

WHAT IS SCULPT?

It's a way of using "extra-sensory" perceptions (intuitive)

* being parts of a system without naming them.

Different contexts:

- Organisational setting
- family patterns
- Need backseat facilitator
- Sculpt doesn't have to have a "star".
- Use as minimum words as possible

→ ask everyone to "sculpt" the role of someone else

Process (one possible among others)

- Call for a star.
 - ⚠ star breathes differently after being chosen. (because of fears, anger)
- Breathe with the star, make it visible, make eye contact, touch when appropriate - then bring breathing down to "alpha level" (inner child level)
- look for wondering in star's eyes. Draw an organizational map - Make sure not to break contact. Ask for archetypes.

- Ask for 3 attributes for each characters on map -
Watch out for not going to "beta level" (hints: words like "should", "but" ... - look for intuitive answers)
- Maybe give a break. Touch star and say "Now I'm going to talk to the group" - (gives time to the star to read/absorb the map)
- "Ok group, now it's your turn" - etc - keep one eye on the star.
- Let the star pick who's going to play what role (prime map if not enough people to play all roles)
- Ask the star to "direct" the script. "Who would you (the star) like to come to the script first?"
look for "key figures".
As facilitator, look for and start with placaters.
Ask star "do you think x is comfortable? Something you want to tell them? Some way you want to help?"
→ get the star to - get in control
- probe the system
- try out new ideas
- Sense moment when it's ok time to stop -
"Do you feel comfortable with situation now?"
- People stand in a circle, shake up their roles - Bring closure

Don't try to facilitate

- before having been in at least 3 scripts
- with no backseat facilitator
- in a not supersafe environment first time.