

BIG SPIRIT

Emotional Intelligence Program Overview



Believe in myself Inspire others Grow our spirit

The I AM Program

ABN: 87300591372

workshops@theiamprogram.com

www.theiamprogram.com

0407483974

ARNA BAARTZ

GORGEOUS

COURAGEOUS

FUN

Happy

awesome

Perfect

Healthy

SAME

Together

Beautiful

THOUGHTFUL

EXCELLENT

CLEVER

UNIQUE

assertive

DIFFERENT

ME

Connected

I AM

Colourful

listening

OPEN

LOVABLE

SMART

FOCUSED

LOVING

COMPASSIONATE

Kind

CHANGING

excited

HERE

INTELLIGENT

NOW

LOVED

JOYFUL

AMAZING

ME

WONDERFUL

ONE

Mission Statement

All People

- ✦ **Have the right to an education**
- ✦ **Have the right to learn in a safe and supportive environment**
- ✦ **Deserve the opportunity to develop high self-esteem and emotional intelligence**
- ✦ **Will thrive in an environment of healthy self-acceptance and non-judgement**

10% of proceeds from the sale of The I AM Program workshops and products are used to send art materials and programs to underprivileged communities nationally and globally as part of the: *I AM For Children Incentive*

Emotional Intelligence is:

The ability to identify, understand and manage your emotions in positive and constructive ways. It is about switching on or bringing synergy to both hemispheres of the brain for clarity of mind and solution orientated thinking!

Emotional Intelligence is recognizing your own emotional state, the emotional state of others and to combine this recognition with a positive value system in order to navigate your life and relationships effectively and successfully.



I would like to take this opportunity to pay my respect to the traditional custodians of this land.

Overview

Choosing to develop self-awareness, emotional intelligence, self-acceptance and self-esteem is rewarding at any age. Choosing to present adolescents and young adults with the opportunity to know themselves is a life-changing gift that everyone deserves to receive.

In the following pages you will find a list of working titles for twelve culturally relevant emotional intelligence workshops, the complete workshop summary for *Trackin' ME*, a brief one paragraph summary of the activities you might expect to find in each 2-3hr workshop and a basic outline of the values to be explored during each workshop.

The workshops, when complete, will contain a materials list plus suggestions for sourcing of said materials, comprehensive instructions, discussion ideas, resource links and further suggestions for enhancing the experience and result.

Each workshop in its entirety will contain a number of age appropriate, arts connected activities designed to build an emotional vocabulary, release unhealthy concepts and patterns, begin the construction of a positive value system and develop emotional intelligence.

Introduction to BIG SPIRIT

High Emotional Intelligence is the hallmark of a happy and successful human being.

Sometimes due to life circumstance emotional intelligence gets left out of the equation and we suffer as a result.

As we grow it becomes our personal responsibility to ensure that we give ourselves the opportunities and options in life we deserve.

It has been scientifically shown that the brain is wired to do as it is told and *we* have the power to command its growth!

With appropriate skills, information and commitment to our personal development we can teach ourselves to be happy and SUCCESSFUL.

Every participant in this set of workshops has a DEADLY life ahead. All you need to do is get interested in how awesome you can be and follow through in a determined manner!

You will be given heaps of coping skills for the tough times and some tried and true methods for cleaning up old habits, sweeping the mess from your mind and beginning again to re-energize your body, brain and spirit. So take what works for you, apply it consistently and your experience of life *will* change according to focus.

Choose to be free!

Arna Baartz

Complete Summary of Workshop One

1. TRACKIN' ME

Values: creativity, imagination, self-awareness, self-care, compassion

Intelligences: intrapersonal, visual, linguistic, emotional, naturalistic, musical

Materials Needed: comfortable space, comfortable clothing, soft culturally relevant music, one large canvas or cartridge paper (canvas is preferred if funds permit), paint, brushes, water containers, smoothish (hand sized) stones if possible (it is appropriate for participants to be asked to find a stone, wash and bring in), pens, writing paper

Suggestion: Consider planning to save all artworks for end of program exhibition, see chapter on ART exhibition (to be included in full program)

Summary

The *Trackin' ME* workshop contains three separate relaxations/visualisations with accompanying artistic activities; designing a reminder stone, personal affirmation creation and painting a *Who AM I?* self-portrait.

These activities and discussion topics related to them are specifically designed to bring an understanding of ourselves as separate from and therefore able to command our thought body.

Trackin' ME will gift participants with a number of easy and effective de-stressing techniques to be used throughout daily lives. Relaxing the body/mind through visualisation techniques, witnessing our thoughts and acknowledging our feelings without judgement, opens up the potential for acceptance and change. Once we become observers of our thought patterns and recognise our personal power as THE THINKER we are rewarded with the option of making changes to our thoughts and subsequently our lives.

