



Added Value of Mask to Training Programs

The Mask provides a strong, multi-sensory memory, linked to a personal investment in a challenging training experience. How?

When we employ the Mask, they work on 3 levels:

Physical: to expose habits of posture, re-train muscle memory and explore the Mind Body connection:

Emotional: to develop EQ and recognize emotional triggers to response patterns, in the Self and the Other.

Behavioural: to act 'As If', rehearse through role-play, understand and influence consequential events.

The Process: Application to ANY model or Theory of behaviour.

1. When we choose a mask to represent a quality, we are engaging our whole(istic) sensory system.

- The mask is a tangible object, a thing to be held,
- The Mask is a visible image to be explored, observed and described,
- The Mask is an archetype and a pattern of behaviour that is to be embodied, it has a kinesthetic posture, movement and voice.

This accelerates learning by creating short-cuts to remembering and re-calling experiences, in muscle-memory as well as role-play behavior and interactions.

2. The participant's choice is non-rational: they rely on their instincts and impulses, not an index, inventory, or list of competencies, but something that is a unique, personal and organic. There is no right or wrong choice.

In Reflection, this process heightens awareness of the reasons behind choices, reveals values and beliefs ('true content').

3. In Role-play situations, the mask gives distance, protection and freedom. This allows exploration of a wide range of issues and dimensions, from allergy/shadow aspects: to cultural/predicted behaviour,; choosing and practicing new responses and generating options in scenarios.

Our Workshops are tailor-made to incorporate individual and group Learning Goals.

Contact Grainne Delaney (gronyad@yahoo.co.uk or 06 129 77017), for a consultation, or demonstration.