

Navigating the Twists and Turns of Now



Finger labyrinths are an excellent tool for virtual coming together in a shared professional development experience. This workshop has been written specifically with ZOOM in mind, yet it can be easily adapted for any other medium or face-to-face delivery. It could be used in a whole school, team, faculty or sub-school context.

Flexibility **Transition**
Complexity **Adaptability** **Change**
Initiation

Any one of these words might strike a chord with what you are experiencing in your professional life right now. It may give rise to any one of the following questions:

- What am I open to and what am I resisting in my efforts to be **flexible**?
- What is required of me as I **transition** from known to unknown?
- How can I navigate the **complexities** of face-to-face and digital delivery of curriculum?
- What strengths can I draw on as I strive to **adapt** and refine practices for new times?

- What do I need to **change** and how open am I to that?
- What am I being **initiated** into? What really matters?

So walk with a question, let go of expectations, be open, allow access to your inner resources and awareness through the reflective process.



Procedure for Facilitator

Preparation:

- Set up the ZOOM meeting and send a link to everyone.
- Select some meditative music that can be played softly in the background while the walk is in progress – see suggestions below
- Prepare the reading (suggested) or own choice
- Ensure that everyone who is taking part has access to a finger labyrinth of their own or [download and print one here](#) or [download and use an app](#).

Steps

- When everyone is online/present, share screen the key words (flexibility, transition, complexity, adaptation, change initiation) and the related questions.
- Explain that the purpose of being in professional community at this time is to self-observe and self-reflect using one of the guiding questions, and then to share observations and noticings with the whole group.
- Explain that 10 mins will be allowed for the finger walk. They could use their dominant or non-dominant hand, or they could use pencils/other media to colour the path as they walk.
- Allow time for each participant to choose the question they will walk with.

- Set the scene with the reading or sharing of the selected poem/short piece of prose relating to uncertain times/change/new beginnings .
- Invite soft eyes and lead them through some deep breathing exercises, focusing on the passage of air flowing deep into the lungs and slowly released again. This should be repeated several times.
- Start the music, begin the walk and allow approximately 10 mins.
- At the end of the walk, return to some deep breathing and then invite participants to share their noticings or observations in relation to their chosen guiding question.
- Close with eg. “we acknowledge with gratitude places of inspiration, shared reflection and renewal, may we find those places in ourselves and in each other.”

Suggested music

Relaxing Celtic Flute Music <https://www.youtube.com/watch?v=22R9VviS2mw>

Return to Now – Namaste Music <https://www.youtube.com/watch?v=pXWTinvfZ9w>

Hang Massive – Warmth of the Sun’s Rays
<https://www.youtube.com/watch?v=9ng7SSG3TEE>

The Song of the Butterfly <https://www.youtube.com/watch?v=B5WbSrorUyI>

Suggested reading

For a New Beginning <https://aaronmonts.com/for-a-new-beginning/>

