



Mindcamp Canada



The
Third
Third

23-27 August 2017

Table of Contents

Participants2

Schedule4

Maps6

Session Index8

Sessions by Timeslot9

Participants

Aarya Swaminadhan (Canada)
Abby Carvin (USA)
Abby Wilkymacky (USA)
Adela De La Cruz (México)
Alexander Von Reumont
(Germany)
Alexandre Eisenchteter (France)
Alina Isaac (Canada)
Alison Cohen (Canada)
Alistair Forsyth (Canada)
Alvina Quek (Canada)
Anik April (Canada)
Ann Elizabeth Hopson (USA)
Ann-Marie Kong (Canada)
Anna Ryan (USA)
Anne Berlemont (France)
Anne Simpson-Porco (Canada)
Artash Nath (Canada)
Arushi Nath (Canada)
Ashley Da Silva (Canada)
Aurora Grace Grover-Loeppky
(Canada)
Ayla Larzabal Zavitz (Canada)
Barbara Wilk-Ridge (Canada)
Beth Slazak (USA)
Beto Santos-Pyne (Canada)
Brad Wong (Canada)
Branwen Hurson (Canada)
Brian Carvin (USA)
Cam Howey (Canada)
Carol Rowntree (Canada)
Carole Rudzinski (Canada)
Christine Burych (Canada)
Christopher Carvin (USA)
Claire Barcik (Canada)
Clara Kluk (Fleischer) (México)
Claudia Ebring (Chile)
Cody Nairn (Canada)
Colin Read (Canada)
Cora Robinson (USA)
Cynthia Siener (USA)
Dale Monroe-Cook (USA)
Daniel Bigonesse (Canada)
Daniel Epstein (Canada)
Danielle Yuede (USA)
Deborah Jann (Canada)
Deepika Grover (Canada)
Denise Pinto (Canada)
Diana Fadal (USA)
Diane Houle-Rutherford (Canada)
Dorotea Pok (Canada)
Doug Carter (Canada)
Doug Reid (USA)
Edouard Le Marechal (France)
Elizabeth Monroe-Cook (USA)
Emily Nichols (Canada)
Emily White (USA)
Emma Quinn (USA)
Erica Shaw (Canada)
Franca Leeson (Canada)
Francois Coetzee (South Africa)
Gert Garman (USA)
Gina Paigen (USA)
Ginny Santos (Canada)
Goran Matic (Canada)
Graham McAnanama (Canada)
Greg Zlevor (USA)
Grover Neville (USA)
Hannah Segal (Canada)
Heather Thomas (Canada)
Heidi Philip (Canada)
Honey Kim (Canada)
Hunter DeCaria (Canada)
Ian M Rosenfeldt (USA)
Isabelle Eisenchteter (France)
Isabelle Tomasek (Canada)
Ismet Mamnoon (USA)
Ivana Paulova (Canada)
Jacques Sapriel (USA)
Jake Kent (USA)
James McAnanama (Canada)
Janeen Halliwell (Canada)
Janet Carmody (USA)
Janice Francisco (Canada)
Jayson Aquilanti (USA)
Jelani Warren (USA)
Jennifer DeCaria (Canada)
Jerome Faytre (France)
Jessica Starkman (Canada)
Jim Ridge (Canada)
Joaquin Munoz (Chile)
John Sedgwick (Canada)
Judy Graham (Canada)
Julian Thomas (Canada)
Karin Vagiste (Canada)
Katie Morris (USA)
Katie Tagye (Canada)
Katrin Elster (Germany)
Kaz Ogino (Canada)
Keon Azari-Vala (Canada)
Kim Larkin (USA)
Kristen Peterson (USA)
Kristina Drake (Canada)
Kristina Osterman (Canada)
Laila Ghattas (Canada)
Latise Hairston (USA)
Laura Switalski (USA)
Lee Kitchen (USA)
Leonardo Munoz (Chile)
Leonardo Quinteros (Chile)
Linda Wiggs (USA)

Lindsay McDonald (Canada)
Lisa Henderson (USA)
Mahmoud Arafa (USA)
Marc Hurwitz (Canada)
Maria Cordeiro (Canada)
Mariana Muñoz (Chile)
Marika Frenette (France)
Marius Le Marechal (France)
MaryEllyn Vicksta (Canada)
Massimo Agostinelli (Canada)
Matei Schwartz (Romania)
Matias Larzabal (Canada)
Matteo Catullo (Italy)
Matthew McAnanama (Canada)
Matthew Dyck (Canada)
Matti Rivers-Moore (Canada)
Michael Newberry (USA)
Missy Carvin (USA)
Nadine Jannetta (Canada)
Natalya Farsun (USA)
Nathalie Dore (Canada)
Nathan Berlemont (France)
Nathan Schwagler (USA)
Nicholas Sweeney (Canada)
Nicole Dobinson (Canada)
Nina Nobel (Canada)
Nooshin Mohtashami (Canada)
Olga Petrik (Canada)
Or Har-Gil (Canada)
Paolo Sbuttoni (Italy)
Paul Fleming (Canada)
Peter Tomasek (Canada)
Philip Brundell (Chile)
R. Bruce Baum (USA)
Rachel Metter (USA)
Ray Paull (USA)
Rebecca Hopson (USA)
Renee Paser-Paull (USA)
RJ Rebmann (USA)
Robert Wakulat (Canada)
Rod Sigurdson (USA)
Rodrigo Sanchez Picazo (Chile)
Rodrigo Soza (Chile)
Rowan DeCaria (Canada)
Russell Thomas (Canada)
Samantha Hurwitz (Canada)
Sandi Trillo (Canada)
Sarah Nichols (Canada)
Sean Petriner (USA)
Sebastien Giroux (Canada)
Sol Santos-Pyne (Canada)
Sonia Merchant (USA)
Sophie Harvey (Canada)
Stephen Walling (Canada)
Stephen Preece (Canada)
Steven Shama (USA)
Sun Mateo Larzabal Zavitz
(Canada)
Susan Robertson (USA)
Suzie Nussel (USA)
Sylvain Rouillard (Canada)
Tamara Christensen (USA)
Tammy Sweeney (Canada)
Tanya Lay (USA)
Tara Swaminadhan (Canada)
Taylor Anderson (USA)
Terri Segal (Canada)
Tessa Manuello (Canada)
Tiffany Lanier (USA)
Tim Hurson (Canada)
Timothy Switalski (USA)
Tina Winther (USA)
Tom McMillian (Canada)
Tony Esteves (Canada)
Trevor McAlpine (Canada)
Vareia Boxill (Canada)
Vesna Vukovic-Dzodan (Canada)
Victoria Finn (USA)
Vikas Nath (Canada)
Vikram Swaminadhan (Canada)
Vince Malouf (USA)
William Sturner (USA)

