



Leif Hansen: Playformation. The Transformative Power Of Relational Creativity



Leif Hansen, founder of Spark Interaction, has enjoyed serving as an international speaker, team trainer, teacher & coach for over two decades. Experience playformation in a fun and interactive session with Leif. This is a session you will *love!*

TOP EMBODIMENT TIP: Find or create the support that you need to fully bloom. It's out there.

Playformation: Where It All Comes From

- **Authenticity** - related to “author” and “authority”. To be the author of your life and have a power of authority, be authentic. What game do you want to play? What if you could decide on the rules of the game? Play is about having an open mind, being experimental, creative, cooperative, collaborative.
- **Sense Space Meditation**- Look around the room at 5 things. Find 4 things to touch. Quietly listen for 3 things. Smell 2 things. Taste 1 thing.
- **Hum - Humour** - not taking oneself too seriously. **Humility** - not trying to be more/or less than you are. **Humanness.**
- **Yes and...** - the spirit of collaboration. Notice opportunities and say yes to *value and adding value*.
- **Clown bow** - when a clown makes a mistake, they do a bow to celebrate the mistake. ***Awkward is a new forward.***

Playformation Flavors: Check-Ins, Ice-Melters, Energizers And More

- **Check-ins** - how is everyone doing. E.g. *Check-in rose* - what's your rose, your bud, your thorn. *Shape Check-in* - everybody takes a shape of how they feel at the moment. Now take a shape of how you want to feel. Make a sound with it. You can mirror it back to the person.
- **Ice-melters** - what is it that needs to be melted? Fear and underneath it there is trauma. How to make people overcome their ego and feel human too? E.g. *Gibberish conversation* - a great way to get past our linguistic dominated mind. *Pass The Face* - make a face and sound and pass it onto someone else. *Hat maker* - turn camera off and you have one minute to make a hat.
- **Energizers** - *Yes !!! Let's* - at any point someone can say “let's...!”, everyone else shouts “Yes!!! Let's!” and they start doing until someone shouts another “let's...!”. *Sentence Stamps* - e.g. “I like”, “I know”, “I want”, “I feel”, “I'm learning”, “I'm opening to”, “I am”. *Tarot cards* - one person names the area of their life they want to learn more about. Others move freely and then freeze in one pose. The first person looks at the poses as tarot cards - past, present and future - and say how they read it. The posing people say how it felt to be in this pose.

Resources

- ❖ **Books:** “*Improv Wisdom*” by Patricia R Madson
- ❖ **Website:** sparkinteraction.com / leifhansen.as.me
- ❖ **Contact:** leifhansen.as.me/bizconnect / Leif@sparkinteraction.com
- ❖ **Workshops/Events:** www.TheSparkLife.org



Leif Hansen





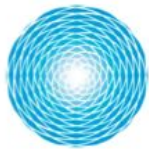
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Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



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