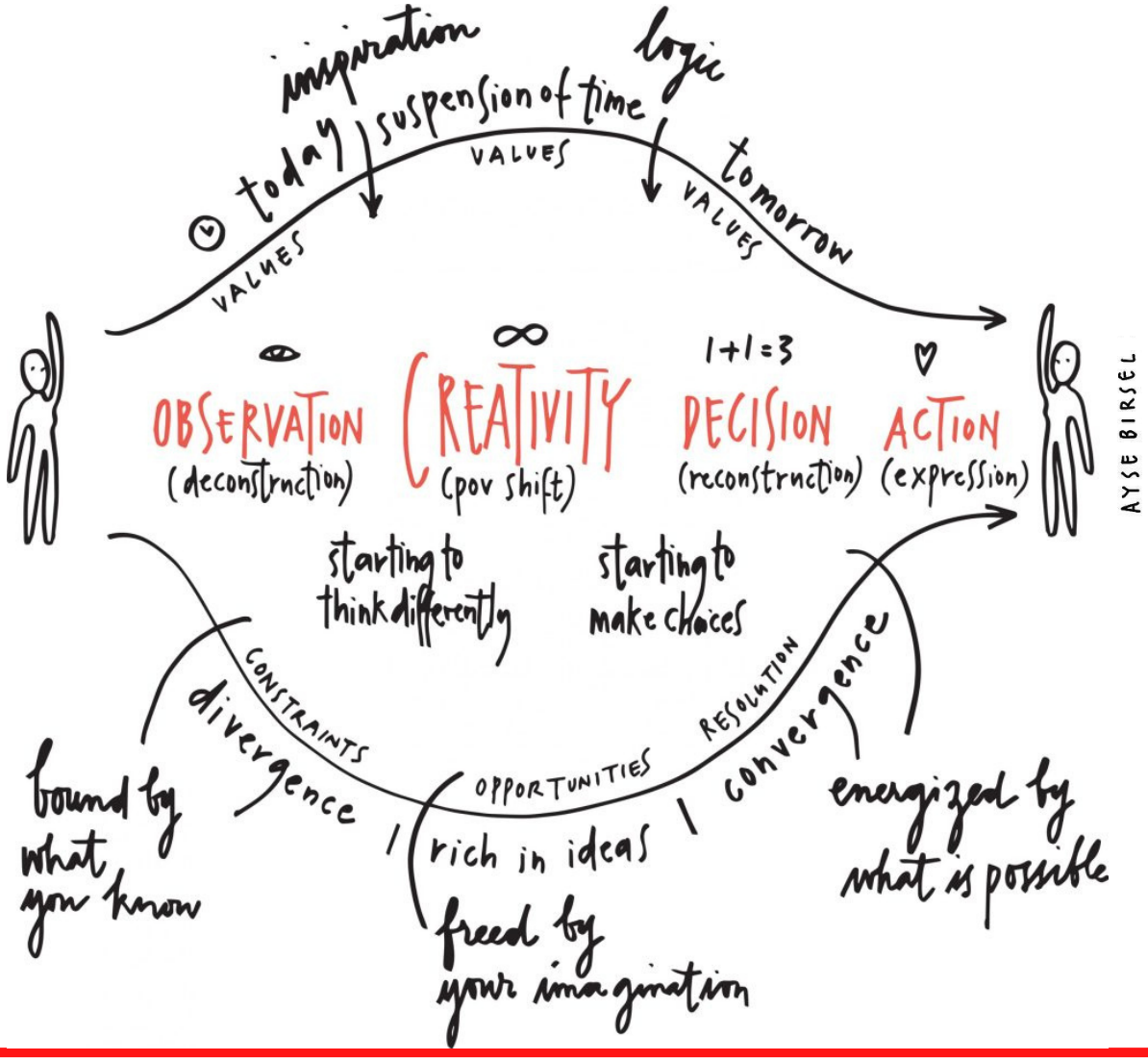
ERASMUS+ TRAINING COURSE

LIFE: YOUR MOST IMPORTANT DESIGN PROJECT



MAZOTOS, CYPRUS 11-20 MARCH 2022

RESOURCES

ROOFTOP Theatre Group

Erasmus+

ABOUT THE PROJECT

This resource packet is a direct result of the Erasmus+ funded project, "**Life: Your Most Important Design Project**." This training course brought together youth workers from across Europe, namely Cyprus, Germany, Spain, Slovenia, Turkey, Poland, Serbia, and Lithuania.