Schedule

Arrival Day: Wednesday

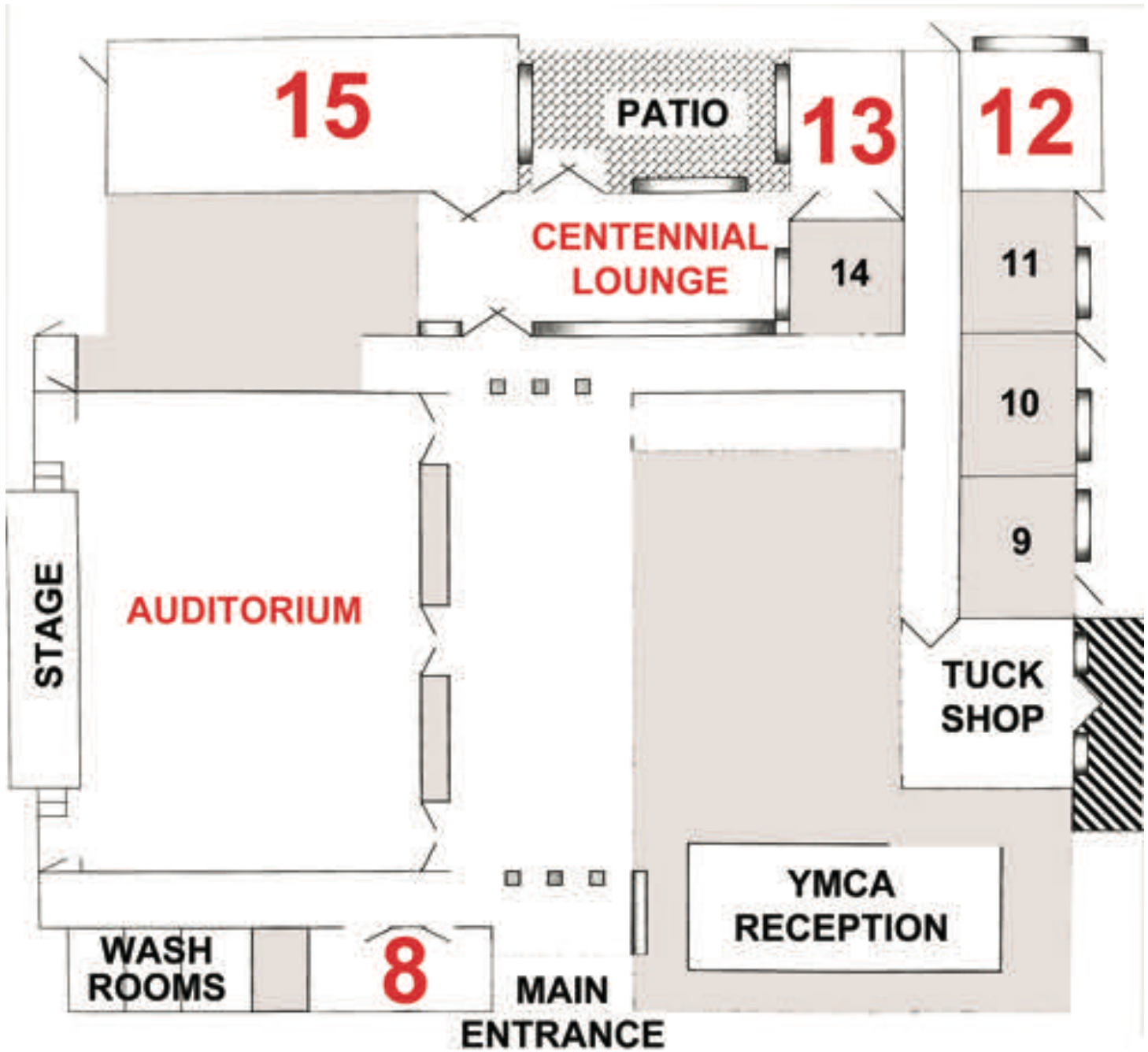
1:00pm	Lunch and meeting for Presenters – Geneva Court Dining Hall
3:00pm	Registration - Free Time - Explore!
5:00pm	Opening Plenary – meet in Auditorium
6:30pm	Supper - Geneva Court Dining Hall
8:00pm	Concurrent sessions
9:30pm	Pub – Campfire - Play!

Departure Day: Sunday

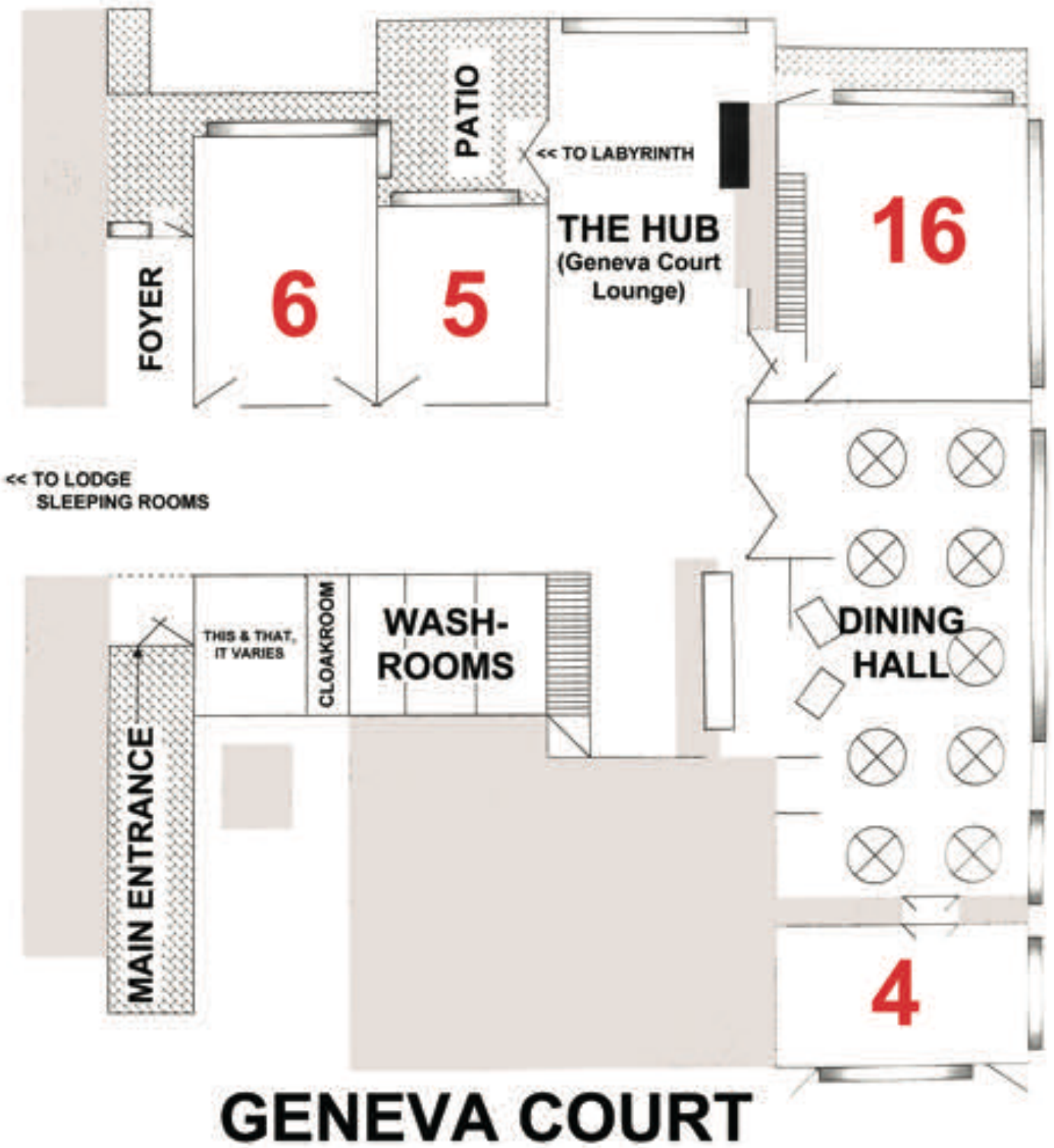
7:00am	Early Riser sessions (optional)
7:30am	Breakfast - Geneva Court Dining Hall
8:30am	Creative Jolt! - Geneva Court Dining Hall
9:00am	Final Mind U session
11:00am	Break
11:30am	Closing Kaleidoscopes
12:15pm	Lunch and Closing - Geneva Court Dining Hall