Ultimately with focus, we are able to track our problems and with the clarity of mind that relaxation and visualisation brings, we actively enhance our solution orientated thinking.

Trackin' ME teaches us to ask the *correct questions of ourselves* and in asking the question, we discover the answer! By learning simple, yet effective techniques that enable us to slow our thought processes we become observers of the self and with dedication we are soon able to recognise the thoughts that either sabotage or support our wellbeing.

Developing self-awareness is essential to discovering whether our choices are healthy for us. Once we become conscious of our sabotaging patterns we are better able to change our habits in more permanent ways.

This workshop discusses (to be discussed in further detail in workshop number two *My Deadly Brain*) the power inherent in learning that who we are is governed by the thoughts upon which we choose, whether consciously or unconsciously, to place our focus. Seeing the links between emotion/thought and our external reality is a reminder of our position as the commander of our emotional body and our reactions to the emotions that arise.

We will also introduce the concept and power of ‘Affirmation’ or conscious re-programming. Participants will create affirmations specific to them that they can then continue to use throughout their day in order to change unwanted habits and self-sabotage.

Affirmation example to be repeated often:

I HAVE THE ANSWER!

Task- do you have a problem? Try this- state your problem out loud- for example - 'I have no money I am always running out of money' then ask yourself a question 'How do I get better at managing my money?' Repeat your question throughout the day 'How do I get better at managing my money?' As you wander through your day keep your mind and eyes open, you will start to see, feel and hear the answer to your question. You may watch someone do or say something that you had not thought of before. You may see something on TV that you feel you could try yourself. At first you may like to write down the things you see or hear that relate to your question. You may read a book that gives you an idea about a cool way to approach money OR better than all of this you may find yourself suddenly thinking or doing something that you had not ever done before and naturally acting in your best interests when it comes to your money! The point is YOU have the answers to all your questions and problems and if you don't have them already your mind will go searching for the answer.

All you have to do is ASK THE QUESTIONS!

This is self-awareness, this is life!

2. My Deadly Brain!

Values: creativity, health/wellbeing, self-awareness, discovery and imagination, connection, empowerment

In *My Deadly Brain* workshop, we explore the power of positive thinking and ways to use it to literally direct the growth of neurons in our brains for a successful and happy life.

With the sharing of exciting ‘brain facts’ through links to resources, diagrams and video we initiate discussion on the potential of humanity to overcome obstacles individually and collectively.

3. No Blame NO SHAME!

Values: tolerance, humility, self-esteem, expression, creativity, imagination, forgiveness

Within the *No Blame NO SHAME* workshop we discover the exponential effect of forgiveness within ourselves, our personal relationships and in our community.

Creating and destroying ANGER drawings followed by the design of a positive life vision collage provides a simple release technique and initiates the power of positive intention /goal making. **A value system deconstruction/reconstruction exercise features within this workshop.**

We ask ourselves the question ‘Who would I BE If I had NO SHAME, NO ANGER. NO BLAME or sadness?’

4. Singing MY Song-line

Values: spirituality, intuition, connection, creativity, confidence, self-worth,

The *Singing My Song-line* workshop is about getting into the nitty gritty of ourselves as co-creators designing and navigating our lives.

Using a guided visualisation/meditation in which we ‘meet’ with our ancestors or the original creators and bring back our personal message or purpose. We take time to reflect in a ‘walking’ meditation. We enjoy a number of ‘verbal purging’ activities (fun and noisy) This helps clear our mind for the important third section of the workshop in which we assume the role of co-creator and after taking some time to choose appropriate words and actions we role play being this co-creator walking OUR earth and naming the aspects of our lives that we want to develop and enjoy

5. Bush Heart Healing

Values: health and wellbeing, connection, personal responsibility, self-care, creativity, communication, confidence, courage, teamwork

In *Bush Heart Healing* we get to know the self through exploring the emotional body as though it were an actual landscape. Using discussion, painting, clay sculpture and performance we learn how to deal with our feelings and appreciate ourselves as amazing individuals interacting with each other. We also research and discuss ancient bush healing techniques.

This workshop encourages the participants mind to develop emotional reasoning and through the powerful, experiential process of role-play, provides tools for dealing with emotions as they arise.

6. Feelin’ IT

Values: trust, compassion, love, detachment, confidence, humanitarianism, self-esteem, self-care, awareness, creativity, self-respect, resilience, choice

Within the *Feelin’ IT* workshop we explore emotions from the perspective of ‘what we were taught as children’ and ‘what did they forget to teach us?’

We learn to that feelings are indicators only, rather than who we are. We explore healthy detachment in order to regain command of our emotional state. Amongst activities such as ‘Feeling Boxes’ Positive Boundary Creation’ and children’s story writing, this workshop will provide tools for emotional awareness throughout life.

