

The Practice of Forum

Building transparency and authenticity in community



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“When you open the door toward openness and transparency, a lot of people will follow you through.” Kirsten Gillibrand

Tag/Category: Social - Building Community and Embracing Diversity
 Social - Communication Skills - Conflict Resolution
 Social - Communication Skills - Facilitation

Challenge:

In organisations and communities, we spend a lot of time organising, planning and making decisions. In the process, we risk becoming functions, rather than human beings with all our glories and challenges. Our emotional realities are always present and if we don't consciously make space for them, they will unconsciously take center stage. It might take many hours to take a simple decision, because underlying relationship issues have not been acknowledged. We have a tendency to take our lives too personally and to live without the great developmental opportunity that well-intentioned feedback can give us.

Solution:

In the practice of Forum, we come together in ongoing groups to share deeply and authentically what is alive in us. With skillful facilitation, an atmosphere of safety is created, which enables us to step out of our comfort zone and into deeper levels of vulnerability and creativity. We also start to see ourselves as an integral part of the whole and not an isolated fragment. As witnesses, we build the capacity to hold more of the richness and diversity of human experience without being triggered and without judging.

References

Handout: Forum

<http://www.zegg.de/en/community/zegg-forum.html>

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