Thursday, Friday, Saturday

7:00am	Early Riser sessions (optional)	
7:30am	Breakfast - Geneva Court Dining Hall	
8:30am	Creative Jolt! - Geneva Court Dining Hall	
9:00am	Mind U sessions	
10:15am	Break	
10:45am	Concurrent sessions	
12:15pm	Lunch - Geneva Court Dining Hall	
1:30pm	Concurrent sessions	
3:00pm	Open Space	
4:45pm	Yoga Snack (optional) - Court 16	
5:15pm	Kaleidoscopes — small group meetings to debrief your day	
6:15pm	Supper - Geneva Court Dining Hall	
7:30pm-ish	Evening Plenary: Friday Camino, Saturday Poster Session & Dancing	
9:30pm	Night Flights (optional)	Pub - Campfire - Play!



CENTENNIAL CENTRE



Session Index

- ACT First (Sweeney)
Thursday 10:45am
- Aging Reimagined (Philip, Isaac)
Thursday 1:30pm
- The Art of 3 (Manuello)
Thursday 10:45am
- Bodystorm! (April)
Thursday 10:45am
- Bouffon for Everyone (Agostinelli)
Saturday 10:45am
- Breaking It Open (Slazak, Carvin)
Daily 9:00am
- Camino (everyone) *Friday 7:30pm*
- Carpool Innovation (Jann)
Wednesday 8:00pm
- Charisma Analysis (von Reumont)
Friday 10:45am
- Check Your Privilege (Pinto, Wakulat) *Wednesday 8:00pm*
- Collaborative Decision-Making (Hurwitz, Hurwitz, Santos)
Saturday 10:45am
- Creative Conflict TKO (Fleming)
Thursday 9:30pm
- Creative Process Foot Camp (Hurson, Peterson)
Wednesday 8:00pm
- Creativity Starts with U (McDonald) *Friday 10:45am*
- Dance! Dance! Dance! (Dobinson, Kitchen) *Saturday 8:30pm*
- Deeper Connections (April)
Friday 10:45am
- Difficult People (Shama)
Thursday 10:45am
- Dr. Diagnosis (Finn)
Wednesday 8:00pm
- Erotic Insights (Isaac) *Friday 1:30pm*
- Every Third Matters (Zlevor)
Friday 1:30pm
- Failure Academy (Schwagler, Carmody) *Thursday 1:30pm*
- Find the Path (Paser-Paull)
Friday 1:30pm
- Focus on Behavior (Epstein)
Daily 9:00am
- The Fourth Third (Swaminadhan)
Friday 10:45am
- Give or Take (Hopson)
Thursday 1:30pm
- Heaven on Earth (Ghattas)
Saturday 10:45am
- Improvise Your Third (Esteves)
Wednesday 8:00pm
- Juicy Fruits of Implementation (Kluk, Rouillard) *Saturday 10:45am*
- Kaleidoscope Groups (everyone)
Daily 5:00pm
- Ka-zam! (Kitchen)
Thursday 10:45am
- Leadership Agility (Kong)
Thursday 10:45am
- Lens of Style! (Houle-Rutherford)
Friday 1:30pm
- Liberating Structures (Bigonesse)
Friday 1:30pm
- Lionhearted Creativity (Dobinson)
Saturday 10:45am
- Listening Dialogues (Reid) *Thursday 1:30pm*
- Maker Families (Nath)
Thursday 1:30pm
- Mastercoach! (Robinson, Coetzee)
Daily 9:00am
- Morning Yoga (Wong, Thomas)
Daily 7:00am
- Motivating Audiences (Baum)
Wednesday 8:00pm
- Moving Toward or Away (Switalski, Switalski) *Thursday 10:45am*
- Normals, Deeps and Weirds. Oh My! (Aquilanti)
Saturday 10:45am
- Nos Inventa (Mamnoon)
Friday 10:45am
- Painting Your Life (Thomas, Thomas)
Daily 9:00am
- Points of You (Tagye)
Friday 10:45am
- Poster Session *Saturday 7:30pm*
- Scentstorming (Christensen, Malouf) *Friday 1:30pm*
- Simplify to Persuade (Arafa)
Thursday 10:45am
- Solving the Diversity Puzzle (Paigen) *Saturday 10:45am*
- Storyland (Ridge) *Daily 9:00am*
- Tango Shining (Dobinson)
Wednesday 8:00pm
- Telescope Periscope Futurescope (Nichols) *Friday 1:30pm*
- The Third Eye (Vicksta)
Daily 9:00am
- Third Party Time! (Le Marechal)
Daily 9:00am
- Time Being (Catullo, Hurson)
Daily 9:00am
- Twisted Tools and Techniques (Halliwell) *Thursday 1:30pm*
- Weird Idea Generator (Sánchez Picazo) *Thursday 1:30pm*
- Whole-Group Facilitation (Monroe-Cook, Monroe-Cook)
Friday 10:45am
- Writing Freely (Hurson)
Daily 7:00am
- WWJaJD? (Sbuttoni, Christensen)
Saturday 10:45am
- Yoga Snack (Wong, Thomas)
Daily 4:30pm

DAILY (OR NIGHTLY) SESSIONS

Writing Freely

Tim Hurson

Daily at 7am; Court 6

Maybe you like to write, or you want to write more. Perhaps you feel the need to reflect on all the things that you're experiencing at Mindcamp, to collect them and make sense of them. Or you just want to explore your creative potential using words and language.

These are all good reasons to join us mornings for random free-writing. We'll use prompts and images and writing exercises to unleash the words in you. No need to attend every time, just drop in whenever you feel the urge to write..

Morning Yoga: Daily dose of Vitamin "Y"

Brad Wong, Heather Thomas

Daily at 7am; Court 16

Join this energizing morning yoga session to get the body and mind flowing. This practice will stretch your the muscles and wake up the mind with a focus on breath and body alignment.

Yoga Snack: A 15-minute yoga quickie!

Brad Wong, Heather Thomas

Daily at 4:45pm; Court 16

A 15 min Yoga Quickie! Try out this easy total body energizing routine.

Kaleidoscope Groups

Debriefing your Mindcamp experience

Thurs-Sat at 5:15pm; Sunday at 11am

We all know that what you learn from an experience doesn't end when the experience is over. In fact, most of your learning takes place after the experience, when you discover the connections between what you've learned and what you already know — between who you are and what you might become.

