

# Changing The Way We Connect

## Documentation

*open space meeting*

October 28th - 30th 2011 Berlin, Germany



GD Bildung und Kultur

Programm für lebenslanges Lernen

Dieses Projekt wurde mit Unterstützung der Europäischen Kommission finanziert. Die Verantwortung für den Inhalt dieser Veröffentlichung trägt allein der Verfasser; die Kommission haftet nicht für die weitere Verwendung der darin enthaltenen Angaben.

# Changing The Way We Connect

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# Changing The Way We Connect

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# Changing The Way We Connect

1

issue: NVC Intro Stimulus → Feeling → Needs (ex-)

what was done? keep it short and simple

Introduction: Presentation of participants' names

Exercise: SCENARIOS: feel / recognise your feelings

① situation → feeling: a afraid, sad, something else  
glad, angry, something else

②  
③ What are my needs? What makes me feel like that?

Antoni read loud 3 cases, that we worked on. AS TRIGGER  
We stood ~~around~~ around the needs (on the ground on the cards).

This exercise helped people new to NVC understanding the connection between feelings and needs.

Also Shows as well, that the same case / trigger can awake different feelings + needs in different people.

convened by (first and last name):

ANTOWI Wibbelink

other participants (first and last name):

Caroline, Doris Kodh, Valentina Catena, Antje Berheide

MALGORZATA GURNAR,

Tania Berquier

THOMAS LESTER

open space meeting  
October 28th - 30th 2011 Berlin, Germany

Mehmet

# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

1 E

keep it short and simple. please sign your contribution with your first and last name.

Interested in <sup>learning</sup> more techniques on how to connect to myself  
(e.g. "deep breath", ...) (Step 1) - actually referring to Matthew's  
SESSION... Antje

issue: How to combine OST + NVC?

what was done? keep it short and simple

- Looking on this one OST with NVC eyes, we have issues:
- it would be clearer to participants, if it would be said: "there is space organized for you, time proposed, and you self-organize the content"
  - the words "whoever, whenever" may create confusion, since they are general and not specific, also what is the "right time"?
  - if it could be said clear, what if you are coming to the discussion and there is no convener and what to do? or what if the convener comes and he/she stays alone? it may create stress, disappointment, because his/her needs of meeting or care might not be met.

OST	NVC language
Whenever it starts it's the right time	Everyone is responsible for his own needs & actions

- NVC and OST enrich each other

convened by (first and last name): Oliver

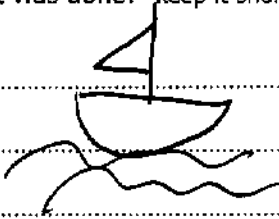
other participants (first and last name): Karsten, Irmina, Agnieszka, Valentina

# Changing The Way We Connect

2.2

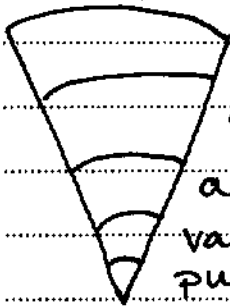
issue:

what was done? keep it short and simple



NVC is a boat that brings you where you want to go

Let's look at similarities of OST & NVC with the Deeper Essence Tool of the Genuine Contact™ Program



action & behavior

structure

assumption

values

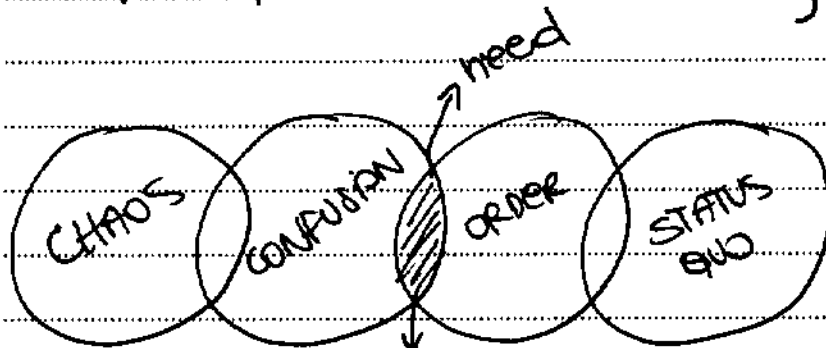
purpose

OST principles  
& design

4 steps

OST & NVC  
very similar

allow people  
to come in  
alignment  
with who they  
really are



CHAORDIC → moment of transformation  
not-knowing

Confusion as positive value / moment

NVC = observation / feelings / NEED / action

1

2

3

4

convened by (first and last name):

other participants (first and last name):

# Changing The Way We Connect

2.3

issue:

what was done? keep it short and simple

Common values / purpose

OST

NVC

self-leadership

take responsibility & your needs

RELATIONAL HUMAN TECHNOLOGIES / METHOD

TRANSFORMATIVE

empowering

(self) awareness

"confusion" is positive value

authenticity

↳ collective wisdom (self-organization)

Closing circle = Everyone is happy! 😊

NVC brings you with high ~~certai~~ chance to the place where you want to go, because you are getting aware of deep human needs in you and others.

