

Marika Saard

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Estonia



Workshop title:

Values that sustain and support

Duration: 1x 1h 45 min

Goal of the workshop:

The goal of the workshop is to introduce one possible method of working with values in the supervision process, using Contemplation metaphor cards with creative approaches.

Concept:

During the workshop the participants will use metaphor and value word cards separately and in combination with writing and drawing, allowing participants to work with the theme of values in different ways. The metaphor cards help to approach the situation creatively and to think outside the 'box'. We will use the Contemplation "Journey and system cards" kit and freewriting. Participants will work on personal and/or work values. And later the Contemplation "Emotion and situation cards" and the "Child`s hidden messages" card set will be used together with drawing. In addition, the focus is on the work of colleagues and "getting inside their picture" - experiencing the values that colleagues carry. We go beyond words! The final part of the workshop will include a reflection session.

Learning outcome:

Participants will:

- experience of how metaphor cards can be used, both on their own and in combination with other creative methodologies in work with clients and their core values.
- understand and analyze their own values, and to experience the values of their colleagues - in a different way to verbal expression.
- have a paper description of the method (including alternative options) and reflection questions.

Profile

Marika Saard is a social work organizer by education, and has a master`s degree in service design, and she is trained in psychology, crisis therapy, coaching and supervision. She has worked in the social field for over 10 years. The last six and the half year she works as a supervisor and coach and studies psychology. She has developed a series of cards called „Contemplation“, that are meant for an additional tool for supervisors, coaches, psychologists, therapists and other professionals working in the field. At this moment there are five different packs of cards and she is working on the sixth one. Based on her experience, these metaphor cards are very useful tools during the professional work.