

Thinking Box for XR Programme 3

Session title: Inner development for a better democracy and how to listen better

Blurb for the invitation:

In the first half we hear about the Nordic Secret and amazing story of transformation of a whole culture. Do we look for outside authority in times of uncertainty? Is personal inner development a necessary part of creating a better democracy? We take a look at how they did it and ask what it might mean today. Do we all need to go on a 6 month retreat?

In the second half of this session we ask how we can listen better. We will hear from a listening expert about 5 ways to improve our listening which we can discuss and explore for ourselves. How can we become better listeners to those important to us?

Preparation

It isn't imperative to watch the videos before you host a session but it is recommended. It will help you introduce the topics more effectively and prepare you for the kind of responses likely in the discussions. You can also report briefly how you responded to the videos and this can help set an open tone for the session.

Facilitator tips

You do not have to have any experience to run a good Thinking Box session. The videos and the questions go a long way to engaging people and getting them talking. As a host you can help by being genuinely interested in your guests and what they think about the topics you present to them. The preparation above will help with this and a little introduction to each video is useful.

Small group discussions

- We only have one 'rule' in Thinking Box and that is that small groups should be no more than 3 people. The intro video gives some of the reasons for this but please trust that it does make a difference. It is best to make this clear in advance but if larger groups do form simply politely ask for them to split before the discussions begin.
- Always take part yourself in one of the small groups.
- Keep an eye on time and bring the group back together after 15-20 mins

Plenary discussion

- Facilitating the plenary discussion is by far the most exciting part of the role and the one where you will be most awake, alive and present. It can be exhilarating to be able to host a conversation with many people and you will also have a unique perspective on the views of different guests. If you are interested in the video content, thinking and answering social questions of importance, you will naturally be curious and enthusiastic about what others think. So look forward to finding out the range of views in your group.
- As host, try to simply ask questions and reflect comments made back to the group, this is not the session to add your own thoughts (although this is not forbidden – you are a member of the group too).
- Listen to the points being made and move the conversation onto another question if you feel it is time to.
- Try to hear from a range of people and avoid any guest from dominating.
- Keep an eye on time and conclude the session with the final short heart warmer video.

Timing

- A full double session typically needs 2.5 hours, so just over an hour for each half plus time for breaks and general organising. Adjust timing to suit session and participant needs.

Description	Speaker and title	Link	Length	Notes
Short 1A	Brene Brown on blame	https://www.youtube.com/watch?v=RZWf2_2L2v8	3.25	
Introductory video	How the session works	https://youtu.be/D1HYY_3Xi5s	1.51	Shown every session, establishes boundaries and intent
Feature 1	Inner development for a better democracy – The Nordic Secret	https://www.youtube.com/watch?v=b4dFsHgd1rQ	18.33	
	Discussion questions			Download ppt file
	Discussions in 2-3s		15-20 mins	Adjust time to suit
	Plenary discussion		20 mins	Adjust time to suit
Break				
Feature 2	How to listen better - Julian Treasure	https://www.ted.com/talks/julian_treasure_5_ways_to_listen_better	7.42	
	Discussion Questions			Download ppt file
	Discussions in 2-3s		15-20 mins	Adjust time to suit
	Plenary discussion		20 mins	Adjust time to suit
Closing short	Danish romantic breaks	https://www.youtube.com/watch?v=B00grl3K01g	2.29	