OST is more spontaneous, on another level, some people may not get what they really need, because they ~~are~~ may not be aware of it

(needs: peace, joy, growth, security, meaning, harmony etc.)  
↓  
in NVC

people in OST may say confusing needs with strategies, what keeps pain, frustration, discomfort or even continues violence or

self-violence

convened by (first and last name):

other participants (first and last name):

People, who are more aware of their needs, may take ~~greater~~ use of OST, because they choose the topics etc. with ~~greater~~ <sup>self</sup> awareness  
different



# Changing The Way We Connect

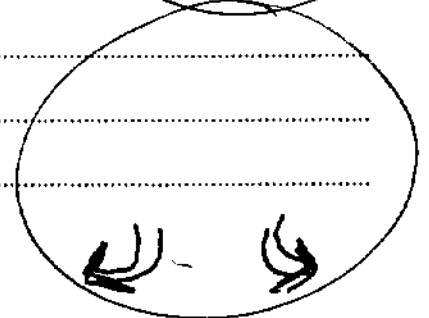
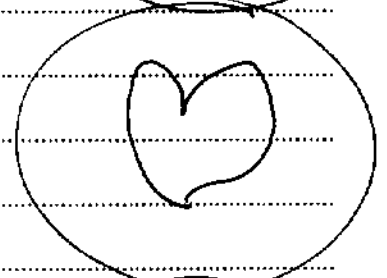
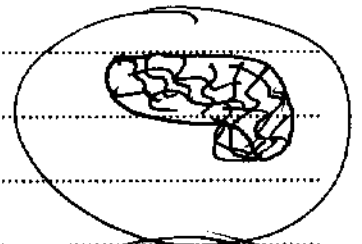
additions, ideas, suggestions, questions....augmenting the issue:

# 2 E

keep it short and simple. please sign your contribution with your first and last name.

Open Space was inspired by people liking the breaks more than the meetings. At this event i felt more attracted to the breaks, then the program. I feel confused!  
Richard

Exactly Richard, OST is partly about using "breaks" as the moments with the most (creative) freedom to decide what to do and talk about. Can it be that you got confused because you missed someone to tell you what and when to do?  
Oliver



issue: work on my skills as an  
open space facilitator

what was done? keep it short and simple

\* it wasn't the right time yet

\* Caroline and Allison are interested to talk/work about it later, maybe after the open space since we three actually live in Berlin this would be easy to organize

\* who ever is interested may contact me (Heike)

convened by (first and last name):

heike hübel

other participants (first and last name):

# Changing The Way We Connect

# 3 E

additions, ideas, suggestions, questions....augmenting the issue:

keep it short and simple. please sign your contribution with your first and last name.

Please add me to this group (Antje)  
+ there already is a community for this in Berlin:  
"The art of Transformation" => pls talk to Valentina  
or find it on Facebook

J (Antoni Wibbelink) am also interested in learning  
more about facilitating in OST session  
Me too (Matthew)

community of practice on facilitation. We can have  
one meeting to exchange & discover the basics  
of OST or you can organize an OST during  
3hrs workshop. free participation.

please add me to, I'm also interested Jost

# Changing The Way We Connect

4

issue: Using a NVC card game

what was done? keep it short and simple

We played 😊 Everybody picked up  
to 3 cards with needs on them.  
After presenting the cards and explaining  
why we chose them, Hugo (and some others)  
started asking questions.

you got to play the game, to ~~see~~ understand  
it ...

convened by (first and last name): - Hugo

other participants (first and last name):

Matthew Rich, Oliver, Tania,  Maruschka, Kerstin, Kristina

# Changing The Way We Connect

4 E

additions, ideas, suggestions, questions....augmenting the issue:

keep it short and simple. please sign your contribution with your first and last name.

I would love to try <sup>this, too</sup> since I am working with cards, too  
+ I am developing a game (Antje)

In the last moments we really DID the  
game, and it was great fun for me and  
my need for lightness became fulfilled  
(maruschka)

# Changing The Way We Connect

# 5

issue: How can I connect to myself in order to approve my ability to connect with others?

what was done? keep it short and simple

We Had a round answering: What made you attend this workshop.

We had discussion about how to arrange this workshop, where two of us couldn't understand english and needed translation. (~~on the~~ But then missing flow) if the facilitator translated that Türk she could.)

We share experiences where we have lost connections to our self. In groups and in other situations.

- ① Speaking about it in the group helps <sup>as</sup> one strategy.  
inner connection.
- ② Just checking <sup>✓</sup> once in a while - as an other strategy.

convened by (first and last name):

Antje

other participants (first and last name):

Erda AKSEY, Hürrem DURSUN, Małgorzata Guzner  
Agnieszka, THOMAS LESTER,

# Changing The Way We Connect

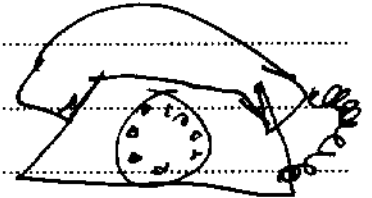
# 5 E

additions, ideas, suggestions, questions....augmenting the issue:

keep it short and simple. please sign your contribution with your first and last name.

I don't get the connection between the ~~the~~ issue and the strategies you named. Can someone in the group add some information about what ~~was~~ have been steps in your process, please? That would help me to understand your "results" much better. Oliver

I didn't introduce a process or method, I wanted to discuss the question and learn from people's experiences. Facing the language problems led to a situation where some of us lost their connection, but by sharing their unhappiness or confusion we could take these issues and discuss how to handle them. Antje



