



# Tool overview



## Being

|  |                                  |  |  |  |      |
|--|----------------------------------|--|--|--|------|
|  | Poetic Motivations               |  |  |  | < 2h |
|  | Purposeful Storytelling          |  |  |  | < 2h |
|  | Acting in Alignment              |  |  |  | < 2h |
|  | Adapting Response Patterns       |  |  |  | > 2h |
|  | Exchanging Perspectives          |  |  |  | < 2h |
|  | Intervision on Inner Development |  |  |  | > 2h |
|  | Positive Gossiping               |  |  |  | > 2h |
|  | The Volcano of Change            |  |  |  | > 2h |
|  | Travelling concepts              |  |  |  | > 2h |
|  | Body Awareness                   |  |  |  | > 2h |
|  | The Superhero in Me              |  |  |  | > 2h |
|  | Inside-Outside Presence          |  |  |  | > 2h |
|  | Social Presencing Theatre        |  |  |  | < 2h |
|  | The Repeating Question           |  |  |  | < 2h |

## Thinking

|  |                                  |  |  |  |      |
|--|----------------------------------|--|--|--|------|
|  | Navigating Uncertainty           |  |  |  | > 2h |
|  | Self Guided Assessment           |  |  |  | > 2h |
|  | Experiencing Interdisciplinarity |  |  |  | < 2h |
|  | Shared Problem Definition        |  |  |  | > 2h |
|  | Socio-Spatial Mapping            |  |  |  | < 2h |
|  | Conscious Consumption Quest      |  |  |  | > 2h |
|  | Mapping the Maze                 |  |  |  | > 2h |
|  | Social Presencing Theatre        |  |  |  | < 2h |
|  | The 4E model                     |  |  |  | > 2h |
|  | The Volcano of Change            |  |  |  | > 2h |
|  | Future Folktales                 |  |  |  | > 2h |
|  | Imagining the Future             |  |  |  | < 2h |
|  | Brainstorming with Eureka        |  |  |  | > 2h |
|  | Creating New Metaphors           |  |  |  | < 2h |
|  | Visual Narratives                |  |  |  | > 2h |

## Relating

|  |  |  |  |  |      |
|--|--|--|--|--|------|
|  | Being Grateful                             |  |  |  | < 2h |
|  | Cultivating Awe                            |  |  |  | > 2h |
|  | Cultivating Awe                            |  |  |  | > 2h |
|  | Enhancing Sensorial Connectedness          |  |  |  | > 2h |
|  | Onboarding Transdisciplinary Collaboration |  |  |  | > 2h |
|  | Participate as a Pro                       |  |  |  | < 2h |
|  | The Humble Mindset                         |  |  |  | > 2h |
|  | Deep Listening                             |  |  |  | < 2h |
|  | Inviting Non-Human Stakeholders            |  |  |  | < 2h |

## Collaborating

|  |                                     |  |  |  |      |
|--|-------------------------------------|--|--|--|------|
|  | Team Check-in                       |  |  |  | < 2h |
|  | Triggering Team Trust               |  |  |  | > 2h |
|  | Inclusive Decision-Making           |  |  |  | > 2h |
|  | Socially Inclusive Research         |  |  |  | > 2h |
|  | Enabling Co-creation                |  |  |  | > 2h |
|  | Fostering Collaborative Creativity  |  |  |  | > 2h |
|  | Constructive Conversations          |  |  |  | > 2h |
|  | Restorative Dialogue                |  |  |  | < 2h |
|  | Travelling concepts                 |  |  |  | > 2h |
|  | Co-designing Transition Experiments |  |  |  | > 2h |
|  | The Power of Storytelling           |  |  |  | > 2h |

## Acting

|  |                             |  |  |  |      |
|--|-----------------------------|--|--|--|------|
|  | Making Courageous Decisions |  |  |  | > 2h |
|  | Step Up Your Courage        |  |  |  | < 2h |
|  | Challenge your Beliefs      |  |  |  | < 2h |
|  | Positive Reframing          |  |  |  | > 2h |
|  | Embracing Uncertainty       |  |  |  | < 2h |
|  | Fostering Resilience        |  |  |  | > 2h |

### Legend

execution time

individual activity  
 group activity

single session  
 multiple sessions