So here's an opportunity to share what you've learned, thought, felt, and wondered about your Mindcamp experiences. We do this through small, facilitated groups called Kaleidoscopes. Each group will be hosted by an experienced facilitator who will ensure a safe,

open environment in which you can explore your thoughts and feelings, unpack your learnings, and begin integrating what you've been exposed to.

Night Flights

Nightly 9:30pm • Everywhere

Every year, all Mindcampers have the opportunity to offer something we call Night Flights. These are workshops that are held after the normally scheduled sessions. Here is how it works:

People who want to present fill out a form that says what the session is about, how long it will be, and which night it will be.

Then we post the sheet publicly for everyone to see. People who are interested sign up on the sheet. We then assign a room appropriate to the number of people who have indicated they want to come.

FIRST NIGHT: WEDNESDAY 8:00PM

Carpool Innovation:

The journey is the destination

Deborah Jann

Centennial 13

A funny thing happened... actually, high-impact solutions and an original business idea happened... during the third third at Mindcamp 2016 — on the commute to Pearson airport!

Learn how 3 strangers quickly established rapport and trust and then applied creative problem solving and brain science to their personal challenges. All while in transit. Then take part in a carpool innovation simulation experience to advance thinking and conversation on your own personal or business challenge.

Check Your Privilege: Facilitating with an awareness of who's in the room

Denise Pinto, Robert Wakulat

Court 6

Creativity is what happens when you connect the disconnected. That applies to people as well as ideas. Creative teams are better when diverse perspectives pull and push on possible solutions.

Social, emotional, and cultural barriers can lock useful perspectives out of the conversation. We know that people who easily drive the conversation often benefit from unnamed privileges — education and language — as well as more obvious ones like race and gender.

This workshop will provide you with the insights and tools to go beyond tokenism, to develop trust, and to welcome all your participants as collaborators in co-creating the future we collectively desire.

Creative Process Foot Camp: 12 simple steps to thinking better

Tim Hurson, Kristen Peterson
Centennial 15

This is a session for people who are new to creative thinking and want to get a handle on what it's all about. We will guide you through 12 simple steps (literally). At the end of those steps, you'll have experienced structured creative thinking, you'll have solved a real problem (maybe one that's been bugging you for ages), and you'll have a tool you can apply to challenges big and small at home or at work. For Fitbit fanatics, you'll also get a few steps in.

Dr. Diagnosis: Asking the 'right' questions to get to the 'real' right answer!

Victoria Finn
Centennial 12

The best treatment always starts by getting the right diagnosis. So often, the questions we ask (or don't) and, more importantly, *how* we ask them, can hinder creativity by leading us towards a biased solution.

In this workshop, you will learn how to become a *Doctor of Diagnosis*. We'll explore what makes a good question. We'll get everyone comfortable with the idea of taking a little more time to roll around in the problem, and we will share the principle and power of Optimistic Questioning. You'll get great tools to use in initial meetings with clients to unlock the right challenge and set you on the path to creating the right ideas.

Improvise Your Third: How to get to the third third of opportunities through play

Tony Esteves
Court 16

If you crave an insightful, playful experience while enjoying some movement and laughter, this is for you. Tony will facilitate you through a number of improv warm-ups, activities and techniques, and you'll explore how these basic improv rules can (and should) be applied to life and business.

Come for a laugh as you rediscover the benefits of putting in the effort to get to the third third of possibility. Through spontaneous risk-taking, you'll have fun and you'll learn in spite of yourself. And you'll return home from Mindcamp saying "yes!" more often to all kinds of opportunities.

There is NO EXPERIENCE NECESSARY for this workshop. You can participate or observe at whatever your comfort level allows. WARNING: in the spirit of Creativity you will be gently encouraged to have a divergent mindset and to participate.

Motivating Audiences: Strategies for increasing participant engagement

Bruce Baum
Court 4

Have you ever found it difficult to get and keep an audience's attention? Have you ever needed to deal more effectively with short attention spans, teach important points with interactive exercises, or help your group feel more connected to each other? If you answered "yes" to any of these questions, this workshop may be for you.

Bruce will teach you principles for leading ice breakers, energizers and exercises. You'll engage in 10-15 brief activities that you can incorporate into your own teaching or training. You'll get pointers for conducting ice-breakers, promoting teamwork, using activities and exercises to teach important points, self-awareness and creative problem solving, and infusing appropriate humor into your presentations. You'll even learn at least two magic tricks you can insert into any presentation.

Those weaned on pickles are encouraged to select a different workshop.

Tango Shining: Dancing your shadow into the light!

*Nicole Dobinson
Centennial Auditorium*

This session is a dance with your inner critic, the one that loves to rob you of your greatest and most shining confidence. Whether you stand before large audiences or facilitate small groups, leading and presenting with a supportive internal partner is the key to your success.

Playing with tango as well as some free movement techniques, we'll dance the light out of the dark and encourage your shining out its shadow so that you can move with true confidence on any life stage. This fun and playful session will connect deep to draw out your inner confidence and creative expression.

No prior dance experience needed, only a spinning attitude and a light-hearted desire to increase your presentation and facilitation ease.

MIND U: DAILY 9:00AM

Breaking It Open: Finding the gifts in adversity

*Beth Slazak, Missy Carvin
Centennial 8*

You can't make an omelet without breaking some eggs. As with breakfast foods, so is life. Sometimes, it takes going through a mess – sitting amongst the rubble of egg shells and kitchen scraps – to find the comfort and joy waiting on the other side. And often, there is something of value that life is offering even when you're in the middle of the chaos.

There are certain experiences that make us human. These allow us to feel joy, gratitude, sorrow and pain. Sometimes we feel them all at once. Then there are experiences that seem to only serve to make us wounded or depressed. But in every adversity, there is a gift. Using a variety of metaphors, small group discussions, experiential activities, and journaling exercises, this session will help you learn to look for the gifts that life gives you, even when it feels like you're in the midst of a raging storm.

Focus on Behavior: Attitudes and intentions do not predict behavior — habits DO

*Daniel Epstein
Court 6*

Most of us trained in organization design and facilitation learned to focus on changing the hearts and minds of the people with whom we are working. But cognitive and behavioral science now shows us that habits drive at least 45% of daily life, especially repeated actions.

We will learn about the latest science of human decision making and behavior and apply this to projects and challenges of session participants. We will learn how to reduce resistance to innovative thinking and increase the probability of changing behavior.

Mastercoach! Strategies for unlocking creative potential in yourself and others

*Cora Robinson, Francois Coetzee
Centennial 15*

Coaching plays an indispensable role in building great organizations, effective teams, and extraordinary lives. It inspires self-discovery, possibility, strategic thinking, and more.

Transformative coaching is an exploratory, creative process built around asking powerful questions that ignite new ways of thinking, inspire action and hold you accountable for your decisions, actions, and results.

Einstein said, "We cannot solve our problems with the same thinking we used when we created them."

Transformative coaching will show you how to reflect on what matters, receive insightful feedback, and work in a safe environment with a neutral, confidential partner so you see beyond what you think you know.

