



Energy, Creative Collaboration and Wellbeing in Organizations

In these Covid times we have developed a greater appreciation of the vulnerability of our bodies and our interdependence with each other and the natural world. As a work-around we have moved online in an attempt to fill the void and to continue as social beings connecting and collaborating.

The **Energy, Creative collaboration and Wellbeing (ECW)** conference over the last 12 years has evolved a design incorporating elements of traditional group relations along with various forms of structured and un-structured movement practices, such as a social dream matrix followed by "dreams move", intentional group walks through nature, singing and music making, visual arts and food preparation. The unifying principle of the conferences was that both the mind and the body inform the dynamics of the here and now. The body is the mind in fact.

ECW proposes that, in the awareness of the body and its needs, one becomes available to connect to the earth and its resources. As the world tentatively transitions back to being in physical presence there will continue to be major parts of our lives that continue online. What are the costs and benefits of being connected virtually? What do we learn, what do we miss and what are the consequences if we lose access to the embodied experience and forget our dependency on a healthy natural world?

ECW online is an emergent exploration attempting to answer how we might bridge the mind and the body transcending the two dimensional computer screen and feeling into that transitional perhaps even numinous space. Staff will be chosen by December, 2021. **Join us in this journey. Online and in the body.**

Fee > As ECW is a field of exploration for new thinking and a sustainable approach to the available resources, the 'money issue' has become a focus of attention. In the current economy there is a price for what one buys; so much one gives, so much one receives (but in reality it is a fictitious transaction). ECW would like to work from a basis of 'Trust&Generosity'.

There is a **suggested nominal fee of 12 £ \$ € INR etc.** Each member can offer what one can afford and what one thinks the participation is worth.

Date > February 4 & 5, 2022

Time > 3:00 pm to 9:00 pm (CET)

Info > ecw@ilnodogroup.it

STAFF

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