The aim of this training course was to develop the design thinking competencies of European youth workers to effectively support young people to design their lives, in order to increase their personal and professional fulfillment.

Utilizing design thinking methodology, the topics of the training were designed with the participants in mind. This resource packet is a direct result of the methods, tools, and resources that were utilized in this training.

We hope that you enjoy this resource packet and use it to support your own life design as well to help more individuals around Europe! You're a designer whether you relaize it or not!

TEAM BUILDING AND PSYCHOLOGICAL SAFETY

Books:

- The Fearless Organization by Amy Edmondson
- The 5 Dysfunctions of a Team by Patrick Lencioni
- Wired to Connect by Britt Andreatta

Articles:

- NY Times Article summarizing the findings of Google's Project Aristotle
- Google re:work
- The Critical Role of Leadership Development in Psychological Safety by Mckinsey

Podcast:

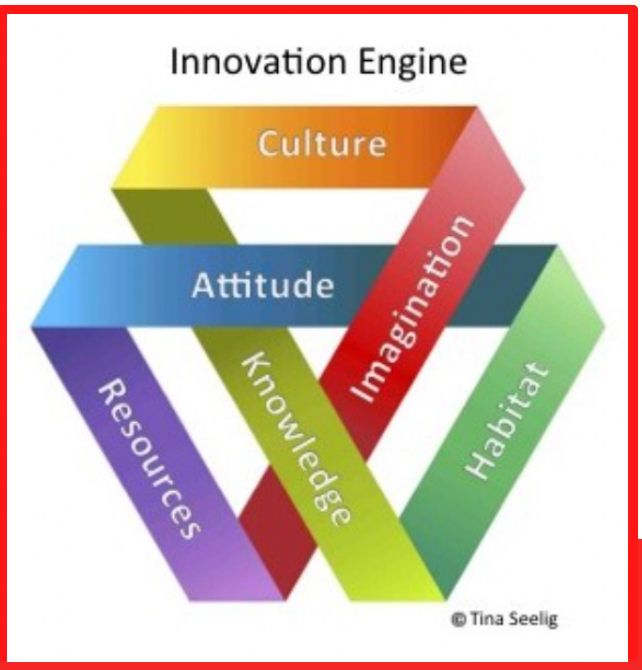
- The Hidden Brain podcast with Adam Grant speaking to the power of Learning organizations and the work of Amy C. Edmondson

Videos:

- Building a Psychologically Safe Workplace TEDx Talk with Amy C. Edmondson

Tools:

- Template of Manual of me



CREATIVITY

Books:

- Creative Confidence by David M. Kelley and Tom Kelley
- Change by Design by Tim Brown
- The Creative Mindset by Jeff and Stanley Degraff

Videos:

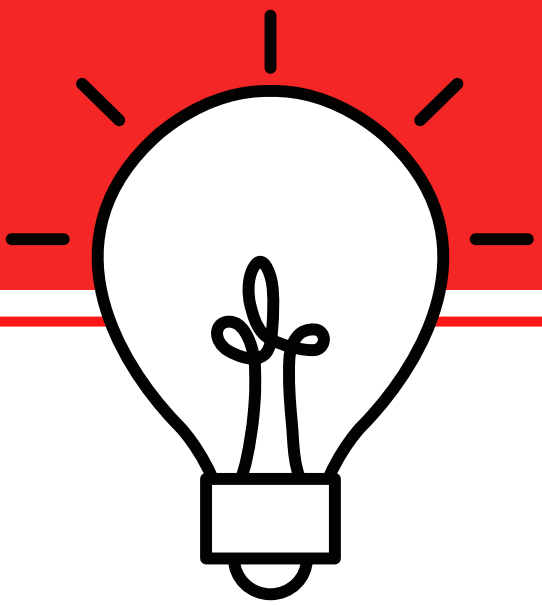
- Tina Seeling: A Crash Course in Creativity
- Tim Brown: Tales of Creativity and Play

Visualization:

- Meeting Your Creative Spirit

Tools:

- Art Club: 52 Art Cards to Spark Creativity
- Wreck this Journal - a playbook from Keri Smith
- Rory's Story Cubes



DESIGN THINKING

Books:

- Designing Your Life: How to Build a Well-Lived, Joyful Life by Bill Burnett and Dave Evans
- Designing Your Work Life: How to Thrive and Change and Find Happiness at Work by Bill Burnett and Dave Evans
- Design the Life You Love by Ayse Birsel

Design the Life You Love / Ayse Birsel Resources:

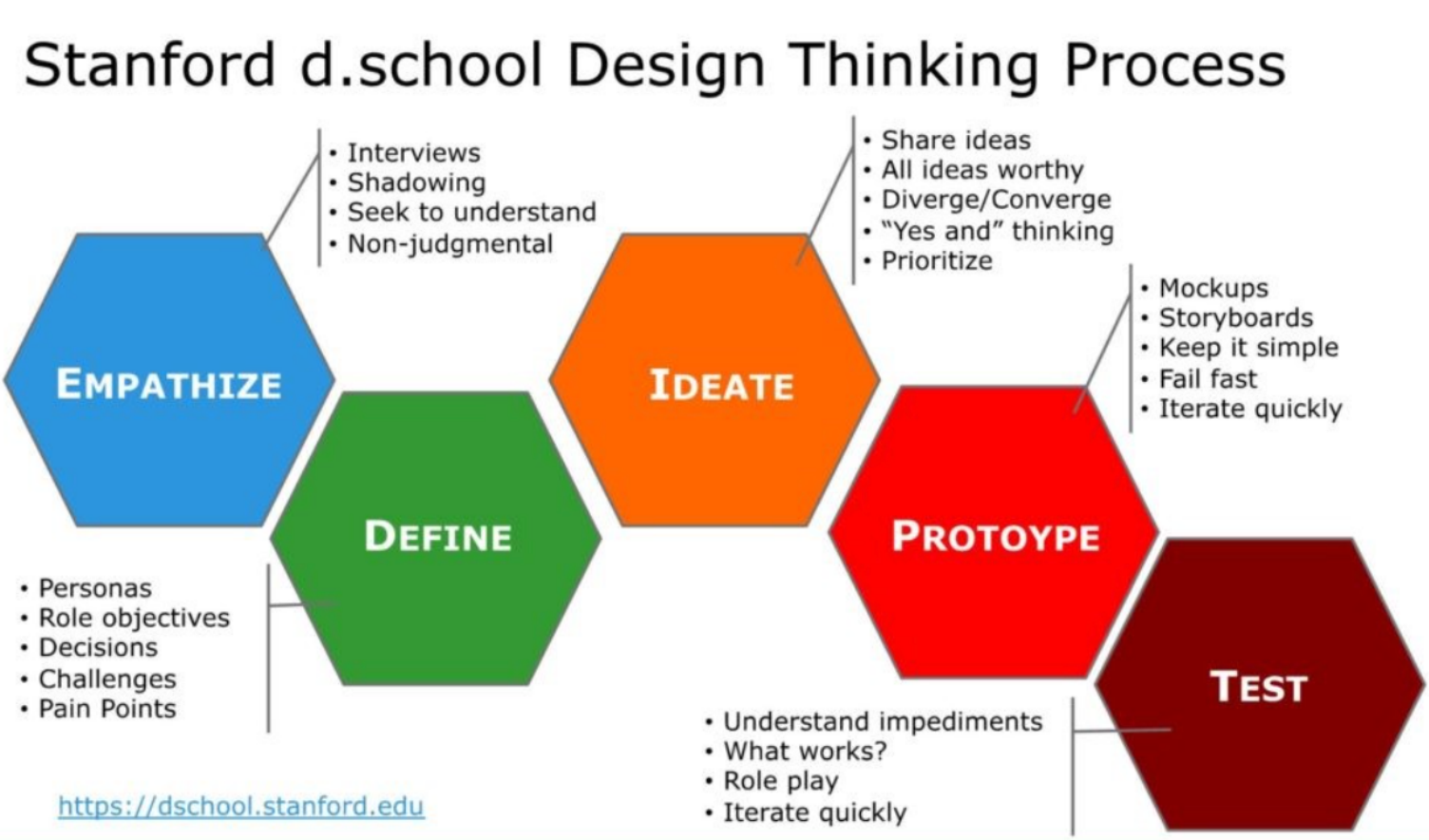
- Podcast: https://www.aysebirsel.com/podcast
- Articles: https://www.aysebirsel.com/articles
- Video: Design the Life You Love
- Video: Ayse Birsel on designing a meaningful future for yourself
- Video: If your life is your biggest project, why not design it?

