sense

a mindful mapping tool to invigorate the collaborative process and sense the way forward

Jordanna Coutinho | M.A. Final Project | SUST 738 | Fall 2019

about

Sense is a mapping based visualization tool for teams working in complex social environments that uses generative prototyping methods to surface and address the individual and collective factors that affect the mindfulness, motivation and abilities of the team. It consists of two components a sense workshop + sense activity cards.
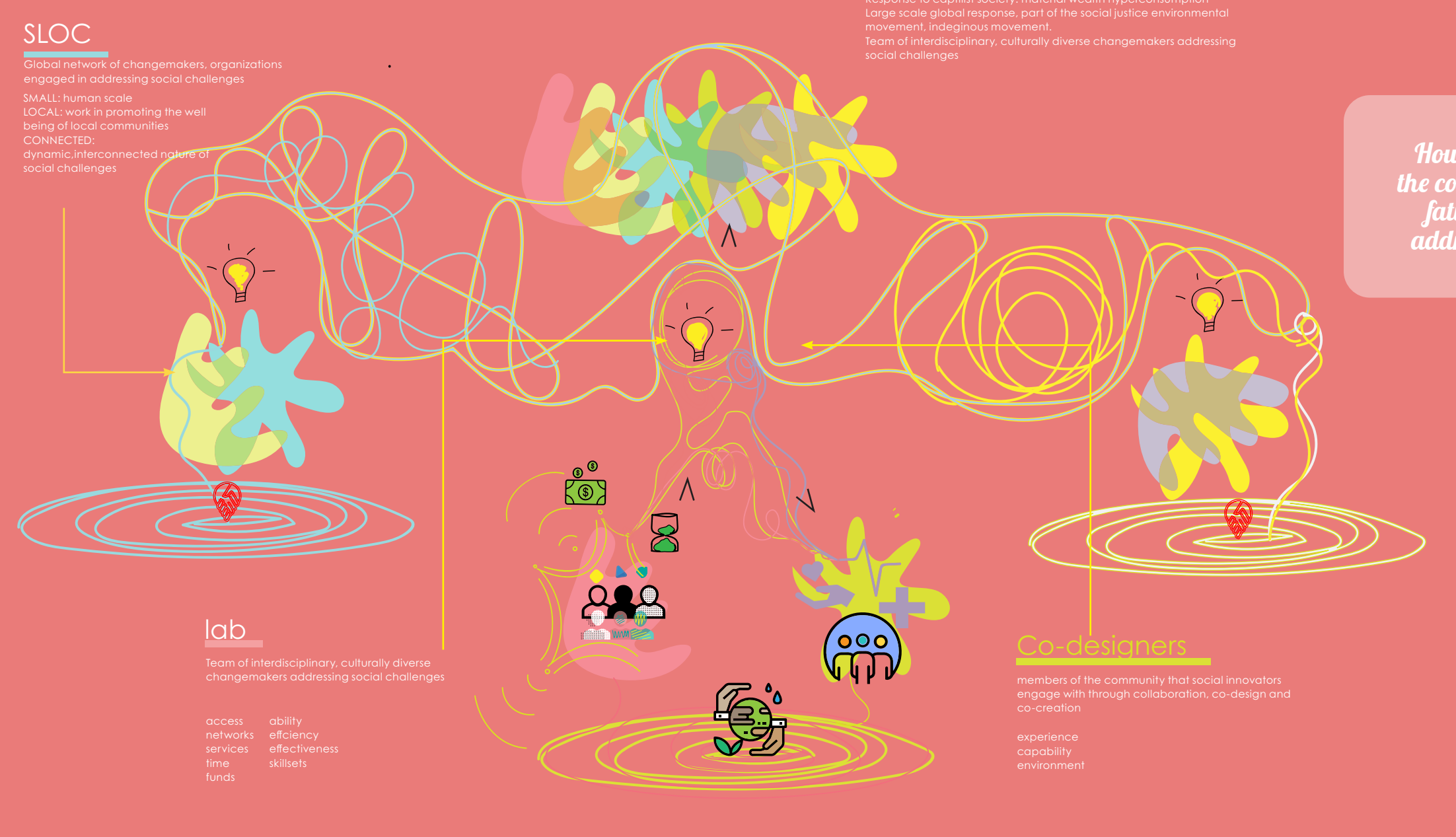
insights

