

15.316 – Universe Within
Wednesday, June 1 Outline

11:00 a.m. - Intro to Universe Within (60 minutes)

1. Welcome to LFM.
2. 2. The place of leadership component in LFM, its goals and history, including intro to skill level – practice – reflection. Outline of Universe Within.
3. Relaxation exercise – break from outside (10 min) do it briefly – quiet, breathe. Can start with perceptual enlargement. Try to see at the periphery; hear things further away. De-focus, open up, slow down. Smell the roses.
4. Ground rules for Universe Within and leadership component in LFM (15 min)
5. Check-in, our first attempt at dialogue. Tell us something you can do that somebody else finds amazing. What are you feeling right now? Or your goals for coming to LFM? “I’m in.” (20 min).
6. Within-team check-in, give teams a name (15 min).
7. Mirror exercise. Discuss leading and following (15 min).

12:30 Lunch

1:45 Team Work

1. Teams form a square blindfolded. Teams form triangle mute. Teams form “house” blindfolded and mute. One minute to plan. Second try to form house. Discuss what teams did well; could improve. What does it feel like to lead and follow? (20 min).
2. Introduce Desert Survival exercise (5 min).
3. Individual reading and answers (10 min).
4. Go off in groups to get answers, one person is observer, e.g., someone who has done such an exercise before (45 min).
5. Reflect on exercise twice around the group: 1 good thing, 1 observation.
6. Reconvene to discuss the exercise (30 min).

4:00 p.m. break

Dead Poets’ Society at 4:30 – 6:30 p.m.