



Trigonos is creating a challenging new programme exploring our lives and human-ness in the context of a rapidly changing and sometimes de-humanising world.

The first PILOT WORKSHOP will be 5 - 8 July 2010 (see below)

Changing Lives – Changing World will encourage enquiry into our work lives and social networks; our relationships to the organisations & communities to which we belong and our responsibilities to wider society & to the planet. The programme aims to increase our capacity to engage constructively with the world around us, and support our personal development (our inner world and individuality).

The individual workshops and programme as a whole will build on the landscape, history & values of Trigonos itself – which many visitors describe as a place that provides them with ‘the space to breathe, think and work’ – and on the knowledge, interests and experiences of people connected to Trigonos.

While each workshop will have its distinct focus, there will be a common approach that links each to the programme to the whole. This includes:

- ❑ Learning mainly experientially rather than from lectures and presentations
- ❑ Developing our sensory capacities: seeing rather than just looking, active listening rather than simply being aware of chatter and noise, appreciating the quality of smells rather than dismissing an odour, and so on...
- ❑ Story telling as a device that offers insights into values and vision
- ❑ Silent activities to allow for deeper inner experience
- ❑ Facilitated conversation that encourages reflection on the day’s work
- ❑ Physical work, to move beyond thinking and feeling.

The core workshops will have their content linked to the seasons, taking account of the different qualities that each brings and enabling participants to experience Trigonos and its changing landscape at the different times of the year. Winter, against common expectation, can be stunning!

These workshops will be facilitated rather than taught, giving opportunities for exploring different ways of looking at our personal, social and economic environments, and to do so in a supportive ‘community of interest’ that allows risks to be taken.

Should they so wish, all those who participate will be linked to an on-line community, building an expanding network of people from different backgrounds and with the common experience of themes upon which the programme works.

The *Changing Lives – Changing World* programme does not promise to make you happier, (though it might). What it will do is:

- ❑ Challenge assumptions and fixed ways of thinking
- ❑ Encourage work in exploring the world around us in new ways
- ❑ Develop sensory, creative and critical capacities
- ❑ Support your thinking and action in developing social, cultural and economic forms appropriate to the time and to your circumstances & preferences.

Changing Lives – Changing World
THE PILOT WORKSHOPS

To launch the programme we are running two pilot workshops that combine some of the themes from the core workshops. These provide an opportunity for you to work with us on the exploration and development of the programme.

GROWTH & COMMUNICATION

5-8 July 2010

During the first of these exploratory workshops we will be taking a closer look at the natural world. Nature holds many secrets that can be disclosed through patient and detailed observation as well as contemplation of the surrounding landscape. By taking steps into possibly unfamiliar territory, we come upon insights that help us to understand our human-ness within the environment that we inhabit.

This part of the programme will entail enjoyable trips into the Nantlle landscape and focussed attention to aspects of the mineral and plant kingdoms.

WORK & RETREAT

20-23 October

Details to follow

COSTS

Each pilot workshop costs £194 inclusive of full board, a single room and fees. This is 1/3 off the full price, as an encouragement to those interested in being part of this developing programme.

To book for a PILOT WORKSHOP or receive further information about the programme as it develops, please contact us or email us on: info@trigonos.org

Changing Lives – Changing World
THE CORE PROGRAMME

From March 2011 onwards *Changing Lives – Changing World* will run quarterly over 4 days. The pattern will be:

Spring – EXPLORATION & GROWTH – Spring is a time of freshness and clarity, full of potential for growth & new beginnings. The human being enters this season with energy & hopefulness, ready for new opportunities and making a fresh start.

Facilitated by Judy Harris and colleagues

Judy is a founder member of Trigonos where she is the lead person involved in the care of the land and in growing vegetables, flowers, herbs and dye-plants. Alongside this practical work, she takes the time to observe very closely the processes of growth as they occur in the natural world and to draw and paint them.

Summer – COMMUNICATION & CREATIVITY – Summer is the season of flowering and fullness, a time of expansion, colour and warmth when human beings open themselves to the wider world and the bigger picture.

Facilitated by Maria Hayes and colleagues

Since 1986, Maria has made and shown work in galleries and at live events across the UK. The majority of Maria's work is 2 dimensional, using a variety of media including painting, printmaking, drawing and mixed media. She also uses sculpture (mainly constructed work), installation and performance as vehicles for her ideas. Maria finds inspiration in the landscape of North Wales and in the human form. She has explored in depth the connection between the drawn line and the figure in motion and has developed a form of

live "action painting. Her work is in private and public collections nationally and internationally.

Autumn – WORK & PRODUCTIVITY – The transition from summer to winter heralds the return to focus and to work. Productivity and yield are mirrored in the fruitfulness of nature.

Facilitated by Richard Grover and colleagues

Richard worked for many years alongside people moving away from institutions into meaningful work and housing in the wider community. The knowledge that everyone has the potential to contribute to their community and that no-one should be seen simply as a burden to be carried, underpinned the work. Richard has been fully engaged in the development of Trigonos since its founding.

Winter – RETREAT & RENEWAL - The winter landscape is cold, bare and dark. During this season human beings tend towards withdrawal and introspection, calling upon their reserves to prepare for new endeavours.

Facilitated by Mike Visage and colleagues

Mike Visage was born in South Africa and moved to the UK in 1991. Mike worked in personnel management during the turbulent Apartheid era and gained a huge amount of experience in conflict resolution and management training. Having been brought up in Africa the philosophy of Ubuntu is close to Mike's heart. The word Ubuntu offers to us that there exists a common bond between us all and it is through this bond, through our interaction with our fellow human beings, that we discover our own human qualities. We affirm our humanity when we acknowledge that of others.

Changing Lives – Changing World **DISCOVERY WORKSHOPS**

In addition to the regular annual programme there will be special Discovery Workshops at different times during the year. Each workshop will be related to the overall theme of

Changing Lives – Changing World and each leader chosen for their particular knowledge, their empathy for the overall programme and their connection with Trigonos.

Plans for 2010 include:

COLLABORATION AND LEADERSHIP – Led by Ros Tennyson

Ros originally trained in drama. For the past 20 years she has worked on building collaborative approaches to social development in many different cultures and contexts. Inspired by Ben Okri's suggestion that "human beings are blessed with the necessity of transformation", she will focus on what we can do, as individuals, to transform the organisations, social structures and networks in which we find ourselves. Ros is a founder member of Trigonos.

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Learning – Discovery - Retreat