1. Seeking sustainable models of balance and growth
2. Vulnerable to the humanity of the design process
3. Experience challenges and hurdles of mindful engagement
4. Rely on team skillsets, motivation and ability
5. Must have trust in the systemic process

problem statement

Social innovators are collaborative problem solvers working in social complex environments within multidisciplinary teams. The nature of working in social environments sensitizes innovators to the needs of the community and the abilities of the team. Prioritizing these needs over their own is acknowledged as part of the process. This often results physical fatigue, mental fatigue and burnout.
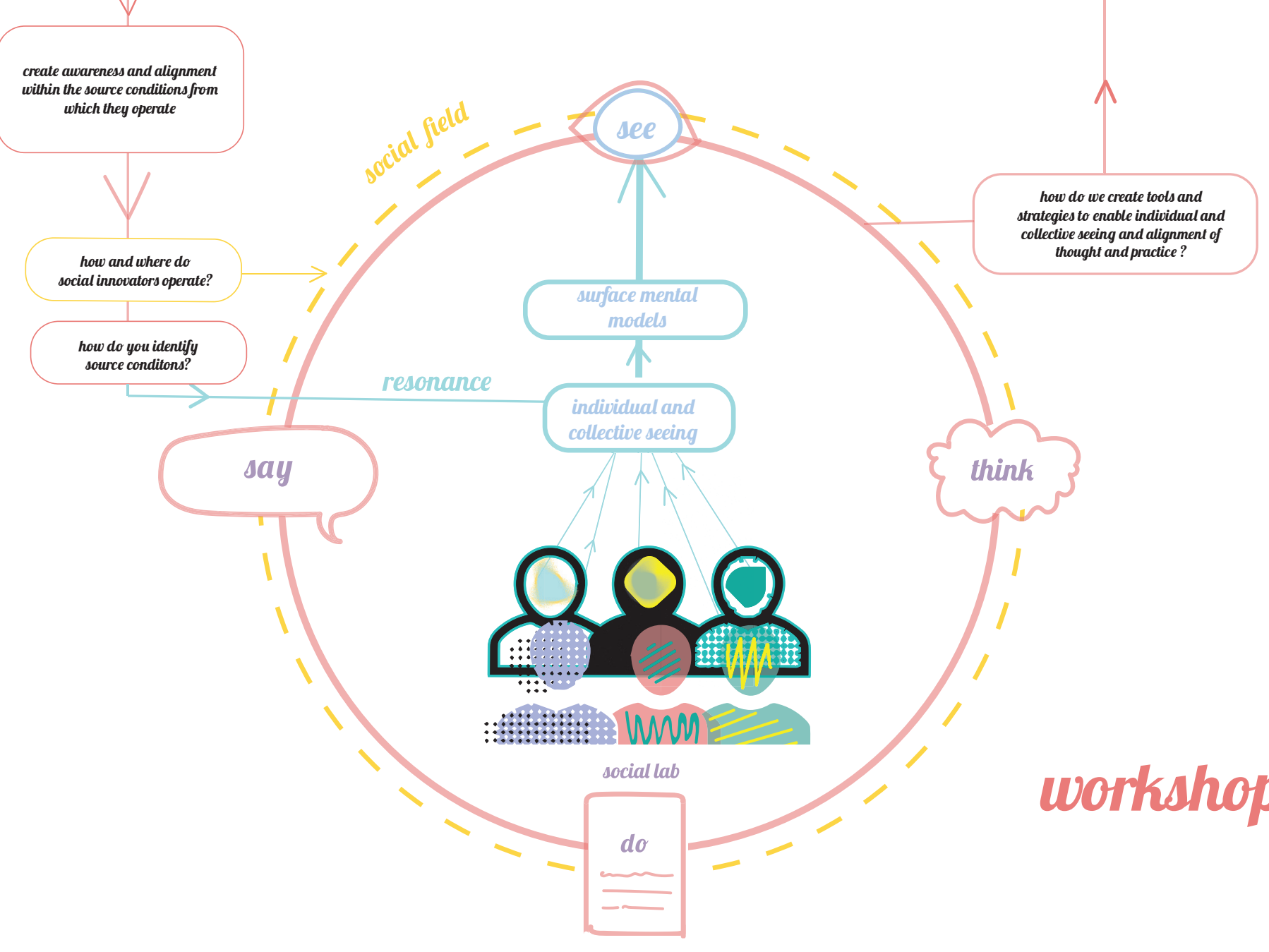
opportunity statement