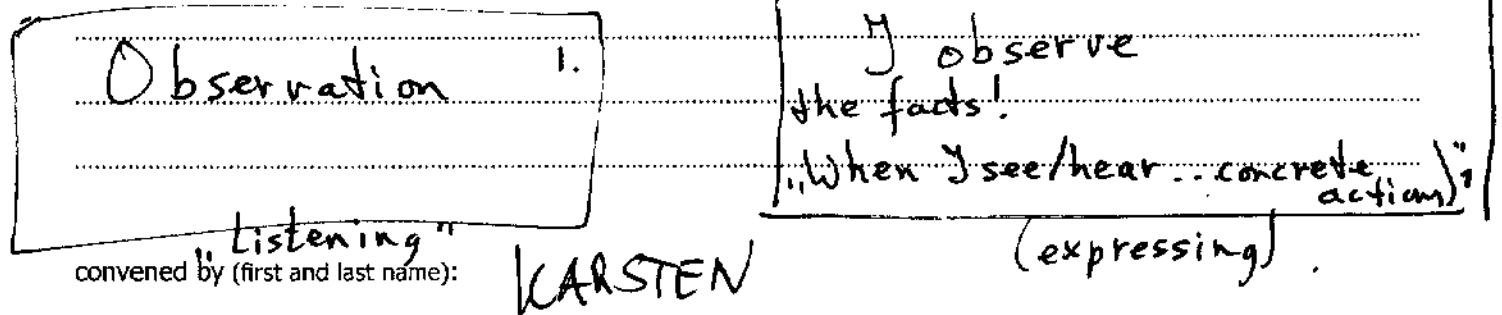
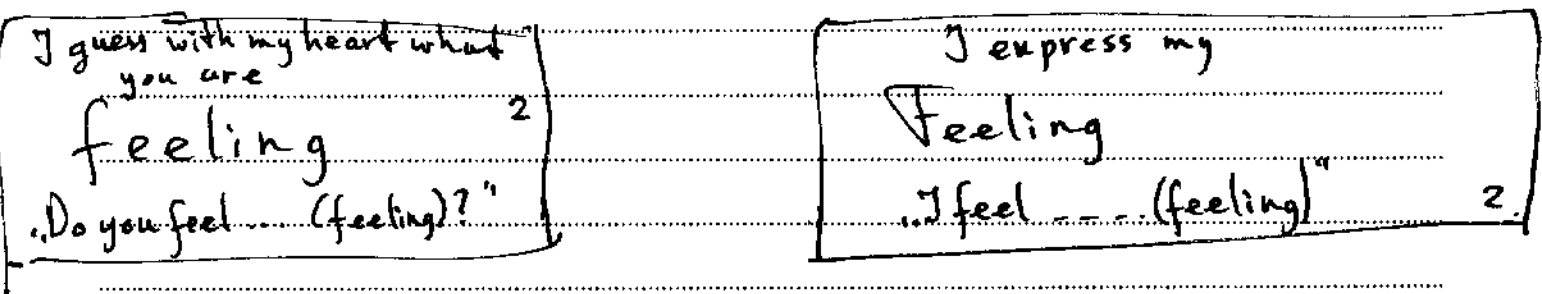
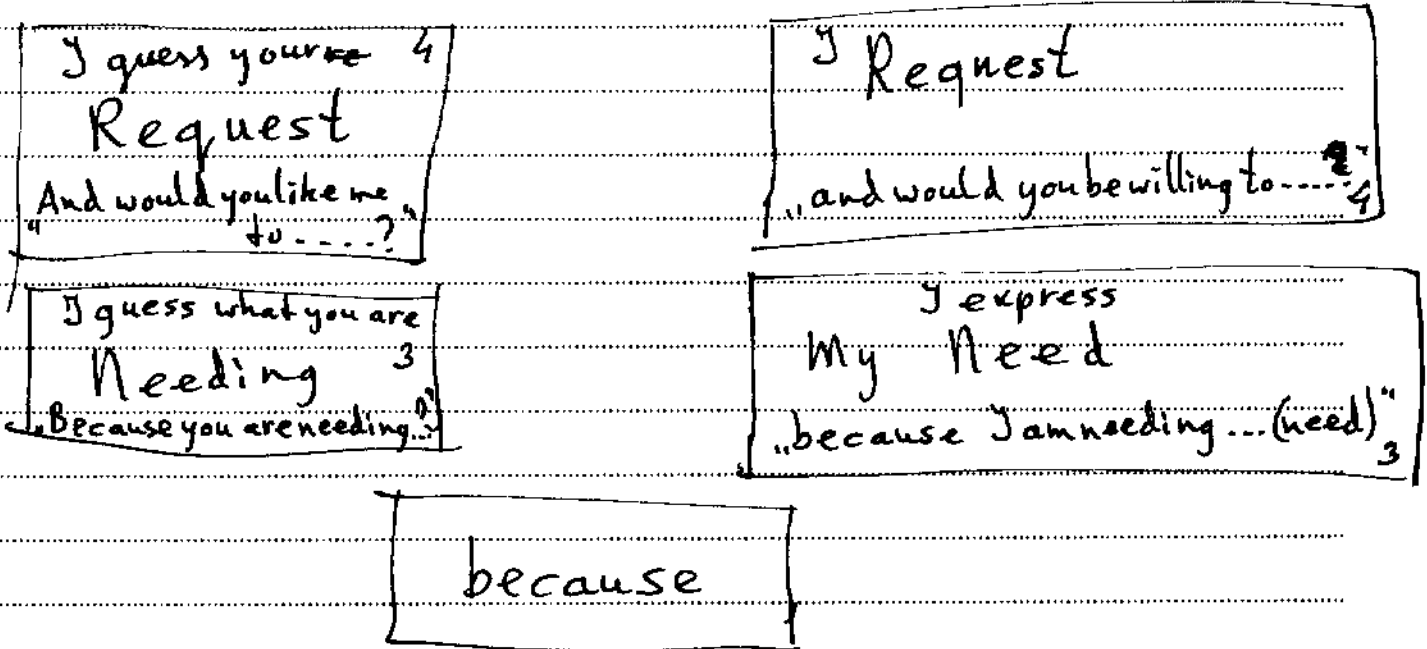
# Changing The Way We Connect

6.1

issue: "STEPS FOR CONNECTION"

what was done? keep it short and simple

Karsten explained (with cards on the floor) the four steps of NVC. This was the setting in the end:



other participants (first and last name):

- Dans Koch, Antowi Wibbelink, Antje Berheide
- IRMINA Mehmet



# Changing The Way We Connect

6.2

issue: „Steps for connection“ 2.

