Sustainable performance: "The hero's Journey"

Always wondering what distinguishes very successful entrepreneurs from others? A lot has to do with having the right mentality and attitude. In this workshop we will help you to create a continuous work and creativity Flow which will allow you to create a sustainable performance.

Phase

Pre-Production

Subject

Artists and society

Target groups

Artists, Creative and Cultural Professions, Trainers/Coaches

Sectors

music, dance, media

Level of experience

for all levels, Beginners, Intermediary, Experienced

Prerequisites

None

Description

Based on the Flow and Sustainable Performance Theories of Frank Heckman our aim is to share an awareness of how important it is to have a certain mentality and attitude to become a succesfull entrepreneur. Next to providing practical tools and knowledge, we feel it is needed to guide our participants on "the mental side of entrepreneurship": thinking about long-term plans, self-reflection, focus, discipline, perseverance.

Content

» Introduction to Hero's Journey.
» Follow up: discussion on how the journey model has affected the way the participants regard their practice so far, their future career, etc, by recreating the hero's journey in a room or space
» Intention (ritual) - setting an intention for the future, where do you want to go?

Method

This module consists of at least one session with the trainer/course leader to introduce the concept of the Journey, and at least one follow-up to see where the Journey session took them in the first place. Questions and assignments serve as a go-between. When possible, a ritual at the end of the course serves as a way to settle the intention of the participants for their future. Ideally, the first introductory session takes place near the start of the Academy, an in-between session halfway through, and the intention ritual is set at the end. For the first Academy, Frank Heckman created a Native American fire ritual (open for all religions and denominations of course) that had great impact on the participants.

Objectives

This module shows participants how to build a career using narrative techniques, resulting in recognizing and utilizing flow during creative performance and production.

Results

Participants control their own 'narrative' in terms of career planning and realisation. Participants know how to find their 'flow' during creative performance or production.

Resources

» For the first session a spacious room without furniture is required. For the ritual at the end, there is no fixed requirement: the group may participate in an existing ritual (e.g. the fire ritual that Frank Heckman used in the first Academy in the Netherlands) or make one for themselves.
» A facilitator is needed to guide the discussion and prompt participants to name how they fill in their own Hero's Journey.

Evaluations

Questionnaire to be filled out by the participants (given and collected at the end of the session)

Support material

For the first session a spacious room without furniture is required. For the ritual at the end, there is no fixed requirement: the group may participate in an existing ritual (e.g. the fire ritual that Frank Heckman used in the first Academy in the Netherlands) or make one for themselves., A facilitator is needed to guide the discussion and prompt participants to name how they fill in their own Hero's Journey.

Duration

6 h

Participants

8 to 15

Course language(s)

Nederlandse, English

Past track experience

since 2010

Trainer

Frank Heckman

Organisation

Stichting ROOTS & ROUTES Netherlands

Contact

Jade Schiff

Tested

under the project
Routes to Employment