Painting Your Life

*Russell Thomas, Heather Thomas
Daniel Centre*

Building on the personal insights that came out of last year's inaugural exploration of Painting Your Life, artist and facilitator Russell Thomas will encourage participants to go even deeper with the help of his wife Heather, an accomplished yoga instructor, craniosacral therapy practitioner and Full Body Presence presenter.

Participants will go to places, memories and forgotten moments through a combination of meditation, deep breathing, and painting.

“This is about the journey, not the destination.”

By connecting to memory and creating from the heart, powerful expressions of your deepest experiences, feelings, motivators and insights will emerge on your canvas.

First Third — rediscover the joy of painting and connecting to your creative self.

Second Third — go to memories and moments through guided meditation.

Third Third — mine personal insights and long forgotten fragments of self through deep breathing and relaxation techniques.

Storyland: The magic land of picture telling

Jim Ridge

Centennial Auditorium

Once upon a time there was a mystical Island known as Storyland. The Island was inhabited by Picture Tellers who had great power and wisdom long forgotten by the outside world. Their power was so great that they could see the future with their ancient picture telling ceremonies.

One day the oldest and wisest Grandmother Picture Teller gathered all the islanders to tell them of a great dream vision she had had — that in the world beyond the waters, people had forgotten about picture telling and could no longer see the future. The islanders became very sad when they heard this. “What must we do?” they asked. She told them that they must journey to these places and teach the ancient power and wisdom of picture telling so that these distant people might again see the future. The very next morning, the bravest and best Picture Tellers from Storyland paddled away from the island to reawaken those who had forgotten the power of picture telling.

The Third Eye: Evolving your way of seeing

Mary Ellyn Vicksta

On Thursday: Centennial 12

Friday-Saturday-Sunday: Court 5

We now have an object in our pockets that allows us to depict our world instantaneously. But often our photos don't mesh with what we saw. We haven't developed an “eye” — yet. Mary Ellyn will help you see the world around you in both familiar and un-familiar ways.

We will start with realistic depictions of people, places, and objects. This is the First Eye: Realism.

Then we will start breaking the rules. This is the Second Eye: Creative Expression.

Finally, we will move into the world of abstraction and dreaming. Your photos will not merely mirror reality but explore beyond. This is the Third Eye: Perceptive Insight.

Bring your smart device to fully participate in this evolution!

Third Party Time! How to engage your stakeholders for an innovation no one wants to hear about

Edouard Le Marechal

Court 4

Customers are supposed to be the ultimate judges of innovation, but ironically, most innovative ideas are killed by the very people they are for. The reason for this ‘friendly fire’ is simple: When they look at your innovative idea, your third parties do not see what you see: You see benefits and innovation glory; they see hassle, change, and complication. Why? Because you are engaging your stakeholders with the wrong words at the wrong time.

Rule 1 of the Butterfly Process[©] : being right is not always convincing, and being convincing is not always right.

During this session, you will explore how beliefs — both yours and your customers’ — are the cornerstones and the stumbling blocks of innovative ideas. Once you put this key insight into practice, never again will you fail because of a bad pitch, whether you are promoting your latest app or trying to convince your family to try wilderness camping.

Time Being: Experiments in resetting your internal clock

Matteo Catullo, Tim Hurson

Court 16

We do not live only one present. We live in many times that weave like currents in the sea of life. Each has its unique pace. Dreaming time flows differently from planning time, thinking time differently from acting time. Writing or contemplation time may widen like a lake where thought can rest in new points of view, often leading us to see things invisible at other times.

We have times for painting, dancing, crying, times for surprise, for fright or delight, unique times for each first kiss, and soul soothing times for gratitude. Each time crosses the others, dilating or contracting them, changing their shapes and rhythms.

Join Matteo and Tim to immerse yourself in your myriad times, times of unexpected duration, times of uncharted intensity, times for every purpose.

THURSDAY 10:45AM

ACT First: Practice innovation by building rituals that matter

Tammy Sweeney

Centennial 13

Even successful people struggle with action. We wait for the big idea to practice innovation, the big client to move in different direction, or for the plan to be 100% right. We wait for clarity to magically happen. Yet we don't change the world by waiting for the big, the better, the perfect, or the right "thing". We change the world when we act. We may not know the "right" answer, and we may not have the plan fully developed; yet we can ACT.

In this practical, hands on session, you will harness the power of a simple action to change the course of your success path – be it a humble request for help, a cold call to a prospective client, or connecting two people in your network. Great things happen when we just ACT. This session is for those who want to chart a path forward and may be holding themselves back.

The Art of 3: Negotiation as a science and an art through improv games and theory

Tessa Manuello

Court 6

Why are some people able to reach agreement faster and better than others? People in conflict have a natural tendency to value their own points of view, each believing there is only one way out. Under time pressure, judgments and biases get triggered quickly: 'It's his fault', 'She always does that' etc.

We all know the story, but not necessarily how to get out of it.

In this session, Tessa will take you on an experiential journey through the art and science of negotiation, using improv games and theory to help you develop your negotiating and dispute resolution skills. Come see how improv can be a powerful tool for deeper understanding, creative growth, and better outcomes.

Bodystorm!

Take your ideas a few steps further

Anik April

Centennial 12

In creativity, we speak of fluidity, flexibility and flow. And openness. What if certain types of physical movements could influence our (creative) state of mind? That's precisely what several studies are showing. In this session, we will try out different moves and consider how they feel internally as we strive to embody the qualities of a creative mindset. As we move through the process, we may just get a few surprises, as mind and body join together to fuel and boost our creativity. Let's see where our bodies take our ideas and where our ideas take us! Rest assured, no acrobatic or dance skills required.

Difficult People: Creative ways of dealing with difficult people and looking forward to it three thirds of the time!

Steven Shama
Centennial 8

Difficult people elicit in you an emotion that you would prefer not to have. How do you find creative ways of dealing with these people so you can make peace not war? How do you close the space between you and them, three thirds of the time?

It takes two people to make a situation difficult. What part do you play and what do you have to learn about yourself? Participants will be asked to suggest scenarios they consider difficult, and we will generate many different approaches to resolving these frustrating situations. The session will be filled with laughter and perhaps a tear or two. Guaranteed to be not only memorable and useful (you'll get a practical handout with "answers" to life's most frustrating interactions), but life-spirit enriching as well!

Ka-zam! Unleash your inner creative Superhero

Lee Kitchen
Court 16

Everyone has their own unique talents and limitations when it comes to the creative process. In this introspective workshop, you will have the opportunity to identify where you are naturally strong and learn how to leverage that talent to be a force for creative good. Attendees will also visit their dark-sides to explore how their weaknesses can become the 'kryptonite' that undermines success.

Leadership Agility: How to cultivate leadership agility in our organizations and our lives

Anne-Marie Kong
Court 4

What is leadership agility and how can we cultivate it in our organizations and in our lives? Why do we need leadership agility in today's rapidly changing, interconnected, complex world? How is organizational agility and sustaining change constrained by leadership agility?

Ann-Marie will lead you on an exploration of these questions and more. You will learn about staged growth development leadership and how taking an integral approach to our leadership produces more effective leaders.