17.15 u  
Friday

what was done? keep it short and simple

- 1 observation
- 2 feeling
- 3 need
- 4 request for action

We can

Use NVC in 3 ways:

- to express ourselves when we are upset (for instance)
- to listen with empathy to others who are in pain or who criticize us.
- to help ourselves, when we feel upset: to listen with compassion to our own observations, feelings, needs & requests when we are upset - - - -

These steps can help us to have more clarity about what we (or others) value & to find new ways of dealing with challenging situations.

convened by (first and last name): Karsten

other participants (first and last name): Anstowi

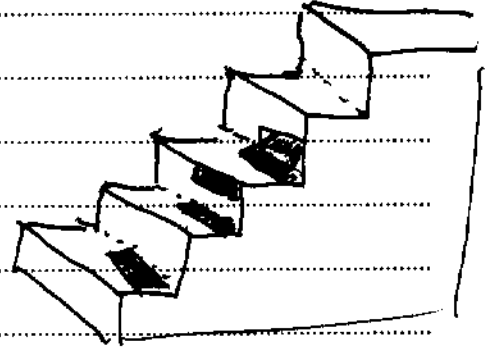
# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

6.1 E

keep it short and simple. please sign your contribution with your first and last name.

I had to leave the session bcs I had to  
host my one one. But I would like to learn more.  
Is there a good book for beginners - in German??  
(or summary)



issue: The Story of the Apple

what was done? keep it short and simple

Once upon a time there was an apple.

The apple went to Berlin to visit an

Open Space Meeting (something like a

big Bio-garden). It turned into

a collective story with photo's.

Perhaps you can add some words

your self, so you become part of the story.

Pictures at [www.gewaltfreierLeben.de/apple](http://www.gewaltfreierLeben.de/apple)

(nach Freitagabend)

convened by (first and last name): Richard

other participants (first and last name): Richard, Kerstin, Apple, Carolina,  
Hürrem, Mehmet, Erdal

# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:


**7** E

keep it short and simple. please sign your contribution with your first and last name.



Oliver

Bio-garden in Berlin

Loved the  apple pictures (Hugo)

# Changing The Way We Connect

8

issue: Get To Know each other.

what was done? keep it short and simple

Who is here? what are your passions & expectation for the project? What are your hopes?

check in round with MIND MAP.

Can be found in the archive (how on the pinwall)

convened by (first and last name): Karsten

other participants (first and last name): almost everybody.

# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

8 E

keep it short and simple. please sign your contribution with your first and last name.


i found some clarity in presenting myself  
on 3 Levels, felt more "whole"

1. business card - Level (role, years)
2. value Level
3. feelings right here / now

Great harvesting by Valentina, very helpful 4 all - thank you!

I felt so happy after this introduction round  
as my need for sharing & connecting in the bigger  
group and some other needs (that ~~are~~ <sup>are</sup> still <sup>wanting</sup> ~~need~~ to  
be ~~dis~~ <sup>dis</sup>covered) were met. Cheers! Maenschke

And yes, it can be done at a lot of different  
levels, after the difficult start to have an ~~at~~ check-in  
I was all ready thrilled by this level!! 😊

 Hugo (sorry for the drawing Quality)

# Changing The Way We Connect

9.1

issue: Hearing No and Criticism

what was done? keep it short and simple

- 1) exchange of experiences with criticism  
↳ often people feel this is negative  
↳ it is about learning → a basis
- 2) "No" - means a yes to themselves → "it is beauty"  
in NVC we have a strategy → always looking  
what are my needs and his/her needs - it is  
much
- 3) talking about the conflict, having a round circle <sup>or not</sup>  
↳ two <sup>note</sup> different needs...  
people who are connected with his/her needs, how do you  
handle it - you can not reach everybody - we are not responsible  
for other people - <sup>in NVC</sup>
- 4) the role of the situation of connecting is it also considered?
- 5) NVC as a model - as a ideal - ~~we are interested~~ how NVC handle  
the conflict... → need of harmony - this is not met  
need of order, structure - one need in this situation
- 6) Is there something to help people to express the needs... the  
design of the process is a question... things that emerge <sup>more</sup> ~~are~~ more  
important than the structure... <sup>NVC</sup> When people don't talk about their  
needs - we did some... differences of people (in skills)...  
7) Question, how you receive the criticism... everytime look at your-  
self

convened by (first and last name):

Karsten

other participants (first and last name):

Joris Koch, Allison Huth

Michael Oss

# Changing The Way We Connect

9.2

issue: Hearing No and Criticism

what was done? keep it short and simple

opportunity to stop connecting - to look at yourself -  
to look why I receive it like this...

↳ it's about our experiences in  
childhood... (inner child)

NRC as a method learning about yourself - to  
change your reactions ↳ this is what you can do -  
not to change the others...

- conflict as a possibility to learn

- how do I say things without being critical

how to say that - constructively...

↳ ask connect, what is going on - what is about  
↳ doing observation internal "the need of the officer"

↳ saying, because "I doing"

- creating a context that our needs are clear

and I have the capacity to find a strategy

- talking about situation, to say no, in work life and life...

- no and explain alternative... Sociocracy - is a method...

convened by (first and last name):

Karsten

other participants (first and last name):

2



# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

9 E

keep it short and simple. please sign your contribution with your first and last name.

also Byron Katie youtube  
of self investigation  
her process is great! Casolize  
oh yeah! funny  
(As at time?) ☺

issue: Four Steps for Empathic Listening.

what was done? keep it short and simple

until I see the beauty in actions of <sup>all</sup> both sides  
I cannot serve anybody.

