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

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

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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.