This program is based on the work of Bill Joiner & Stephen Josephs who authored *Leadership Agility: five levels of mastery for anticipating and initiating change*.

Moving Toward or Away: Leveraging emotions to boost creativity, collaboration and influence

Laura Switalski, Tim Switalski
Centennial 15

In the field of social neuroscience, there is increasing evidence that social behavior is strongly influenced by the principle of minimizing threat and maximizing reward. We also know that the same brain networks that govern these choices are also involved with primary survival needs, like food, water, shelter and safety.

The SCARF model, developed by David Rock, is a useful framework for understanding the five domains of social experience (Status, Certainty, Autonomy, Relatedness and Fairness) where threats and rewards can have a powerful influence on how well people work together.

Using this model, we will explore ways to create conscious awareness of these five social dimensions and learn how to manage threats and rewards in each of them so that we can achieve higher levels of creativity and collaboration across a broad range of social situations. Using a variety of interactive simulations, we will practice ways of interacting with others that can influence more positive and rewarding relationships and performance outcomes.

Simplify to Persuade: How to move your audience to action

Mahmoud Arafa
Auditorium

How do you make your audience listen? How do you make them believe in your product/service? And when they do, how do you move them from belief to action? Through simplicity and persuasion techniques, we can have your target audiences come to their most logical

conclusion, which reflects yours. In other words, help buyers to buy. In this presentation, you will learn different persuasion tactics and case studies on how to use them.

THURSDAY 1:30PM

Aging Reimagined: How will you move In your third third?

Heidi Philip, Alina Isaac

Court 16

We live longer than ever before. Yet we age faster. Today, we move our bodies significantly less than we used to. We are inactive an average of 21 hours a day — and sit about 13 of those.

Restricted physical movement constrains both mental and creative potential. Physical, mental and emotional blockages are all connected. They affect our quality of life, and our ability to maintain it as we age.

Kaiut Yoga has a growing following worldwide. It combats the aging process – uniquely working from the joints to counteract our habits, history and heritage that manifest in our bodies and our lives with increasing impact as we age. Kaiut does not ask you to fit into a particular shape or form – but rather works from the inside out, inviting nature, awareness, time, and gravity to teach muscles and brain to enhance mobility in body and mind. Kaiut is yoga that *any* body can do. It is for anyone looking for a high quality of life in their third third. Join us for a one-hour Kaiut class, followed by a debrief and discussion.

Failure Academy: Learning to laugh in the (sometimes painful) face of learning

Nathan Schwagler, Janet Carmody

Centennial 15

“Don't worry, you'll look back and laugh at this one day, they said.” Ever been on the receiving end of those words? Ever said ‘em? I have, and I suspect that you have, too.

So, given that we're all on the same page, let's go ahead and host a group debriefing sessions of the things that we've messed up. As a bonus – not that I think we will need them – but we will also prepare and weave-in some deliberate techniques from the laughing yoga /

meditation world to ensure that nobody goes home (or to their next session), without some sore abdominal muscles.

This workshop is intended to: a) make us laugh (let's all agree that laughing with friends feels good, and that humor-filled workshops rock), and b) help us re-frame the way(s) that we think about the way(s) that we feel about situations that don't go as we had mentally/physically/emotionally expect, etc.

Give or Take: Creative communication through touch

Annie Hopson

Centennial 13

It's often apparent when observing physical interactions who is touching and who is being touched as well as who is talking and who is listening. But what happens when we expand and deconstruct the ideas of 'giving' and 'receiving' attention? It isn't as straightforward as you might think!

In this session, you will explore the dynamics of human interaction using touch as a model. As we talk about agreements, pleasure, and the gift of touch, you will learn how to increase awareness of both your desires and your limits, along with how to communicate what you want.

You will also make your own touch into a more present, satisfying and downright delicious experience for yourself and for whomever receives your attention. And then there's the receiving! Yet, nobody is required to touch another individual in this touch workshop.

Listening Dialogues

Doug Reid

Court 4

Listening is a sacred art. It is simple and it is complex. It is perhaps the greatest gift we can give to others.

“We can only fully understand the role of listening when we come to grips with how the mere presence of our consciousness shapes the world around us. When we listen, we open those doors that our ideas and senses select from the broader field of possible experience. This practice gives birth to some avenues for interaction and development and closes off others. Listening becomes the cornerstone of creative activity.” — David Castro

Doug Reid and his friend and colleague, Jennifer Quarrie, share a passion for the power of listening and being understood. In 2016, they embarked on a journey of sorts, a series of conversations about listening. In this workshop, Doug will share the essence of their discoveries, invite you to continue the conversation with him, and experiment with the concept of listening as the skill of “holding the space” for individuals and groups.

Maker Families: Building together on space, science and technology

Vikas Nath

Centennial 8

Check out some of the Space Projects we've created using household objects, microprocessors, and programming (and which have won Awards at the NASA Space Apps and Maker Fests, including the 2017 Canadian Space Agency Award). These projects can be carried out at home or school to bring practical, do it yourself knowledge about Space and Astronomy to educators, mentors and parents.

The focus is on education and outreach, and on raising the Next Generation of creators and makers in the Space Arena rather than passive consumers of technology.

Twisted Tools and Techniques

Janeen Halliwell

Court 6

The world is an immensely diverse place. We are all unique. One size does not fit all. Creative Problem Solving is no exception. In our work today, we are challenged to create inclusive environments and learning experiences that respect diversity.

In this session you will hear how Janeen is twisting tools this way and that way to meaningfully engage people of many backgrounds in the creative problem solving and co-design, including people with developmental disabilities, mental illness, and sensory challenges.

Weird Idea Generator

Rodrigo Sánchez Picazo

Centennial 12

Reaching those precious third-third ideas can be really difficult in certain contexts, especially when time pressures impose themselves. We know that the more stretch there is in the idea, the more time it will probably take to make it work.

But time isn't the only constraint. All of us are limited by working from the only perspective we know—our own. And that means our imaginations are based solely on what we already know.

Weird Idea Generator is an experimental game designed to help you generate crazier ideas faster—and have lots of fun in the process.

THURSDAY 9:30PM

Creative Conflict TKO: Optimizing conflict for creativity

Paul Fleming

Court 6

When you read the word 'conflict' do you immediately think of the word 'resolution'? Why is it that we're instinctively drawn to trying to avoid and resolve conflict when research shows that the right types of conflict are key to being more creative and producing better ideas.

As a species we're not comfortable with conflict, but as creative evangelists it's our job to encourage it when appropriate. This workshop will help you understand the roots and types of conflict, your personal conflict styles, and give you some simple rules to successfully build conflict confidence (as well as tips to cool it when things get too hot). In this experiential workshop we break down the essential components of positive conflict into easily accessible and fun techniques, transforming you into a creative conflict master.

FRIDAY 10:45AM**Charisma Analysis:
Digging deeper into the creative self***Alexander von Reumont
Court 4*

People don't see who you are but what they anticipate about you. The way you present yourself influences that image. The more you create that image deliberately, the more you control your success in business and personal life alike. What is the story you tell others about yourself? This reflects in how others perceive you — intentionally or unintentionally.