**Empathy:**

f.e. accepting somebody else perspective & my own  
a container

**universal needs\*** (Marshall Rosenberg):

Love, peace, trust

underneath all actions, (even if strategies might not meet our needs)

**classical model:**

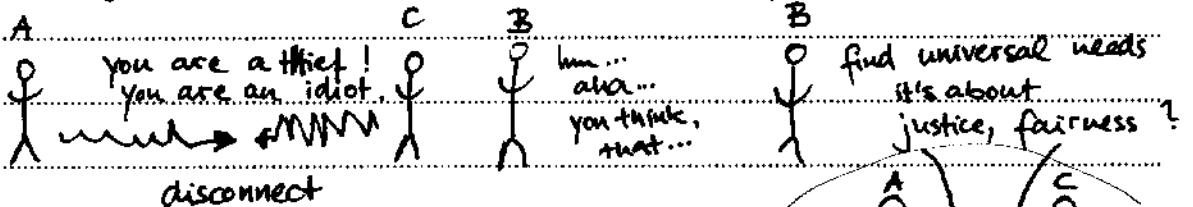
observation → feelings → needs → requests  
\*purpose  
\*values

① Presence ~ Self-connection (practice <sup>as often as possible</sup> loop)

② Silent Empathy give people space to express what they need to say

③ Meaning Making f.e. repeating small parts mirroring, minimal responses get people to say more

④ Translating into a life-serving language



convened by (first and last name): Matthew Rich

other participants (first and last name): Antowi Wibbelink, Antje Berheide, Hürrem

Ingrid, Mehmet, Erdal, Valentina, Kristiane, Tamie Berger  
Maïgoreale Guezor, Anna Caroline

# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

10 E

keep it short and simple. please sign your contribution with your first and last name.

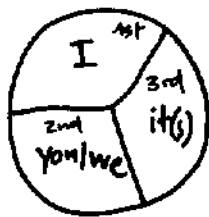
ad 9: Translating into a life-serving language .....  
focusing on feelings and needs of the other  
person. Guessing them (without knowing)  
⇒ How can this understanding be translated??

# Changing The Way We Connect

11

issue:

shadow



what was done? keep it short and simple

3-2-1 Process

## Exercise

person A & B

1st step: share story off <sup>in</sup> 3rd person

2nd step: share story to 2nd person "You trigger me by..."

a) acting as triggering person "You" reacting to judgments

b) acting as empathic "You" listening to needs

Please send a process description to:

antje.berheide@googlemail.com

irminkes@gmail.com

bergier@wp.pl

mail@doriskoch.de

ahewlitt@gmail.com

info@wibbelinktrainingen.nl

Michael@druegt-fyu.dk

act@gc-facilitation.com

convened by (first and last name):

Matthew

other participants (first and last name):

Anna Caroline, Margarete Gurner, Michael Dissig,  
Antoni Wibbelink, Allison Hewlitt, Don's Koch, Tamiel, Hugo, IRMINA  
Antje Berheide, Ingrid Sageard

# Changing The Way We Connect

ME

additions, ideas, suggestions, questions....augmenting the issue:

keep it short and simple. please sign your contribution with your first and last name.

Send process description also to:

valentina.catena@gmail.com

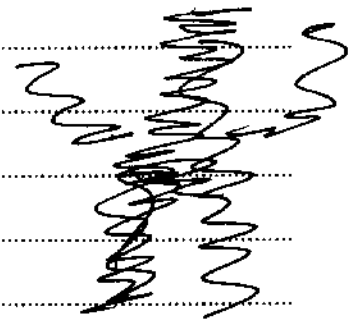
mehmetakayb31@gmail.com

hadu@windowslive.com

mother.of.trees@gmail.com

meike.huebel@erziehungswissenschaften.org

(Hürsem)



# Changing The Way We Connect

12

issue: HOW CAN WE CONNECT WITHOUT  
USING WORDS

what was done? keep it short and simple

WITH NEED CARDS ON THE FLOOR  
WE ALL MADE A FEELING AND  
FOUND THE NEEDS BEHIND

ONE SHOWED / PLAYED ON FLUTE

WITHDRAWN

LOVE, ENERGY, SUPPORT, EMPATHY,  
TRUST

TIRED

REST, FREE WILL, COMFORT, SAFETY  
STABILITY, SLEEP

JOYFUL

PLAY, ENJOY, REST, LOVE, ENERGY  
STABILITY

IRRITATED

EASE, HARMONY, TO BE SEEN  
HOPE

EXCITED

FULFILLMENT, GOAL, BEING HEARD  
ADVENTURE, RESPECT

UNEASY

STABILITY,

EVERYBODY MIMED / FELT IT AND MANY  
NEEDS WERE BEHIND

convened by (first and last name): Mehmet

other participants (first and last name):

Kristiane, Maenschka, Erdal, Mehmet, Warrington  
Erdal, Agnesette

# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

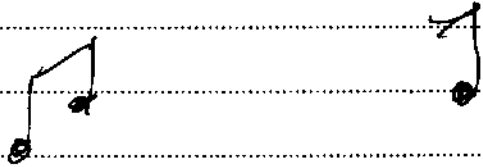
12 E



keep it short and simple. please sign your contribution with your first and last name.

Did you connect the feelings to the needs without ~~is~~ using words? If yes how did you manage that? The cards are "words" as well? Oliver

It was great to share the feeling bit! Manuschka



Hugo: Nice to hear how my cards were used 😊

# Changing The Way We Connect

13

issue:

How to promote NVC

what was done? keep it short and simple

If ~~not~~ there is a tension it won't work. It's an offer, not teaching  
Approach - I love NVC, I live it, and when people ask me,  
I can sell.