Tools:

- Designing Your Life Resources

Virtual Course:

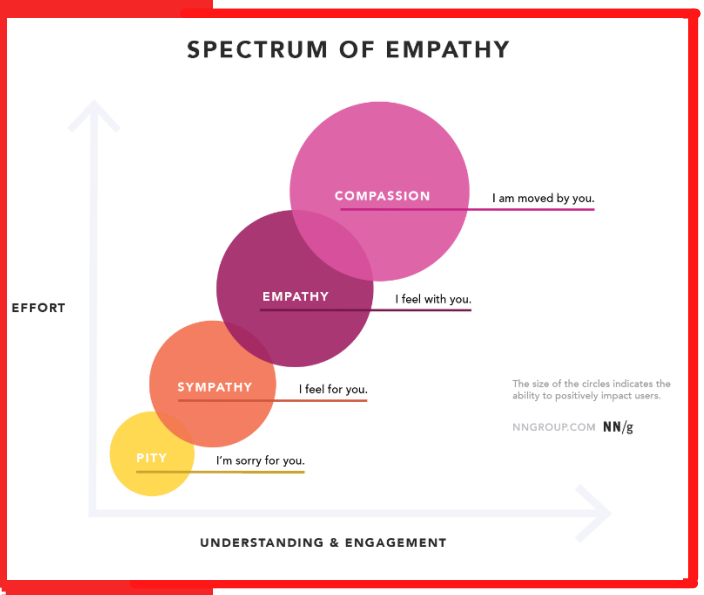
- Designing Your Life Course



EMPATHY, VULNERABILITY, VALUES

Books:

- The Gifts of Imperfection by Brene Brown
- Dare to Lead by Brene Brown
- This is Day One by Drew Dudley
- The Atlas of Emotions by Brene Brown



Tools:

- Dare to Lead list of values
- Value Clarification methods
- We're not really strangers self reflection kit

Video:

- Brene Brown: Empathy vs. Sympathy
- Brene Brown: Embracing Vulnerability
- Brene Brown Ted Talk: The Power of Vulnerability
- Brene Brown Ted Talk: Listening to Shame
- Brene Brown movie on Netflix: The Call to Courage

EMPATHY VS. SYMPATHY

Theresa Wiseman's 4 Attributes of Empathy

To be able to see the world as others see it. This requires putting our assumptions aside to see the situation through the eyes of the other person.

Judging another person's situation discounts the experience and is an attempt to protect ourselves from the pain of the situation

Just like the empathy map, we have to listen to not just our users' words, but their emotion, the context, the scenario, to understand their feelings.

Empathy isn't just something we observe, it's a conversation. We have to repeat back what we thought we observed to validate our assumptions.

