

## Plenary that we all enjoy

### *Community with space for everyone*

These requests are intended to help to make the time in the plenary as comfortable and meaningful as possible for everyone.

Use them whenever possible, and when you find that they fit to your situation.

1. Prioritize to start on time.
2. Before you speak / or don't speak, make the following clear for yourself:
  - > What needs are you trying to fulfil?
  - > What other strategies do you have? (see below)
3. Express the most important (as few sentences as possible).
4. Finish with a specific request.
5. Use the signal "I want more connection." (the hand moves from the heart and away and back again, multiple times)
6. Using the signal "You are expressing what is also in my heart." (hand placed on the heart / chest)
7. "Using the signal" I want a moment of silence "with care. (ring the bell)

### **Possible strategies to handle your reaction:**

1. Self-empathy – inner calm, space, walk, paint, write, use the "steps for connection".
2. Ask for support and / or empathy from neighbour, someone from your group, a trainer.
3. Request time in small group to process your reaction.
4. Express yourself in plenary.
5. ....

### **Any expression of inner life is welcome.**

If your expression is formulated in giraffe, the likelihood increases that it leads to empathic connection, which contributes to everyone's needs being included in the strategies we choose.

If you are unsure whether you would choose to express yourself in a plenary session, choose rather to express yourself than to keep quiet. Possibly you can ask for help in expressing what's in your heart, and together we will find a way to deal with it.

Enjoy exploring space for the individual and consideration of the whole.