Flyers - doesn't work - they are too many around  
Very important who approaches you and in what way - best -  
- the person who lives NVC, who lives what she says

First contact is most important

Ask people, who see its advantage (trainee) to recommend it

Important is personal and authentic way

This is my business card - "call me when the time is ready"

The value of NVC - awareness of needs

Facebook is better than website

Tumblr

Cooperation with bookstores, public libraries

## HOW TO PROMOTE

different at different places - brief & short  
questions

On-line & teaching can be done, also empathy

convened by (first and last name):

Agnieszka

other participants (first and last name):

Oliver, Thomas, Helga



# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

13 E

keep it short and simple. please sign your contribution with your first and last name.

just Live it :)

BEING the way we connect

Promotion: if you are looking for an online meeting Platform try Elluminate.

If you would like to get an intro contact me - I have my own

Licence (can create meetings) Caroline

FOR PROJECT COORDINATION (CO-DESIGN / CO-CREATION)

have a look at [BETTERMEANS.COM](http://BETTERMEANS.COM)

Try different package

instead of calling it NUC ..... markus chla

issue: IMPORTANCE OF CULTURAL DIFFERENCES

what was done? keep it short and simple

→ talk about cultural differences  
 ↳ example: Turkey - ~~existing~~ insisting on being part of the dinner in NL/G - you don't exist...  
 ↳ there are different values, on which cultures are focused on  
 IT → Community & NL → individuality  
 form of life is different  
 ↳ same behaviour has different meanings  
 - NVC is developed in a particular situation  
 f.e. Chinese / Turkey culture are very different  
 ↳ so in another culture we have to use a different context  
 there is an interest in what are the values in a culture  
 there is a universal part - but practice is different in different cultures / contexts...  
 example: Japan  
 What are the universal points of NVC?  
 → During the grounding process it would be good to have the possibility, if so, has a problem or a question - he/she can talk (by mail etc.) about it - share it...

convened by (first and last name): Gürrem Durmuş, Ahmet

other participants (first and last name): Erdal, Antowi Wibbelink, Maruschka  
 Valentina Allison, Mathew Rich

issue: Importance of cultural differences

what was done? keep it short and simple

- > the difference is not only between country-cultures but also in one  
f.e. Turkey = one idiom - different understanding
- > interest of using NVC in the educational context in Turkey for the parents to discuss educational problems  
how parents can help the children with empathy also teachers
- talk about the situation in Turkey...
- it is helpful to look at:
  - what makes me continue to work with NVC and what makes me stop
  - to list all the moments of resistance and thoughts

convened by (first and last name):

other participants (first and last name):

2

## Changing The Way We Connect

issue: Starting meeting of NVC practice group **15**

what was done? keep it short and simple

- some interested persons found out that the setting was not convenient for them

- some interested persons didn't have time to attend

⇒ ~~the~~ whenever it starts to the right time

to be continued

convened by (first and last name):

Reiter

other participants (first and last name):

Valentina, Oliver, Sophia,  
(Melmet, Godal, Hinner)

# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

15 €

keep it short and simple. please sign your contribution with your first and last name.

I would like to join the Berlin group - Anja

issue: Empathic healing by Hugo

what was done? keep it short and simple

Hugo played the role of a brother and gave empathy playing this role. It healed something, gave clarity and makes it easier to connect to the "real" brother.

It was like a rollercoaster  $\infty$  driving up and down between my needs and his. It gave hope for the future, and more understanding of me and him and the conflict

convened by (first and last name):

other participants (first and last name):

Jingyi Sogaard - Michael Dissing

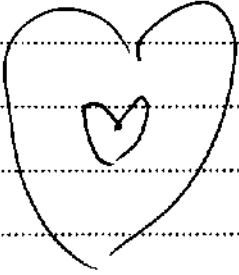
Mike Caroline Tanja Kristiane Antje

# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

**16** E

keep it short and simple. please sign your contribution with your first and last name.



I have done several  
A very intense experience watching the roleplay  
+ a lot of learning  
⇒ Thank you ♡

# Changing The Way We Connect

issue: Open space - a practice of place

17

what was done? keep it short and simple

USGS. openspaceworldmap.org

↳ you can find \*open space practitioners  
\*stammered hopefully  
near your place

USGS. openspaceworld<sup>space</sup>map.org

USGS. listserv.boisestate.edu/archives/ostlist.html

↳ international exchange of os-practitioners

Harrison Owen - "Open Space Technology -  
a user's guide"

Michael H. Paunowitz - Home open space Praxis

convened by (first and last name):

Heiker

other participants (first and last name):

\_\_\_\_\_

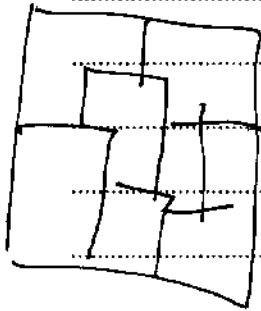


# Changing The Way We Connect

additions, ideas, suggestions, questions....augmenting the issue:

A7 ≡

keep it short and simple. please sign your contribution with your first and last name.



# Changing The Way We Connect

# A

• project/action: A Grundtvig gathering with our kids present

• participants (first and last name):

IRMINA SUKIENNIK  
Oliver Wagner  
Michael Disting  
Richard Schüt  
Meike Hübel  
Mareuschka Boomsma  
Agnieszka Porek  
Tatienne Bergier

• my/our immediate next step (time, date, location):

collecting needs from part. involved in this action.  
on the 18<sup>th</sup> of Nov. all send list of needs to  
each other.

• contact person (first and last name):

Oliver Wagner

# Changing The Way We Connect

# B

• project/action:

- Next Meeting -  
~online~

• participants (first and last name):

3 hours (including break)  
what was? where are we? what's next?

