

Recognition and shared use of talents

Activity Focus and Goals:

- Imaginative and symbolic exploration of one's identity, talents and essence through a guided meditation and an artistic expression activity (drawing/collage).
- The lab combines creative visualisation, body awareness and group sharing to foster connection with oneself and with others.

Materials Needed:

- music
- Sheets of paper
- Pens/pencils/colours
- Natural and recycling materials: fabrics, pieces of wood, stones, lego,

Learning Objectives: • Stimulate inner awareness through meditation and the visualisation of symbolic images (light, constellation of talents). • Promote creative expression as a tool of self-reflection and self-knowledge. • Create a sense of collective connection • Encourage listening to physical sensations, emotions and thoughts aroused by artistic experience and collective vision.

The group of about 15–20 people is arranged sitting in a circle. The group is guided in a meditation (inviting to close the eyes), bringing attention to the darkness of the closed eyes, to the possible sensation it arouses, also suggesting its "emptiness" and "potential": a space and a time that also offers a silence of deep listening. It is invited to imagine that from the darkness emerges a light, at first distant and small, and progressively closer and larger, of the colour that is preferred. The light stops at a certain distance from each of them: from it other smaller lights start that are arranged in space (the small ones remain connected to the large one through a thin line of light). Each little light represents a personal talent. Once you have lived this imaginary experience, you are invited to thank your creativity to say goodbye; before opening your eyes you make small movements with your hands and feet, with your legs with your arms (you gradually wake up). Then each one takes a blue A3 card and with yellow wax colours recomposes the image visualised during the meditation. Once finished, each drawing is hung on the wall along with the others to build a galaxy of essences and talents (some common, some specific). It is invited to observe this composition and to record which physical sensations, which emotions and which thoughts it arouses in each. In the meantime, the group builds the ideal city where each talent imagines being lived and put into practice. At the end of the activity you will have an ideal city on land surmounted by the starry sky of the talents of each participant

(Self) assessment:

- *che emozione hai provato tra queste :* 😊 😭 😄 😟 🤩 🙄 😬 🤔 😏 😊 😊
- *What was the most significant activity for you?*
- *How do you evaluate the awareness of your talents before and after the workshop (from 0 to 10)*

Resources and useful materials:

- Video tutorials on ...
- Sample website templates via ...

Notes, comments, recommendations for users (trainers/ learners):

- Any initiative you take must start from what I like to do and what and how you want to realise, keeping in mind the context