How might social innovators alleviate the conditions of mental fatigue, physical fatigue and burnout that arise from addressing complex social challenges?

systems map

Global context

Response to capitist society, material wealth hyperconsumption
Large scale global response, part of the social justice environmental movement, indeginous movement
Team of interdisciplinary, culturally diverse changemakers addressing social challenges

SLOC
Global network of changemakers, organizations engaged in addressing social challenges
SMALL: human scale
LOCAL: work in promoting the well being of local communities
CONNECTED: dynamic,interconnected nature of social challenges

lab
Team of interdisciplinary, culturally diverse changemakers addressing social challenges
access
networks
services
time
funds
ability
efficiency
effectiveness
skillsets

Co-designers
members of the community that social innovators engage with through collaboration, co-design and co-creation
experience
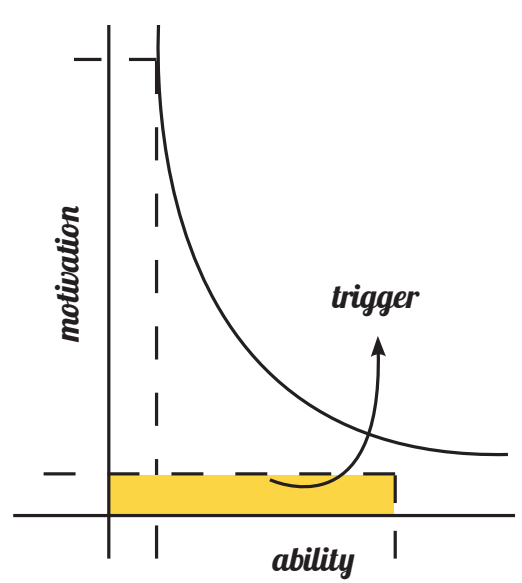capability
environment

sense

How might social innovators alleviate the conditions of mental fatigue, physical fatigue and burnout that arise from addressing complex social challenges?

create awareness and alignment within the source conditions from which they operate

how and where do social innovators operate?

how do you identify source conditions?

how do we create tools and strategies to enable individual and collective seeing and alignment of thought and practice?

social field — see — surface mental models — individual and collective seeing — resonance — say — think — do — social lab
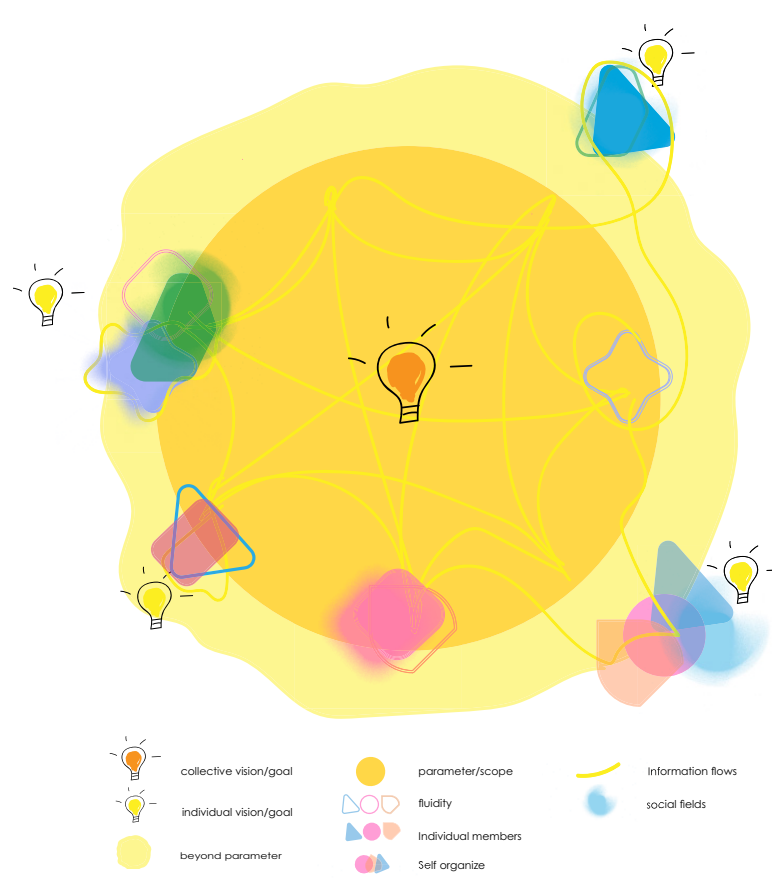
frameworks