THOMAS LESTER

• my/our immediate next step (time, date, location):

find date: create doodle poll next week to find  
date in January

create online room through Elluminate

• contact person (first and last name):

Anna Caroline

# Changing The Way We Connect

C

Intro:

• project/action:

Online Meeting

• how to facilitate<sup>online</sup>? • how to do? • ...

• participants (first and last name):

Matthew

Maruschka

Hugo

THOMAS

Meike

Valentina.cotena@gmail.com

• my/our immediate next step (time, date, location):

• invite interested for a 2h session

• contact person (first and last name):

Anna Caroline

# Changing The Way We Connect

# D

## PRACTICE GROUP EXPERIENCE EXCHANGE

- project/action:

We would like to invite partners to create country-groups on Facebook and Twitter that we can see what we are doing, exchange, support, inspire, encourage

- participants (first and last name):

Kerstin

Richard

Heike

Mehmet AKAY

MALGORZATA GYZNAR

Anna Caroline

Mariuszka

Tatiana Berger (Tania)

- my/our immediate next step (time, date, location):

1. Agnieszka will start it with the Polish group and ~~invite~~ <sup>invite</sup> others to do the same after 20th of November 2011 till 30th of November 2011

- contact person (first and last name):

Agnieszka Pawlik

# Changing The Way We Connect

# E

- project/action:

Permaculture garden

- participants (first and last name):

Anna Caroline

Kerstin

Meike Hübel (<sup>yes</sup> is interested  
but not yet sure if  
she has enough time...)



- my/our immediate next step (time, date, location):

send link of young organics to Kerstin  
& a message to Anna Wisser & Kerstin to connect

Keep me in the loop: Valentina Murtiko smile  
valentina.cotena@gmail.com!

- contact person (first and last name):

Kerstin Neumann

# Changing The Way We Connect

7

• project/action:

Designing the pre+ after survey (Grundriss)  
for organizing group  
for participants of practice-group

• participants (first and last name):

Antowi, Donš, Valentina, Kristiane,  
Mehmet, Mathew, maxuschka, MALGORZATA GUZNAR  
Akwierka Perlic  
Tamie Bergier

Hugo: I can make it an internet questionnaire

• my/our immediate next step (time, date, location):

- 1) Make an open document with the collected questions on the wall
- 2) Sending it to the participants before november 10th
- 3) invitation to all to ~~send~~ add questions ....
- 4) Survey-Monkey

• contact person (first and last name):

Antowi

# Changing The Way We Connect

# G

- project/action:

OST - NVC practice group

- participants (first and last name):

Kerstin

Richard

Oliver Wagner

Anna Gschke

Hugo Roete → love to think about online

- my/our immediate next step (time, date, location):

pick a date this week

↳ Wednesday: 15<sup>30</sup>

Send invitation NVC network

(Münchener Str. 48)  
(at Meike's house)  
Not yet sure  
depends on how  
many people will  
come  
please contact  
Meike or Tilman

- contact person (first and last name):



# Changing The Way We Connect

# H

- project/action:

NVC (Empathy) and Neurobiology

- participants (first and last name):

Hugo Roele

Agnieszka Paulik

IRMINA SUKIENNIK

Tamie Berger

Heike Hübel

Ingrid Aagaard

MAŁGORZATA GURNAR

Matthew Rich

- my/our immediate next step (time, date, location):

Matthew & Hugo will produce  
first proposal, send to others

→ 13 November

→ First note 1st November → Hugo

→ Anna Cardie share articles of Neurobiology with Hugo → groups

- contact person (first and last name):

Hugo Roele

# Changing The Way We Connect

1

• project/action:

Open Art meeting (Budapest, new year)

• participants (first and last name):

Doris Antje  
Kerökné

• my/our immediate next step (time, date, location):

Open Design Lab → betahaus (co-working space)  
Betahouse (Moritzplatz)  
IMA Ritterstr. Etsy Labs  
Aufbauhaus: modular (store 4 Art equipment)  
www.echo.to : Laszlo Papp from Budapest  
↳ online participation platform  
& decision making

• contact person (first and last name):

## Changing The Way We Connect

7

- project/action: Decide where to meet for the next OST Learning Partnership
- participants (first and last name): almost everybody

- my/our immediate next step (time, date, location): FIND / SHOW agenda of  $\neq$  partners.

FEB. 2012 (Denmark checking w. National Agency to move in April / May)

SEPT. 2012 : TURKEY w. CO-HOSTING of one of the other PARTNERS

MARCH 2013 - POLAND ☺ (invitation, spreading results)

- contact person (first and last name):

# Changing The Way We Connect

K

• project/action:

I am ~~not~~ offering my apartment for rent from  
Feb 15th to Jan 6th 2013

• participants (first and last name):

2012 : 3 rooms + balcony,  
fully furnished

• my/our immediate next step (time, date, location):

