

Workshop title - Connecting With Compassion: An Evening of Authentic Relating Games

Length - 120 minutes (6-8 pm)

Intended audience - Adults, college students, community members

Objectives:

By the end of this workshop, participants will...

- Walk away with tools to use to connect deeply with anybody! Friends, loved ones, strangers alike, the tools presented in this game night are adaptable to everyday conversation and can give us insight on how to comfortably dive deep.
- Engage in a unique community space where sharing, attention, vulnerability, and noticing are all welcome and encouraged.

Materials:

- Space - outdoor or in, but will be led inside this time due to unpredictability of weather
- Atmospheric lighting (setting up a cozy environment is key!) - christmas lights, candles, etc.
- Pillows to sit on, blankets to lay below
- Tea (kettle and tea bag) and cups
- Voices and open minds!

Overview of workshop:

This gathering will help to propagate tools to relate with others in a powerful, compassionate way, quickly! The point is to forgo the initial awkward sensations we experience when meeting someone - the subconscious courting dance we all perform - and practice ways to truly *meet* someone. The best way to participate is with people one does not already know. The facilitator will guide the group through a variety of exercises that involve questioning, answering, noticing, and responding to observations.

Workshop opening: (6 pm - 6:30 pm)

To begin, the group will gather in a circle and get comfortable, and be warmly welcomed. The facilitator will introduce themselves and the intentions of the evening, and lead the group through a set of agreements to give us a framework of responsibilities for the evening (such as confidentiality, consent, etc.). Then, around the circle every one shall introduce themselves using a sentence stem, such as “My goals for tonight are...” or “My strangest experience today was...” etc. The options are endless, but the intention is to help everyone open up and listen to one another.

During the workshop: (6:30 pm - 7:45 pm)

The group will be led through these games:

1. “The Noticing Game” (15 minutes)

2. “Gauntlet” (15 minutes)
3. Break (10 minutes)
4. “Curiosity” (15 minutes)
5. “Hot seat” (15 minutes)

In these games, often participants will pair up and switch partners down a line. After every game, there will be space held for reflections to share with the group if one is so inclined. Willingly revealing one’s inner experience is vital for some to process, and it bonds the group together.

Workshop closing:

In the closing, we will gather into a circle after our last game (Hot seat) and reflect on our experiences. To do so, we will begin with playing a simple game entitled “Truths” in which we reflect on our time and think of a truth that comes to mind that one desires to share, such as “My truth is that Joe said something that really stuck with me, so thank you.” Or “Alberta, you made me feel really supported when I spoke about...” etc.

Then, once this has ended, we will go around the circle and share a few words about how we are feeling or something that we learned. Then, we will depart and hugging is encouraged!