In this highly interactive and experimental workshop you will identify constructive ways to convey your story with conviction and confidence. You will dig deeper into your creative self, will discover the winning edge of your creative personality, and practice expressing your authentic self through the process of 'Creative Charisma Analysis', developed by Alexander von Reumont.

**Creativity Starts with U:
Applying Theory U to creative process***Lindsay McDonald
Centennial 12*

Do you hear people in your work and life talking about 'Theory U'? Two years ago, I did too. Come to this session if you're ready to move, to deep-dive and to discover how MIT's Theory U opens doors for creativity and can cross-pollinate your work.

If you work with leaders, collaborators, sustainability or systems change, or if you just want to connect to a deeper sense of purpose, there is a place for you in Theory U!

Deeper Connections*Anik April
Centennial 8*

Creativity is about making connections. It also requires an openness of mind and often, of heart. So what if we started by connecting and opening up to ourselves and to others?

Two main barriers to significant connections are fear, in its multiple and often insidious forms, as well as the rational mind. Though both have their uses, they can often take up too much space and are far too often put forth in today's mainstream media and society.

With a little movement, some mindfulness techniques and playful connection exercises, this session is an invitation to step out of that frantic headspace, settle down into our body and heart and cultivate awareness and curiosity, a wonderful antidote to fear. Let's (re)connect and start a little (r)evolution!

**The Fourth Third:
Be a pro in getting your Big Idea out***Vikram Swaminadhan
Court 5*

The third third is about getting your creative brilliance to flow. The fourth third is where the hard work begins — turning your brilliant ideas into reality.

Thomas Edison said, "Genius is one percent inspiration, ninety nine percent perspiration". With seven billion people on our planet, the chances of having a completely unique idea are smaller than ever. *The hard truth is that someone else is thinking the same thing you are.*

The differentiator, then, is the speed with which you can get your idea to market.

In this session, the first 'thirdy' minutes will help you get to third third. Fast. The second and third 'thirdy' minutes are about fine-tuning your idea, developing a sell sheet, and applying proven boot-strapping tricks to license it.

**Nos Inventa: Distilling facilitation insights
from the third third of design, delivery
and discovery***Ismet Mamnoon
Court 6*

This workshop is an opportunity for facilitators to share stories of facilitation success and failure within a structured story telling framework that allows us to learn from what we designed, delivered and then discovered in our experience. This will be a shared learning space where we shall co-create facilitation best practices and strategies that we might all use.

Points of You: 3rd Third for Developing Perspective

Katie Tagye

Court 16

This experiential encounter is based on the Points of You method which is designed to explore new territories for growth by using visual stimuli.

In this session, you will learn about the Points of You© process, experience one of its simple techniques, and explore ways to apply it in our own work. You will move through the five basic Points of You© stages, shifting from busy everyday frequency to a quieter one, expanding from familiar comfort zones to a world of possibilities, new opportunities, and insights, and focusing to clarify and define exactly which of the possibilities is right for your journey, advancing you from thought to action in order to outline steps for realizing your insights.

Whole-Group Facilitation: The group is greater than the sum of individuals

Dale Monroe-Cook, Liz Monroe-Cook

Centennial 15

Group theory and our experiences tell us that any group is itself an entity, not just a collection of individuals. How can we use awareness of and empathy for the group as a whole to foster breakthrough thinking? In this session we will explore key ideas about group dynamics, including a group's non-conscious processes and the impacts of facilitator behavior, through discussion and short activities.

FRIDAY 1:30PM

Erotic Insights: The relationship with the erotic in you

Alina Isaac

Centennial 15

NOTE: Although this topic is relevant to men as well, this particular workshop is for women only.

Have you ever wished you could experience yourself more fully as a sensual and sexual being? Do you long for more spark and renewal in your intimate relationship — with yourself or others?

Whether you are in the 1st, 2nd or 3rd third of your lifespan, this is an opportunity to deepen your understanding and to befriend your “erotic self” in a welcoming space where personal awareness and self-discovery can develop.

Using gentle curiosity, we will engage in discussion and experiential exercises (i.e. sociometry and other action methods) to explore our relationship with sensuality and eroticism. There will be time for reflection — privately and in pairs, triads and larger groups.

No sexual touch or explicit sexual material. Attention to emotional safety is paramount.

Every Third Matters: Three ways to dramatically improve your life and performance

Greg Zlevor

Court 4

The purpose of this session is to provide insights and tools to dramatically improve your life and performance... if you practice.

Find the Path: What happens after you lose your way and then open your heart

Renee Paser-Paull

Centennial 13

Explore, unearth and discover something that you need to “get out.” Maybe it’s something that’s been bothering you, maybe it’s something you’ve been thinking about (but unsure what to do about), or maybe you just want to delve into something new. Using a combination of hands-on materials and methods to do research on yourself, you will come away from this session with knowledge, insights and artwork that will surprise you.

Lens of Style! Understanding yourself and others

Diane Houle-Rutherford

Court 5

Creativity thrives under particular conditions, especially when there is a flow of ideas between individuals who are different! Different in terms of perspectives, background, skills and style! So, what role does Style play in the production of ideas and the implementation of

solutions? This session aims at demystifying some concepts, and introduces participants to the Kirton Adaption-Innovation (KAI) Theory.

Learning to look through the lenses of style will allow you to see your behaviours and your relationships differently and understand the impact you have on others, both personally and professionally. Through those lenses, you will also be able to see the various elements of Creativity at play. So where do you fit?

Liberating Structures

Dan Bigonnesse

Court 6

Liberating Structure methods include 33+ options for designing engaging interactions that lead to creativity and innovation.

In this interactive workshop, we'll explore the work Henri Lipmanowicz and Keith McCandless's invitation to make structural changes in the way we work in order to engage everyone and harness the collaborative and creative power of the group.

Scentsstorming

Tamara Christensen, Vince Malouf

Court 16

Ready to move beyond the tried and (usually, but not always) true "think it, write it, post it up" formula? We'll start by exploring an under-utilized sense: smell. By engaging the "oldest sense" we can unlock surprising thinking and kickstart ideation in provocative ways. We are debuting a shiny new prototype of Idea Farm's Scentsstorming kit. It really is the third third of ideation. Join us for a sensory adventure and catalyze creative conversations via forced connections.

Telescope Periscope Futurescope

Emily Nichols

Centennial 8

"Write me a story about your summer vacation."
"Draw me a picture of your family pet."
"Tell me what you want to be when you grow up."

The grown-ups who issued those directives hopefully gave you some practice in creative writing, drawing, and... imagining the future?!?!

Just where do we learn how to imagine a future?

Our brains are hardwired to imagine futures that aren't all that different from the past and present. The very question "What do you want to be when you grow up?" reinforces the social expectation that we will grow up quickly and become a single, predictable thing! But personal growth is a lifelong endeavour, life expectancy keeps extending, and who among us wants to be just ONE thing for the next 90+ years?

In this session, we'll explore the patterns of our imaginations, ways to beat them, and how design thinking can help us imagine three *different* versions of ourselves in five years time.

Come and build your futurescope!