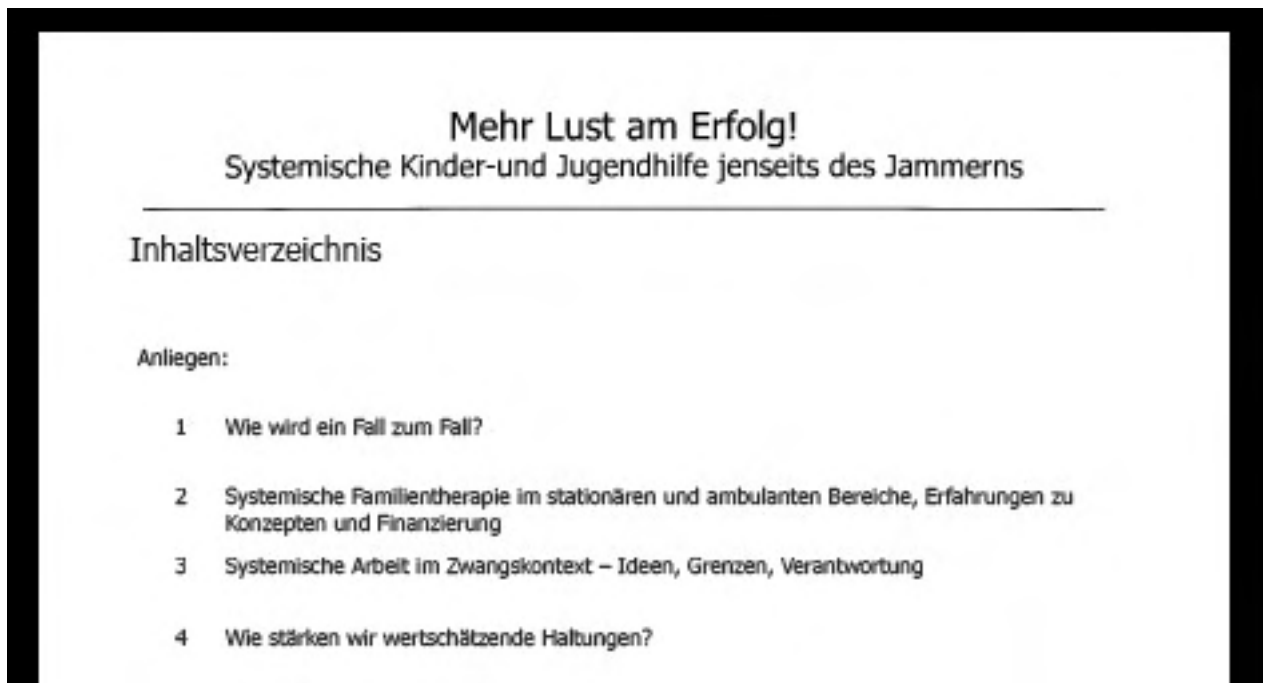
you can contact me to hang out 😊 "Valentina Mirkillosmile"  
Be welcome also @ the Art of Transformation practice group on  
facilitation (also on Facebook)

I give you the email of my sister ← I can give you some  
apartment rental urls.  
who wants to go for Argentina for  
a certain time and is searching  
someone to live in her apartment near blake  
(Delice)  
Alison.

• contact person (first and last name):

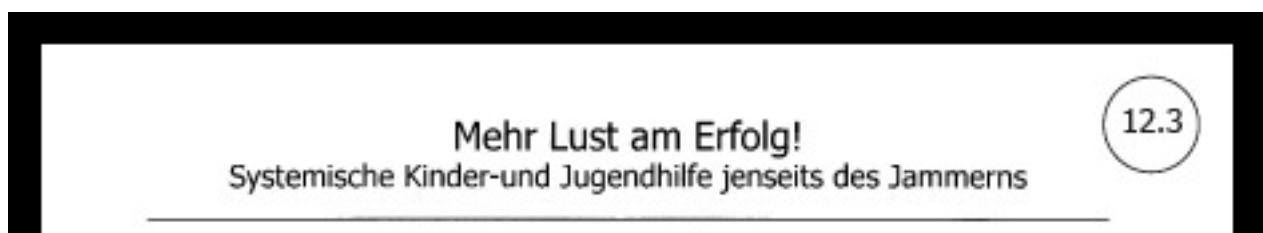
# How to use ...

## Content



Click on a specific title to go to the desired document.

## Theme



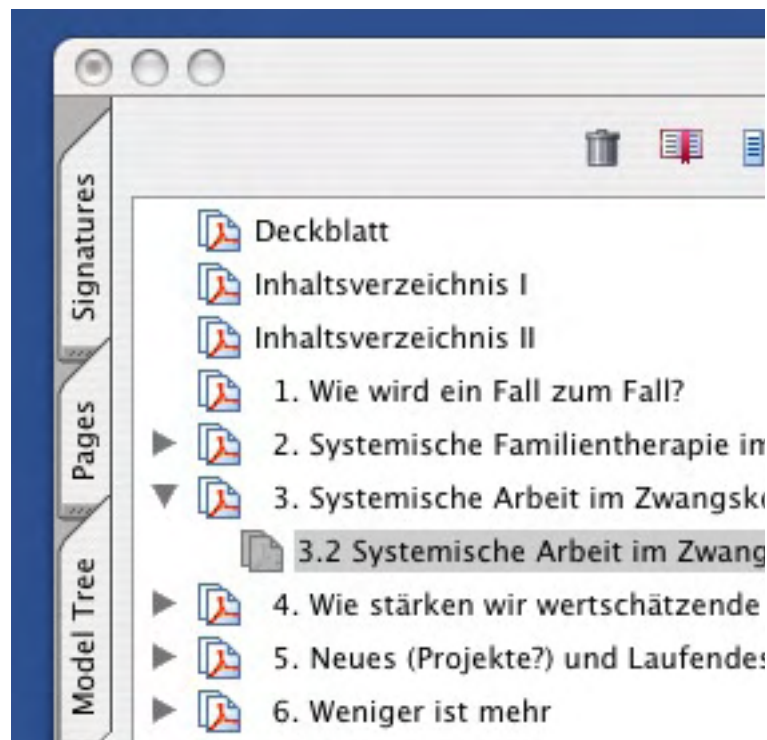
Click on the theme to return to the table of content.



Use the arrows to go from page to page.

# How to use ...

## Bookmarks



Each bookmark is linked to a specific page. Click on a bookmark and you will get to the desired page.

## Full Screen



Check the full screen mode ... (strg and I)