

Ah!Wake - Course Outline*

Day 1: Transformation and Unlearning

Introduction

Things are Worse than We Know

The problems that plague our world are interconnected, unsolvable through present mindsets and processes, and fast approaching a perfect storm in a way that many of us are not conscious of.

Transformation

Our only chance of bringing the world back from the brink is to transform ourselves, and our societies. This is easier said than done. In this segment, we explain what transformation really is and how we can embark on such a process.

Unlearning

Our own specific beliefs, biases, value judgments, attitudes and feelings form the lens through which we see the world. In this segment, we help you to go behind your lenses and examine them.

Day 2: Mind and Meaning

The Human Brain

The human brain is the only tool we have to process the world around us. Yet, we have very little knowledge of what happens inside our own brains. We teach you how the brain 'runs' us and our ways of seeing and engaging.

Critical Thinking

Very few of us really think. Even fewer of us think critically. Most often we worry, feel, obsess, dream, brood, rationalize and justify. Critical thinking is a distinct, specialized, disciplined process based on reason, evidence and asking the right questions.

Creativity and Imagination

Creativity is a process of creating original ideas that have value. It allows us to imagine what does not exist right now. Our role in the world is limited if we cannot tap into our creative potential.

* Please note: this was the course outline for the Ah!Wake conducted from the 3rd to the 6th of July, 2014. While the basic structure will remain intact, the specifics of the course outline may change for future programs.



Day 3: Identity and Sensibilities

Identity

Our identity tends to be complex, and much of what we tell ourselves about who we are is not wholly clear even to us. This has a direct bearing on how we are in the world and what we do with our lives.

Re-Visiting our Sensibilities

Our ability to distinguish between beauty and ugliness, tasteful and disgusting comes from our sensibilities. Some of this is a part of our 'evolutionary DNA', the rest is cultivated through experience and even careful nurturing. A coarse and 'practical' sensibility limits our ability to see the complexity in the world and even ourselves.

Day 4: Engagement and Collaboration

Engagement

In order to holistically address any of the world's problems, it is essential that we engage with other people - especially the ones we don't agree with. How do we do this? What are the challenges? Is it natural or even possible?

Collaboration

When you collaborate with another person, you cast aside your own individual identity and create a new entity with your collaborators. Many societies are naturally more competitive than collaborative and hence do not have effective knowledge or skills to be collaborative. In this segment, we show you how we can change that.

Closing

How can you take the learnings from this training back home, to work and to your communities? Each of us may find different ways, regardless it is important that we do so.