foggs behaviour change model

The sense cards builds on Fogg's behaviour change model to understand what triggers the motivation and abilities of the team, and when they are at their highest and lowest through a generative mapping process. The activities are designed to highlight small moments as energizing small wins.

motivation — trigger — ability

social field resonance

Otto Scharmer approaches looking at a social field from an outward in perspective as opposed to the outside in from which they are usually observed. This is accomplished through understanding the 'source conditions' that give rise ways of thinking and doing that add to the collective experience. This makes the tacit dimesion to the collective experience explicit.

individual seeing   collective seeing

1.forward attention   3.open awareness
2.stillness and resonance   4.sharing

stretch collaboration

1.Embracing both conflict and connection within and beyond the team.
2.Move toward experimenting systematically with different perspectives and possibilities.
3. Stretch away from trying to change what other people are doing, and move toward entering fully into the action, willing to change ourselves.

collective vision/goal
individual vision/goal
beyond awareness
parameters/scope
fluidity
individual members
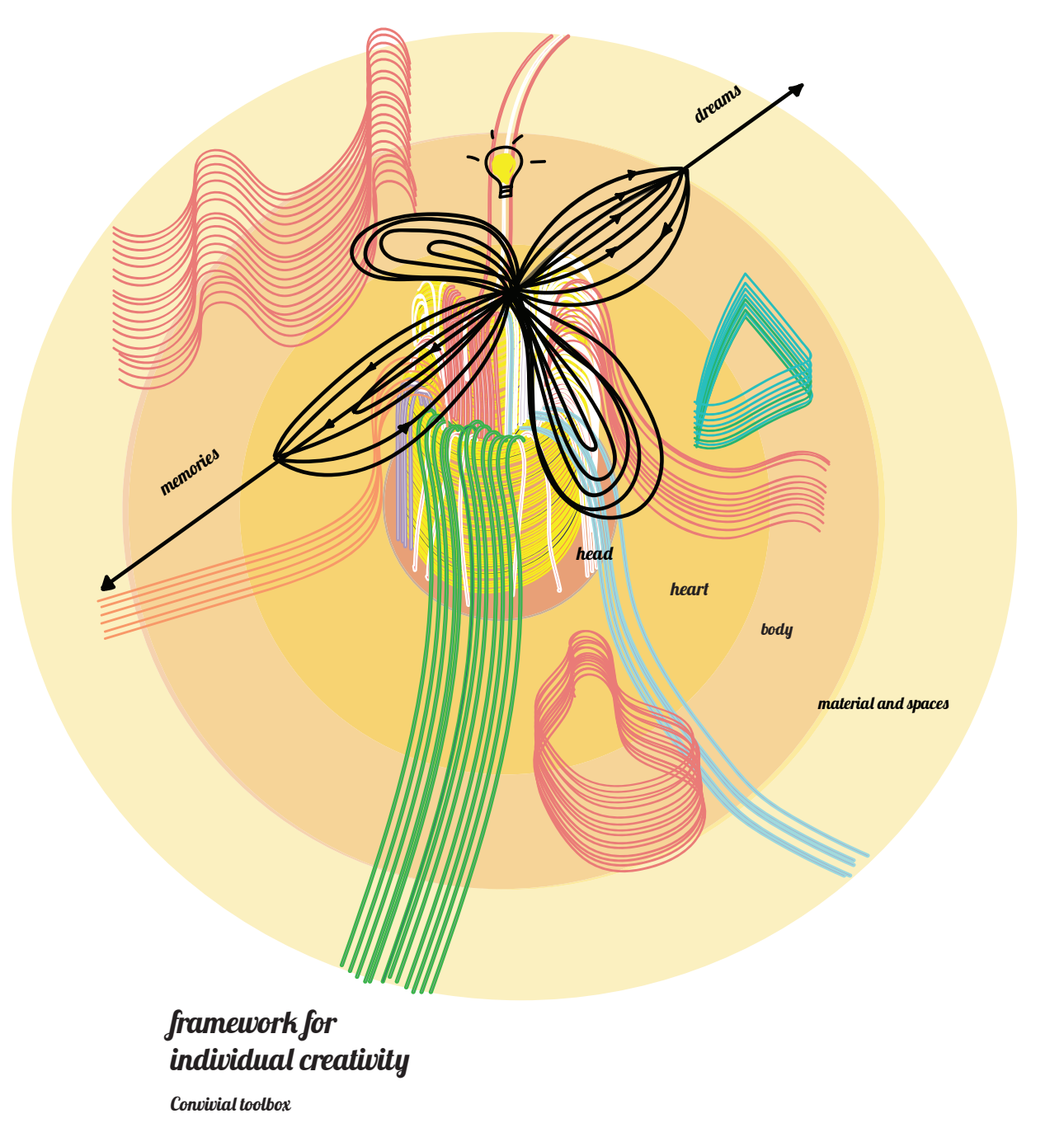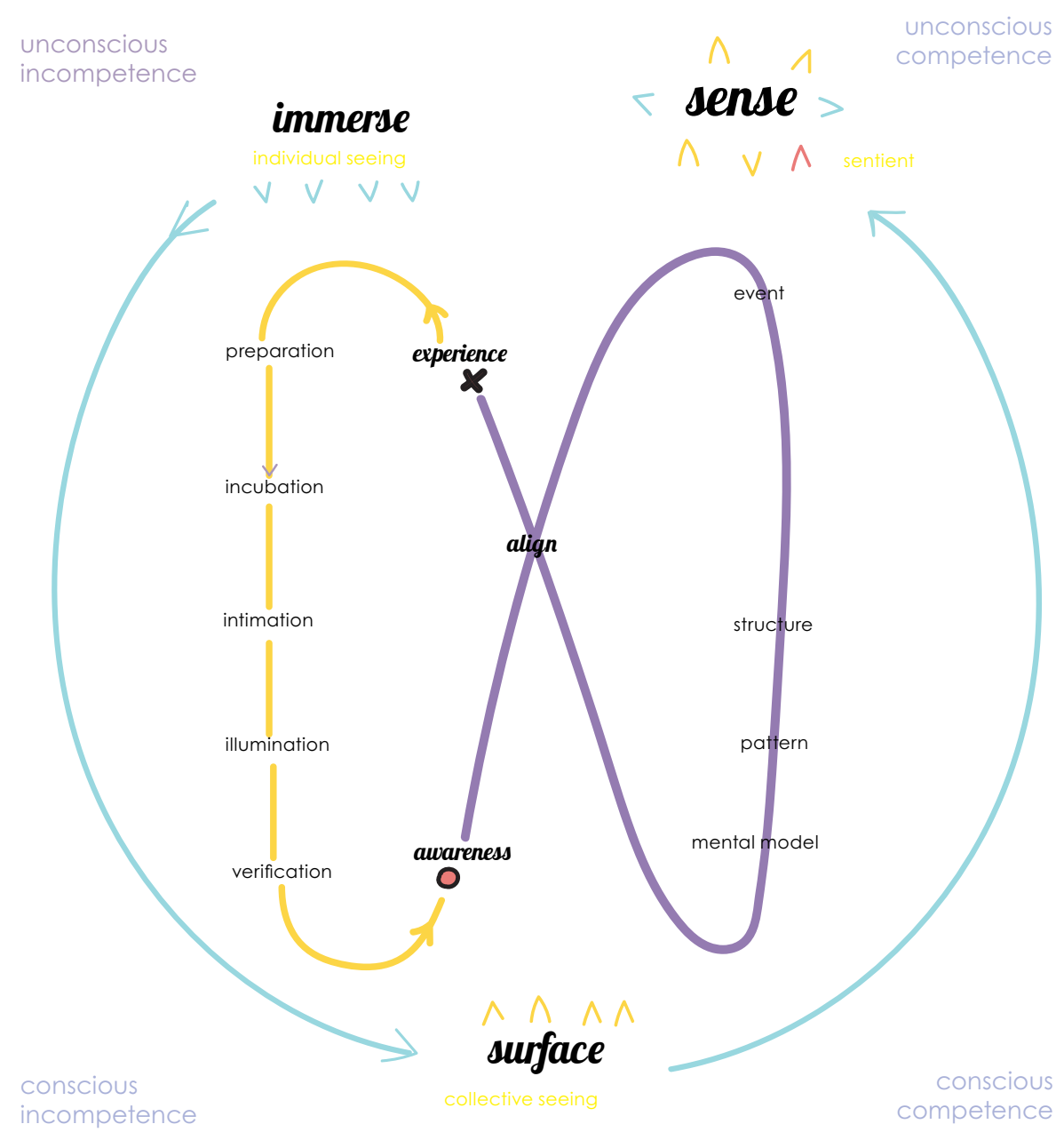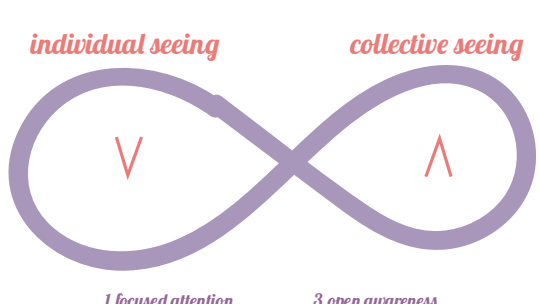Self organise
information flows
social fields

