Simplicity workshop reflection

By EcoFaith Recovery Intern Noah Gerlach

On Wednesday, for the first time in my 18 years of life, I facilitated a workshop that I also designed. As far as first experiences go, I could not have asked for a better one. I was confident (having a patient, thoughtful audience undoubtedly helped me), which allowed me to keep calm, which allowed me to make good decisions concerning content and timing for my session.

I only had 45 minutes to do my workshop due to a late start. This forced me to shorten the length, and in the process, I was unable to use any of the situations. I also had to combine parts three and four. It would have been interesting to see what I could have done with an additional 15 minutes.

There were some things that I could have done differently. I used some audio clips, but there was room for more. My delivery was not perfect, but practice is the key to improving that, and it was only my first time. If I do this workshop again, the words will come even easier than they did this time around.

Something cool I found out about facilitation is that the people on the other end of the discussion present new viewpoints on the subject being discussed. One camper talked about the deceptive advertisements shown by corporations such as Apple. He said that the ads cause you to think that the very products damaging your quality of life (i.e. IPhones) are making it simpler (through features such as calendars and reminders). He also said that great economic change will come along with changes in the government.

In conclusion, my workshop went very well, with room to improve (and I certainly will with time). I was exposed to ideas I haven't thought of before, and I got to share the fruits of my internship with intelligent people who will change the world positively in different ways.