

## Peak experiences and the values we bring to being an artist and citizen

Work in groups of 6

Time: 1.5hours max

Participants need their instruments, pen and paper, and big cards with big coloured pens

### Part 1

*In pairs, sharing peak experiences*

Each person thinks about 3 occasions or moments when they have felt at their best as an artist connecting with society, or have felt society expressed in them/their practice. It isn't important that these should be the best ever moments in your life. Keep it low pressure, whatever comes into your mind is fine. If you only think of one or two, it's good just to start with these and often other moments then start to pop up.

*Telling the stories (10mins)*

One person in the pair tells the stories of each of these occasions to the other person, who acts as scribe, writing down as much as they can of the stories, and particularly collecting what seem to be the important phrases.

*Reflecting (10mins)*

1. The person who told the stories then has a chance to look at what has been written down, go through it and highlight/underline/circle the words that jump out as being significant. Then step back and look through the words/phrases that have been highlighted.

2. The scribe asks the storyteller what they now see – what do they find interesting/remarkable, where do they see connections, what is surprising?

3. The scribe then invites the storyteller to choose out the most important words/phrases (this can include any new words that have come up as the storyteller has reflected and seen new connections) and write each one on one of the cards. They then have a collection of 5-8 cards. The storyteller then forms a constellation of the cards, exploring their relationship to each other.

4. Looking at the constellation, the scribe asks the storyteller about how they see these values and attitudes and practices taking place in their life now, and what insights they might be getting about how they can use them further.

Swap over roles, and go through the sequence again (20mins)

If you have time at the end, you can discuss a bit where you see connections between your stories and constellations, and what you learn from the other.

### Part 2 – set of short pieces

The group of 6 comes back together, and each person arranges their constellation of cards on the floor, or on the wall (wherever is feasible in the space)

Facilitator invites one person to say something briefly (2mins) about their constellation, and key words and how they are arranged. This is not a moment where you retell your peak experience moments!

Then the facilitator invites 2 people to “give back” this new story in music with a short improvisation (2mins)

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Repeat this for each person in the group (for 6 people it takes approx..  
30mins)

At the end, take some time at the end to reflect together – what is  
striking? What do we take away from this in connection with the seminar  
theme?