"Cognition & emotion cannot be separated. Emotion drives cognition. Our emotions have a large influence not only on how we feel but also how we think and act , including our ability to be creative"

-liz sanders make tools

workshop models

unconscious incompetence   unconscious competence

immerse
individual seeing

sense context

preparation — experience
incubation — event
intimation — align — structure
illumination — pattern
verification — awareness — mental model

surface
collective seeing

conscious incompetence   conscious competence

framework for individual creativity
Convivial toolbox

immerse — drama — memories — head — heart — body — material and spaces

prototyping

A group of eleven partcipants were faciliated through the five stage process

1. preparation
Goal: Preparatory work that focuses the individuals mind on the problem
Outcome:Participant surfaces and is able to articulate their own internal guiding philosophy/dream and externalizes it into the clay

2. incubation
Goal: Where the problem is internalized into the unconscious mind
and nothing appears externally to be happening
Outcome:Participants visualizes and maps stakeholders in their ecosystem

3. intimation
Outcome: The creative person gets a 'feeling' that a solution is on it's way
Participants visualize and how their individual and team ecosystems interact

4. illumination
The creative idea bursts forth into conscious awareness
Outcome: visualize, expose and bring into awareness energy zappers and
energy enhancers through making connections in feedback loops

4. verification
Goal: where the idea is consciously verified, elaborated and then applied
Outcome: Identifying if you're aligning yourself to maximize your vision/ dream,
creating alignment between your action , thought and practice while following your guiding principles

preparation

incubation

intimation

illumination

verification