7. BIG Spirit Voice

Values: service, self-expression, confidence, self-love

***Big Spirit Voice* is a wonderful workshop that gently yet thoroughly encourages the exploration of the power inherent in the spoken word. The main activity is one of SPOKEN POETRY.**

The workshop includes, amongst other topics a discussion about spirit, what spirit means to the individual and what ‘growing our personal spirit voice’ might mean for our wellbeing, the wellbeing of those closest to us, and potentially the difference our voice could make to the world.

There are a number of short activities that will inspire the individual to explore things they may have wished they'd said in the past and would like to say now to the world; little by little we work toward finding the courage to speak our feelings out loud in the form of performance poetry for either workshop group or for the world through the use of the internet.

The question is **'If you new the whole world was listening what would you say?'**

The link we use as an example is an inspiring poem by a young indigenous female - <http://www.youtube.com/watch?v=aaZpwW9J8N8>

8. MY Dreaming

Values: communication, connection, self-awareness, choice, direction, creativity,

The *MY Dreaming* workshop includes simple activities that teach us how to switch on and bring synergy to both hemispheres of the brain in order to set our selves up for clear and healthy personal dreaming.

This workshop explores positive aspects of the culture in relation to dreaming in order to ignite a desire (that may have been lying dormant) to forge ahead with new hope and vigour!

My Dreaming includes an activity called *Earth Painting* designed to help participants re establish a connection with the earth and broaden the mind. We also enjoy communication exercises within the group to develop channels of communication for future interactions.

9. Connecting The Dots

Values: connection, creativity, self-esteem, communication, respect, teamwork, unity, belonging, self-worth

The First section of the *Connecting The Dots* workshop is the creation of a group collage. The second part of the workshop is the creation of a mural together in our own cultural style. This includes working together as a team to choose the theme and title of your art piece.

High self esteem starts with a solid view of the self, an unshakeable love of self and enthusiasm to be here in this body with the adventure of life rolling out before you. Establishing connections within our community in healthy ways is a step to wanting to be here, when we value our lives we then go on to prove that value by making positive contributions and choices.

A heightened sense of belonging and self worth can be felt throughout this workshop. The exploration of special qualities and the reminder that we are not alone nor are our actions without consequence is a valuable aspect experienced here. Appreciation of the environment and the value of teamwork is realised whilst an awareness of global unity as a positive goal is triggered.

10 Loving who I AM

Values: personal responsibility, self-love, trust, friendship, care, self-esteem, honour, choice

The *Loving Who I AM* workshop is first about exploring *Who I Think I AM* with a simple question and answer sheet requiring first thought answers. Followed by a *Who I'd like to be* question and answer sheet.

This workshop includes the concept of trust; were we taught to trust others or ourselves when we were children if we were how did our parents/caregivers do that, what techniques did they use? If we weren't taught to trust, what could have our parents/caregivers done to show us that we could trust life, that it was ok to trust others and to love ourselves.

Loving who I AM takes a trip into our foundations and with the use of visualisations, affirmations and role play we explore the concept of GIVING the love and lessons we needed and wanted as children, to ourselves now. This is a powerful personal development workshop that opens up the potential for breaking persistent familial cycles.

Included in this workshop is a further two exercises- '**Loving The Little Me**' and '**Choice Tower**'

11. My World My Home

Values: tolerance, acceptance, non-judgement, love, pride

In the *My World My home* workshop we design/create puppets by researching /discussing cultures so as to combine ideas and create a brand new cultural appreciation. We create a puppet show for the younger members of our community.

The I AM Program feels that understanding ones connection to the world is an integral component of a happy and fulfilled life. When we feel strongly connected and believe we have a place, we are more likely to feel that our words are worthy of a listener and our actions worthy of note. In short we are worthwhile simply because we exist as a necessary piece of the universal jigsaw.

Fear of things that are different and/or unknown can be a powerful contributor to inter-cultural unrest and racial intolerance.

12. My Story My Colour

Values: responsibility, self-acceptance, self-awareness, self-esteem, creativity, self-expression

The *My Story My Colour* workshop is the final one in the BIG SPIRIT Program. We are ready to celebrate the sense of freedom that self-awareness brings. Working out who we really are beneath our conditioning has introduced us to the mind blowing potential that has been simply waiting for us to employ.

Realising how connected we are on so many levels has imbued our lives with new purpose and released us from the box created by out-dated ideas, frustration and resentment.

Amongst other activities, My Story My Colour includes a drawing to music exercise and the creation of a large self-portrait.

Art Exhibition

Notes and suggestions on creating a public display and performance night and a detailed explanation of benefits derived from choosing to exhibit artworks and performance components of the BIG SPIRIT program.

THANKYOU

for viewing the BIG SPIRIT Program overview