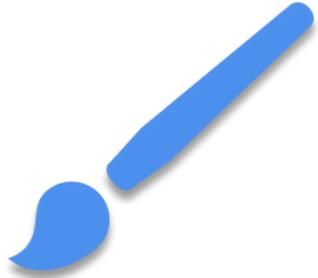


Ideas for Creative Practices



Other supportive practice are available on our website:

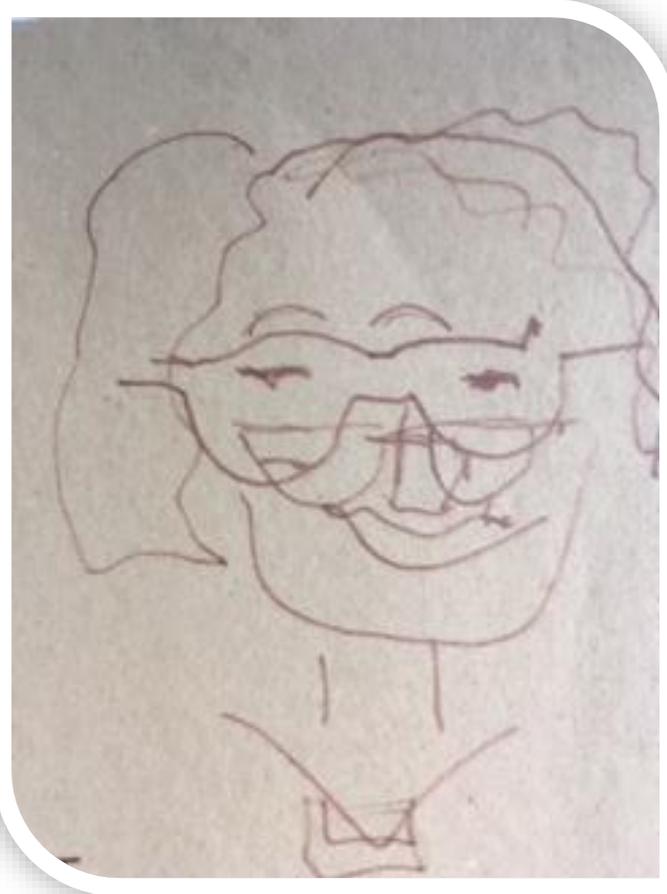
www.collectiveleadershipscotland.com/areas-of-work/supportive-practices



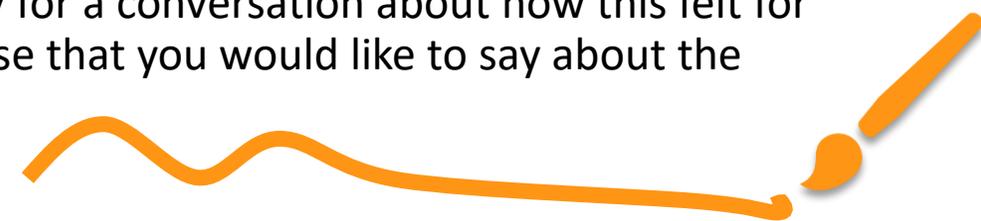


Rapid Portrait Exercise

This short exercise is useful as a way to limber up your drawing muscles and can be a great way to make an initial connection with another person, either as part of a wider group experience, or on its own, inviting you to look carefully at the person and rapidly draw what you see.



1. Make sure you have some paper and something to draw with – a pen or sharpie might be best so it shows up well for sharing later
2. Confirm who you are going to partner with, and make sure in a group setting that everyone has someone to draw and is being drawn
3. Sit comfortably and have a look at your partner
4. You now have 2 minutes to draw them, without taking your pen off the paper and without looking down at your drawing whilst you are doing it
5. At the end of the 2 minutes, have a look at your pictures, and, where applicable, those around your group
6. Take the opportunity for a conversation about how this felt for you, and anything else that you would like to say about the process



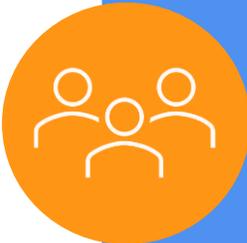


Changing Perspectives

This short exercise is useful to create time for creative reflection around a change of perspective that you have experienced, and the generation of an artefact of some sort that illustrates that change for you. It can be helpful in creating a break from engaging with written documents, e-mails etc. and experimenting with different ways of understanding your experiences. It can be something that you try on your own, or as part of a group, where there is an opportunity to reflect together after the exercise has been completed.

Take 20 minutes for this:

1. Find something in your house or nearby (i.e. garden or front path) that conveys a change in how you saw the world at some point (a change of opinion or paradigm shift)
2. Make something about this - a drawing, a poem, a film, a sculpture, or however else you want to do it
3. Once you have completed your artefact, take a few minutes to reflect upon what insight this exercise might have brought to your issue



If you are undertaking the exercise with a wider group, take 10 minutes for this:

- Take the opportunity to share your artefacts, e.g. by uploading images or video files, screen sharing etc. and briefly describing your experience to the rest of the group
- Take the opportunity for a conversation together about how this felt for you, and anything else that you would like to say about the process



What would Cat Woman do?

This is a visualisation exercise, which can help you explore an issue and possible solutions by placing yourself in other people's shoes. In addition to exploring an issue, it can also support you to broaden your awareness about yourself, your judgments and reactions.

- Think of a person you admire
- Think of a person you find difficult
- Visualise them in a room with you one at a time
- Thinking of an issue, what advice would each of them give to you?
- What did you like hearing? What did you not want to hear?
- Did they bring you any additional insights?



This pack is part of our wider supportive practices.



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Have a look at other resources:

www.collectiveleadershipscotland.com/areas-of-work/supportive-practices