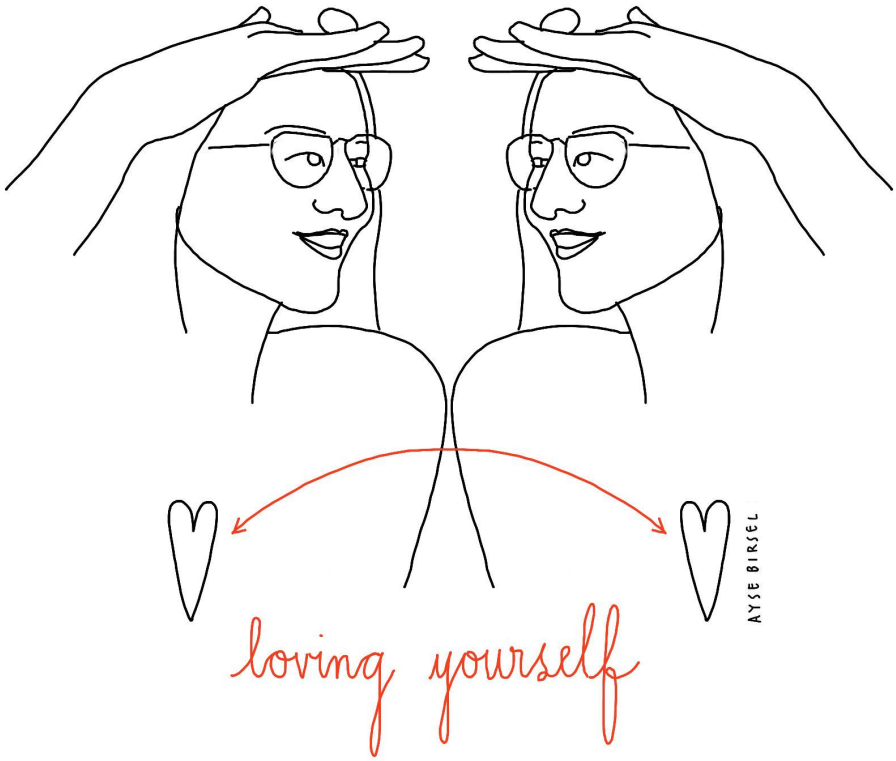
SELF-EMPATHIZING & DEFINING

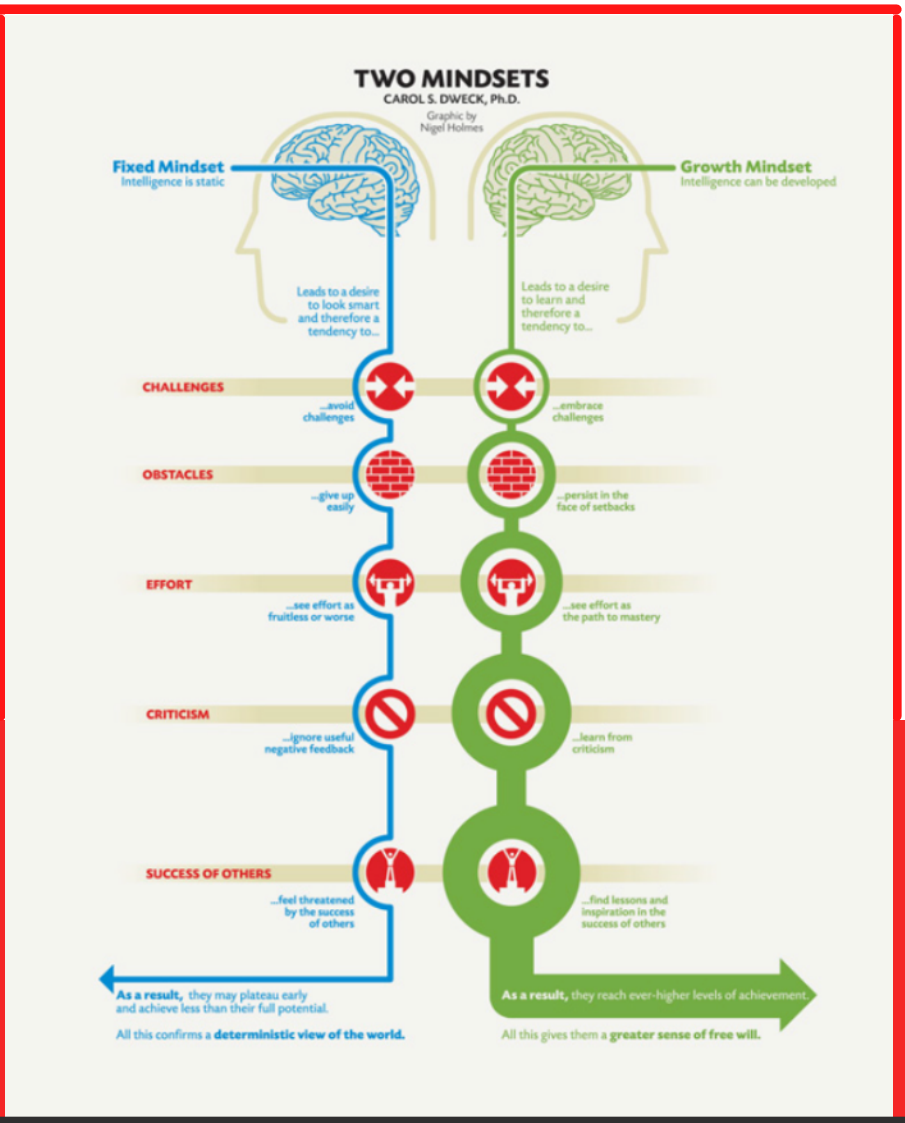
Books:

- Self-Compassion: The Proven Power of Being Kind to Yourself by Kristin Neff
- The Mindful Self-Compassion Workbook by Kristin Neff
- Making Space: Creating Boundaries in an Ever-Encroaching World by Jayne Hardy
- The Self-Care Project by Jayne Hardy
- Radical Rest by Richard Lister

Tools:

- What is self-compassion?
- Self-compassion guided exercises and practices
- Collection of articles about (self-) compassion
- 7 Types of Rest





FEARS & MINDSETS

Books:

- Mindsets by Carol Dweck
- Emotional Agility by Susan David

Video:

- Growth Mindset Ted Talk

Tools: Manifestos

- Manifesto of the Brave and BrokenHearted from Brene Brown
- Train Ugly video Manifesto
- Train Ugly written Manifesto

PLANNING & IMPLEMENTATION

Tool:

Action Planning / Project Management Template