



NextFood has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 771738.



Funding: Horizon 2020, European Union

Call: Rural Renaissance – Fostering Innovation and Business Opportunities

Topic: RUR-13-2017 Building a future science and education system fit to deliver to practice

Grant agreement: No 771738

Duration: May 2018 to April 2022

Coordinator:

Dr Martin Melin, Swedish University of Agricultural Sciences, Alnarp, Sweden

WEBSITE:

<https://www.nextfood-project.eu/>



Nextfood - Educating the next generation of professionals in the agrifood system

Practice Abstract #50: Facilitator's Guide to Visioning for Success

Author: Katherine Flynn (ISEKI-Food Association)

Visioning is a core competence for learning in e.g., agrifood. To lead visioning, the facilitator needs a script for a desired success and the participants should be in a quiet place able to write. The facilitator leads 2 minutes of relaxation, slowly: "To relax your body and your mind gently rub your hands together, press them against your face and give yourself a little face rub." Then guidance on relaxed breathing. Then: "Bring your focus to your feet, feel your toes, squeeze them and feel them relax. Move your focus to your lower legs." Continue through the body. Then: "Feel a gentle flow of energy relaxing your brain, face, neck, and entire body." Pause. Now the facilitator leads a time travel to the moment of imagined success. In the case of FoodFactory-4-Us: win a competition, at a conference to present, an organizer asks for a summary. The facilitator reads a script of 3 minutes: "Imagine that you can travel into the future." Detail on this until the desired date. "You are in Brussels, invited because you won." Name some local sights. Then: "Now, you enter the conference center." Then more and more detail on the exact circumstance of success. "Imagine the registration desk, the crowd, the person saying, 'Hello I am the head of the Scientific Committee. I recognize you as the competition winner.'" "Please, tell me about your project?" Now the facilitator must allow participants to see and hear themselves as successes in silence of 1 - 2 minutes (not easy). Then participants write the features of their success. This is an inexpensive way to teach, what is for many, a new competence. Visioning success is recognised in the sports world as an important part of training. The facilitator must be prepared via several rehearsals of the script so that the reading is natural.



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Practice Abstract #50 Guía del facilitador para la visión del éxito

Author: Katherine Flynn (ISEKI-Food Association)

La visión es una competencia fundamental para el aprendizaje, por ejemplo, en el sector agroalimentario. Para dirigir la visión, el facilitador necesita un guión para el éxito deseado y los participantes deben estar en un lugar tranquilo para poder escribir. El facilitador dirige 2 minutos de relajación, lentamente: "Para relajar tu cuerpo y tu mente frota suavemente tus manos, apriétalas contra tu cara y date un pequeño masaje facial". Luego, guía la respiración relajada. A continuación: "Lleva tu atención a los pies, siente los dedos de los pies, apriétalos y siente cómo se relajan. Lleva tu atención a la parte inferior de las piernas". Continúa por todo el cuerpo. Luego: "Siente un suave flujo de energía que relaja el cerebro, la cara, el cuello y todo el cuerpo". Haz una pausa. Ahora el facilitador dirige un viaje en el tiempo hasta el momento del éxito imaginado. En el caso de FoodFactory-4-Us: ganar un concurso, en una conferencia para presentar, un organizador pide un resumen. El facilitador lee un guión de 3 minutos: "Imagina que puedes viajar al futuro". Detalla esto hasta la fecha deseada. "Estás en Bruselas, invitado porque has ganado". Nombra algunos lugares de interés local. Luego: "Ahora, usted entra en el centro de conferencias". Luego, más y más detalles sobre la circunstancia exacta del éxito. "Imagina el mostrador de inscripción, la multitud, la persona que dice: 'Hola, soy el jefe del Comité Científico. Le reconozco como ganador del concurso'". "Por favor, cuénteme su proyecto". Ahora el animador debe permitir a los participantes verse y oírse a sí mismos como triunfadores en un silencio de 1 a 2 minutos (no es fácil). A continuación, los participantes escriben las características de su éxito. Esta es una forma económica de enseñar lo que para muchos es una nueva competencia. La visión del éxito está reconocida en el mundo del deporte como una parte importante de la formación. El facilitador debe estar preparado mediante varios ensayos del guión para que la lectura sea natural.