skills such as ideation, prototyping and testing, collaboration, knowledge transfer, and more.

Expect the unexpected in this ultra-interactive, high octane double session!

Navigating Culture: The soul of creativity

Hamlin Grange

Court 6

We are comfortable with the familiar. That's one reason we like to hang out with people who share the same interests or laugh at the same jokes. But familiarity may not breed creativity.

Scientists have found that people who have deep relationships with people from other cultures score higher on standard creativity tests. In one study, business school students who'd dated someone from another culture became more creative. In another, researchers found that simply reflecting on a deep relationship with someone from another culture caused a temporary boost in creativity. Another study found that peer-reviewed research papers written by ethnically diverse teams receive significantly more citations than those written by homogeneous teams.

Arguably, cultural diversity is one of the most powerful factors in boosting group creativity.

In this session you'll use the Implicit Association Test to reveal how you encounter cultural differences — and how you can use your awareness to be more creative. Go to www.mindcamp.org/implicit to take the test at no cost. Please come prepared to discuss your results with your colleagues.

Sense-ational Svadhyaya: A journey of self-study through the 5 senses

Tamara Christensen, Iz Wyrđ

Court 16 • maximum 24

Yoga is the journey of the self, through the self, to the Self. (The Bhagavad Gita)

The term Svadhyaya literally means 'one's own reading' or 'self-study'. It is the fourth Niyama of Patanjali's Yoga Sutras. The word itself is made up of Sva, meaning own, self, or the human soul, and Adhyaya, meaning lesson, lecture, or reading and implies the practice of studying the Self and/or scriptures.

Join us for an experiential journey of self discovery using the body as the vehicle and the five senses as our fuel. We will explore the philosophy of yoga and spiritual anatomy as pathways to deeper self-knowing using

sound, sight, taste, smell, and movement/touch. The intention of this session is to introduce new knowledge and techniques for self-study so that each participant develops their own personalized rituals along with a commitment to a lifelong journey of sensual self-discovery. The answers we seek lie within.

Track and Trace: Becoming a casual problem solving bush ranger

Branko Broekman

Court 5

Tracking is finding and following the moving path of something. Tracing is studying in detail, step by step. This 180 minute session will bring both your tracking and tracing skills to new levels.

You'll not only experience how to track the best way to go about solving a question with the Swiss knife in diagnostic thinking; after lunch we'll get into tracing the simplicity in an issue that you'd like to solve.

You'll become a poet of paradox and call upon your inner bushranger to find how nature solved a similar question. And you will develop a keen eye on what kind of thinking is needed and how to maneuver well through a complex situation, including reproductive, productive and polarity thinking.

WeTube 2.0: Creating your message in a video

Jim Ridge

Centennial Auditorium • maximum 24

The primal fear Monkey in your head is in full flight, going totally bananas while being chased by your very own "My Life Is Over Monkey Eating Monster". Yes folks, we have a new number-one fear in life. It's hitting the upload button on your first real video!

So let's cage that Monster right now! At "WeTube" you'll be in a safe place (sorry no bananas) where you will become an instant Spielberg at creating your own video messages. With only a cell phone you'll practice making short videos using key techniques critical to catapulting you to a cinematic monster free level. We'll be focusing on basic principles around lighting, sound, framing of shots and yes, even editing. We'll only just touch on the scary techie equipment stuff, that way there's

one less monster to worry about. We'll also look at story structure and what makes good content for videos.

So bring your phone or digital camera and you never know we might just go a little bananas at "WeTube".

SATURDAY EVENING

Poster Session

Saturday 7:30pm • The Hub

A chance to showcase what you've done over the past year — creative projects, academic pursuits or businesses developments (think academic conference, but more, um ... rustic and creative).

Night Flights

Night Flights at 9:00pm, the impromptu sessions described at the beginning of this section.

SUNDAY 9:00AM

Mind U Sessions

Each morning at 9:00am is Mind U, described at the beginning of this section.