



## The DIY Human Series: we meet you where you are



Earth's Call Conference | Aspen Institute | May, 2019

*Our dynamic approach to increasing empathy, camaraderie  
and clear communication connects diverse individuals  
through their stories and their humanity.*



### **Icebreakers: Jumpstart your meeting or conference**

Not your typical icebreaker, DIY HUMAN interweaves videos, laughter, small groups and DIY Human Cards to increase awareness, deepen connections and get things going. 1-2 hrs. | max: 40.

### **Diversity & Inclusion: Bring Your Humanity to Work**

This workshop combines empathic experiences, videos and honest conversations. We begin with an agreement to mutual respect and confidentiality. Participants are invited to express themselves freely and assured there is nothing they are ever required to do or share.

**Blending cultures builds trust and invites diverse ideas and fresh perspectives.** We all have kneejerk assumptions and biases. But when we put ourselves aside to listen deeply, it opens our lens, allowing us to see beyond the assumptions and beliefs that have maintained discordant or distanced relationships. And when someone truly listen to us, when we feel seen, heard, and understood, we become more interested in trying to understand others.

**Achieving mutual understanding and greater tolerance is a process that begins with one 'aha' moment.** In sharing their stories and responding to clips they watch together they get to know each other share their common humanity. They are invited to reboot false beliefs and be *who they really are beneath their roles*. From a place of safety and authenticity, community members discover fresh perspectives for themselves and new possibilities for seeing and relating to others.

*½ - 1 day – ongoing series. | max: 40.*

***"With expanded perspectives comes mutual understanding,  
compassionate connections and improved co-worker relations."***



### **The DIY Human Experience: Understanding words isn't communication.**

More than 90% of all communication is comprised of nonverbal and often unconscious cues. True understanding is dependent upon observing tone, eye contact, body language and the 7,000 micro facial expressions that give specificity to our words.

#### **Did you hear what you heard?**

Working in pairs and small groups, participants have the opportunity to compare how differently they each hear the same story in different media. Participants also explore body language, discovering how others interpret the same actions. They write about how their own communication styles build or hinder connections with others. They are invited to but don't have to share. In closing, they share what they'll take away from the experience.

*½ day | max: 40.*

### **The DIY Human Experience: Co-Creating Stories**

Storytelling is the universal language of every culture, cutting through differences in language, race, religion, values and mores. We are hardwired to receive stories because they are crucial to both emotional and cognitive development. Sharing our stories broadens our perspective and allows others to identify with and humanize us.

**Stories connect our brains and increase serotonin.** Whether telling or listening to stories, fMRI equipment shows that both brains alight in the same place. They synchronize, fire neurons and increase serotonin and the overall sense of wellbeing, making us more open to others. Participants write and voice personal stories alone and with each other, comparing and contrasting the two. What follows is a discussion about collaboration and the difficulty of asking for help.

*½ day | max: 40.*

***"We can reject our childhood conclusions and reconsider entrenched beliefs from the perspective of the person we are today."***



### **The 12 Minute Connection: See the world through the eyes of another**

Through a series of experiences with rotating partners, everyone in your group gets a 1-on-1 with everyone else.

**Our tools help participants see that they're not alone.**

Participants practice the steps of listening, reflecting and clarifying what has been shared with **A.W.E. (\*Awareness \*Wonder \*Empathy)**, a set of skills that make communication clearer, deeper and more meaningful. When we put ourselves aside and listen from the other person's point of view, we can understand the *feelings*, even if we don't relate to the circumstances.

Over the course of the seminar, they begin to integrate the skills to **better understand each other and themselves.** If there is time, participants return to previous partners to process the experience. With better listening and retention comes a rare kind of connection that most co-workers never accomplish. *½ - 1 day – ongoing series. | max: 20 – 40.*

### **Keynotes & Retreats: Deep Dive**

Invite Shari Foos to address or lead your group with a deep dive into the concepts behind DIYH, her experience as a psychotherapist and/or the impact of the cult of culture on *who we really are*. Content can be interwoven with your specific issues and goals. *1 - 2 hrs. | no max | min.*

***"Like looking through a kaleidoscope, our stories can be understood from many angles, all of which can be correct."***



### **Facilitator Training: Shared Learning Through a Lens of Humility**

Our non-hierarchical methodology is practical and easy to understand but the skills to lead a group with awareness, non-judgment and humility takes practice. The training itself is a model for its participants of how to create an open and creative atmosphere within their current and future groups.

**DIYH is built upon the ideas of The Narrative Method.** Our facilitator leads participants through in-depth discussions and experiences about the art of creating a safe and humanistic group. Based upon **The Narrative Method**, we go through all of the principles, practices and tools concepts research concluded increases awareness, wonder and empathy.

**We start with the impact of the media and internet.** Rather than blame ourselves for unhappiness, alienation, depression or anxiety, we first focus on *separating ourselves from what happened to us*. It's not that we don't know where some of this negativity is coming from, but we may underestimate how much it affects others and our relationships with them. Participants are encouraged to separate what they hear from what they think and use their own voice and agency to become better professionals, friends and citizens.

**DIY Human provides all materials:**

- Narrative A.W.E. (\*Awareness \*Wonder \*Empathy)
- DIYH Principles and Practice
- DIYH 12 Core Concepts
- DIYH Facilitator Guide
- DIYH Cards

*1 – 2 days – ongoing series. | Max 16.*

***Get ready for radical human connection!***