FRIDAY 7:30PM

Camino

Let's go for a walk

Behind The Hub

You're invited to enjoy a postprandial stroll with a "twist": creativity buskers. Previous encounters included: performances of all kinds (mostly interactive), a punk hair salon, ice cream, free hugs, karaoke stand, bubbles, ping pong... and more. This year? You will have to see for yourself! This daily outing is an opportunity to pick up new ideas, have fun, and connect with the community in a relaxed series of chance encounters.

SATURDAY 10:45AM & 1:30PM

Bouffon for Everyone: Make a painless life-lasting transformation laughing all the way

Massimo Agostinelli

Centennial Auditorium

The bouffon is the opposite of the clown. The audience laughs at the clown on stage, but the bouffon laughs at the audience. Based on medieval history and adapted to the present day, this workshop is for everyone. I have taught artists and non-artists of all ages and backgrounds, from people with no performance experience to those who have a strong desire to transform in an unforgettable, creative and hilarious way.

You will be challenged, pushed, cajoled, and tickled beyond your previously imagined limits. Explore and develop your mental and physical range through 'jeu'

(games), simple improvisations, bouffon performance skills, bouffon character development, ensemble thinking, collaboration, and sore abs (from laughter).

Bouffon is for people who want to break through barriers of any kind. This is a life-lasting experience that you will cherish forever. If you want — or need — to shake up your world in the funnest way you can imagine... this should do the trick!

Collaborative Decision-Making: Collaborate in the third third dimension

*Samantha Hurwitz, Marc Hurwitz, Ginny Santos
Centennial 15*

Join, Kirk, Spock and e-Qi8 aboard the Starship Enterprise to boldly go where no one has gone before, collaboratively!

Start by creating your character: The Federation seeks diversity of ideas and honors inclusive workplaces, so a wide variety of aliens from across the galaxy is encouraged. Next, your character will take its place on the ship. Captain Kirk will brief you on our mission and set the framework for decision making. Science Officer Spock will share relevant information. And e-Qi8 will facilitate, ensuring we follow good process and use the latest technology.

Together we share one purpose: to save the galaxy. And if we fail, remember; in space no-one can hear you scream!

Heaven on Earth: I love me, I love me not

*Laila Ghattas
Daniel Centre*

What if you can bring bliss into your experience NOW and integrate into the remainder of your time the best possible relationship with yourself? It doesn't matter what else is working in your life; you simply won't be happy for any significant amount of time or depth if you're not OK with you.

Discover and practice the tools of specific language and attitude shifts that inch (or catapult) you closer to heavenly joy while your heart still beats. The path of self-directed kindness, gentler inner dialogue, more accepting perceptions leads you to the most awesome (and surprisingly accessible) state of being: SELF LOVE.

Your choice. Your shift. Your love. Your life. Forever hold your peace.

Juicy Fruits of Implementation: Mindsets, emotions and surprising techniques for the preparation-for-implementation phase

Clara Kluk, Sylvain Rouillard

Court 4

You are in a creative problem solving process. You have clarified your challenge, found ideas, transformed them into solutions. You are now in the third third of the process: preparing for implementation. How do you feel? What techniques do you have in your toolbox to support you in this important phase?

We often talk about this third of the creative process as a return to reality, where rationality rules. And yet preparing for successful implementation is full of emotions. We are often aware of the emotions of the people "receiving" change, but don't give a lot of thought to the emotions of the people charged with "generating" it. And yet if the key implementers are not properly supported, they may not be at their best—particularly in stressful scenarios.

In this workshop we will explore ways to support implementers with intuitive, emotive, and artistic techniques. Come share our thoughts, and experiment with processes and tools designed to make preparing for implementation an exciting and "juicy" experience!

Lionhearted Creativity: Creative courage and resilience to gain at any loss

Nicole Dobinson

Court 6

As exciting as change can be, the loss involved in new beginnings is difficult. It can cause our creative mojo to wane and our hope to fade unless we dig deep to find the reservoir of gains that lie beyond the fear, tears and doubt. By exploring the change cycles of loss, gain and mastery, we'll do just that and work to build the lion heart of courage it takes to move resiliently forward through adversity with the creative power of head and heart still connected.

This is an experiential, hands-on, reflective session, that will have you sculpting new worlds out of clay and engaging in a whole system approach to creative prob-

lem solving for times of great change and need. You'll gain rebalancing tools to help you stay mentally and emotionally focused, hack the biological advantages of stress, and leverage the time-space opening of distress. In so doing, we'll transform the experience of loss into one of creative gain and exciting new growth.

Normals, Deeps and Weirds. Oh My!

Jay Aquilanti

Court 16

You've spend a tremendous amount of time clarifying your "How Might We" question — and once completed, you'd like to jump to the BIG IDEA. But wait! There's a lot of data out there informing your challenge. What do you do? There are clues you've got from your trusted sources. But your competition is doing the same. What do you do about the clues you haven't access to that easily? How do you build in clear, concise human truths that will propel your ideas from good to great? — and ahead of your competition!

In this session, we'll look at the critical area of exploring clues that are waiting to be found. In addition to learning the critical creative behaviors of intuition and curiosity, like any good detective, we'll deep dive into the search and discovery of key clues from consumers who have a normal relationship to your challenge; a deep relationship to your challenge, and most rewarding a WEIRD connection to your challenge in order to develop hunches and insight platforms, opening up a world of deeper and rewarding opportunities!

Solving the Diversity Puzzle: Accelerating creativity through equity and inclusion

Gina Paigen

Court 5

This interactive program is for anyone interested in creating an inclusive environment — in organizations, communities, at Mindcamp, or across the globe.

We will examine the research on why inclusion is important for creativity, innovation and organizational success. We will look at the keys to creating equity and inclusion— how to build a foundation of psychological safety, how to recognize and de-fang systems of privilege, and how to address the issue both from the top-down and the bottom-up.

Participants will leave with a set of tools to help develop short and long-term initiatives that will yield substantive and sustainable change.

WWJJD? What Would Joe and Jeanne Do?

Paolo Sbuttoni, Tamara Christensen

Outside Hub

We are delighted that Mindcamp will, once again, host the labyrinth. We are also honored to follow in the footsteps of our dear friends Joe Miguez, lab master, and Jeanne Chatigny, friend, mentor and muse, who gifted us with so many lessons and laughter.

The labyrinth is an ancient, sacred space in which you can explore deeply, answer questions, and question answers. Using a moving meditation technique, you will discover the opportunity to engage in creative dialogue with your inner mentor. You will learn from the experiences of others, share the gifts of the labyrinth, and engage in collaborative conversation.

Like any great story, this workshop will unfold in three acts: beginning, middle, and end. In the beginning, you will listen to yourself. In the middle, you will listen to the labyrinth. In the end, you will listen to each other.

Be forewarned: you may travel through the darkness before you arrive at the third third, a place where you will meet an unknown ally and, finally, see the light.

SATURDAY EVENING

Poster Session

Saturday 7:30pm • The Hub

A chance to showcase what you've done over the past year — creative projects, academic pursuits or businesses developments (think academic conference, but more, um ... rustic and creative).

Dance! Dance! Dance!

Saturday 8:30pm • The Hub

Starting with tango (with instruction), Mindcamp's annual Dance Night will progress into a wild disco freakout! Tango led by Nicole Dobinson, freakout led by Lee Kitchen.