



ME AND MY ORGANIZATION

Psychology for Burnout Prevention



N° of pax 1-15



indoors



1,5 hours



art expression | drawing

PURPOSE

SELF KNOWLEDGE

- acknowledgement of your role in your organisation

PREPARATION

- * Prepare a cozy place for everyone.

INTRO

This is a drawing tool developing self-knowledge, that can help participants understand their role in their team or organization.



MATERIALS

- background music
- A3 white paper
- colorful pens, pencils, crayons or paints

3 STEPS

1. The facilitator invites the participants to think about their organisation / company / team in symbols. What symbol would represent your organisation the best
2. Participants draw this symbol on a paper, recommending to use symbols, colours and any significant shapes that are meaningful to them but not words
3. Participants are asked to think about their own role within this symbol. If the participants need more orientation, the facilitator can ask questions like:
 - What does your organization look like as an image?
 - What part are you on or in this symbol?
 - What is your role within this symbol?
4. After the participants have finished they are invited to put some keywords on it.
5. Once the drawings are ready, participants show them to the others by answering some of the questions below. Sharing can be done either in a circle, one by one, or in pairs.
 - What does your organisation look like as the symbol you used ?
 - What is your role in it?
 - Would you need any kind of change in this role?
 - How do you usually take similar roles in groups that you are a member of?
 - What is your role in your everyday life?



REFLECTION

- How was it for you to go through this process?
- What new insights did you gain in this activity?
- How do you think this activity can contribute to building resilience?

COMMENTS

Variations: the facilitator can also ask the participants to think about their organization as a body, draw this body and then identify which body part they would be in it.

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