

## Coaching: Co-creating competences with local people and peers

Working and reflecting with people in an  
inter- and transdisciplinary settings



In this session we will build on the input on co-creation of competences with local people and peers and reflect challenges and best practice experiences in the group. In fact, we do co-create and extend our competences regarding inter- and transdisciplinary methods of collaboration.

**Expected Outcome**      Develop personal transformation skills

**Coach**                      Karin Zbinden, BFH-HAFL, Professor of Social Sciences

**Format**                     Coaching session; Socratic, based on experiences of participants  
(to be visualized in different forms)

**What to bring**             Concrete experience and questions in relation with working with  
people in inter- and transdisciplinary settings

Ideally, they attended the session with the input on the same topic  
before joining this session (but not compulsory)

**Input: Co-creating competences  
with local people and peers**

**Working and reflecting with people in an  
inter- and transdisciplinary settings**



In a short overview we reflect on knowledge, skills and attitude needed for inclusive collaboration with people in inter- and transdisciplinary settings. Short exercises allow an analysis of our own competences and potentials for personal development.

<b>Expected Outcome</b>	<ul style="list-style-type: none"><li>• Attitude of personal and collective positive growth</li><li>• Mindful awareness</li><li>• Partnering expression</li></ul>
<b>Coach</b>	Karin Zbinden, BFH-HAFL, Professor of Social Sciences
<b>Format</b>	Input session
<b>What to bring</b>	Concrete aspect of your project which includes working with people



## Input and Coaching: Transdisciplinary work – an introduction



Transdisciplinary work is an essential topic for the Alpine Changemaker Basecamp as it is for alpine changemaking projects in general. But what does “transdisciplinarity” mean concretely, which skills are needed and what are the practical challenges for the work and collaboration in transdisciplinary projects?

The workshop offers a practice-oriented introduction into transdisciplinary project-work. We will start with a conceptual input including examples referring to the work at creativealps\_lab (Zurich University of the Arts). In a second step participants are asked to present a summary of their project ideas or ongoing “changemaker-projects” in order to discuss together challenges and perspectives regarding the transdisciplinary dimension of the different approaches.

During the related coaching session, the participants will have the opportunity to get individual support.

**Expected Outcome** Not specified

**Coach** Irene Vögeli; professor at Zurich University of the Arts  
Jens Badura; Freelance philosopher berg\_kulturbüro

**Format** Input session and related coaching

**What to bring** curiosity; project ideas

## Exploring the applicability of Object-Oriented Ontology to impact design solutions in the Anthropocene

What do we make of the various encounters between human and non-human embodied materiality across the cultural, creative, and scientific spectrum?



Contextualizing the Anthropocene as Universal Discourse

- human as a geological force
- subject as object

Ontological Differences between HCD and Absent Human Object

Importance of a Flat Ontology in Philosophy of Design

Inform about the applicability of OOO in participant project development

<b>Expected Outcome</b>	Understanding of OOO philosophy concepts of the sensual and real qualities of objects, and their relations, to enable equitable and just design outcomes
<b>Coach</b>	Michael Schuster, BASIS VINSCHGAU VENOSTA, Project Manager
<b>Format</b>	Input / informative session with interactive elements
<b>What to bring</b>	attention, curiosity, pencil and paper

## Creative thinking and collaboration

### to turn constraints into possibilities

What if something completely unpredictable happens? How to deal with it? Forget the “always done this way” and wear your thinking hat.



How to react to the unexpected? Through the instrumental presentation of two case studies, participants will be involved in a workshop of lateral thinking development to understand how to react to emergencies and develop innovative ideas and projects to turn a constraint into a possibility.

<b>Expected Outcome</b>	Different approaches and multiple reactions and proposals to the same situation will show that there is not only one good way to approach a challenge. Participants will be more conscious on how to face a problem from different perspectives with an interdisciplinary and intergenerational approach can help them in elaborating innovative solution to deal with obstacles and emergencies and to design the future in the Alps
<b>Coach</b>	Uberto Anesi and Serena Curti, Step-Scuola per il Governo del Territorio e del Paesaggio, tsm-Trentino School of Management, Educational project managers
<b>Format</b>	Input related coaching (laboratory based on case studies presentation)
<b>What to bring</b>	Enthusiasm and Open minds; heads ready to wear different hats



## What empty buildings could be?

Investigative and arts-based research tools

Existing buildings can be interpreted as bodies of knowledge – they are full of stories, artefacts, meanings and traces. Through the testing of different exploratory and investigative tools an inventory will be created. The questions of function, context, language and time are reflected and translated into first ideas. The center of this session is the involvement with the existing. Buildings and places can be understood as hybrid contexts shaped by human interactions, which are strongly defined by the actions of their users and their social and cultural stratifications. We claim for an architectural practice as an active building culture: a conscious rethinking, reusing, connecting and upgrading of the existing to open up new possibilities.

<b>Expected Outcome</b>	<ul style="list-style-type: none"><li>- Awareness for the built environment</li><li>- Site-Writing as a research and design tool</li><li>- Experimental and visionary ways of working</li></ul>
<b>Coach</b>	Anna-Lydia Capaul, University of Liechtenstein
<b>Format</b>	Workshop format with input and group work
<b>What to bring</b>	Sketchbook, laptop



## How to enhance biodiversity – using the example of gardens?

What are the main elements for more species richness?

During the session, we will have a short input on the topics of Biodiversity and Gardens in Valposchiavo. We will look at different gardens and find out more about flora and fauna in Poschiavo.

<b>Expected Outcome</b>	Participants learn about biodiversity and the factors that lead to more species diversity using the example of a garden. Understand ecosystem service: Provisioning Food.
<b>Coach</b>	Susanne Reichhart, Landscape Planner and Botanist; ANL Academy of nature conservation and landscape management
<b>Format</b>	Compare different gardens and analyse biodiversity
<b>What to bring</b>	Outdoor cloths, sun protection or raincoat



## Herbal Hike

Morning walk around  
Poschiavo

Let's go for a morning walk and collect some herbs for a bread-spread

<b>Expected Outcome</b>	Participants get to know alpine plants of the region and learn more about them: <ul style="list-style-type: none"><li>• Edible plants in the region, interdependence of nature</li><li>• Understanding of natural surrounding</li><li>• site-specific knowledge</li><li>• Alpine space understanding</li></ul>
<b>Coach</b>	Susanne Reichhart, Landscape Planner and Botanist; ANL Academy of nature conservation and landscape management
<b>Format</b>	Excursion
<b>What to bring</b>	Headlamp, hiking boots, outdoor clothes



## Searching for sensual and real object in the materiality of being / non-being



How do we make perceivable the invisible dimension and repository of non-existent objects in the ontology of cultural practices?

Classification of Meta-ontologies

- flat, ordered, structured
- Theory of Objects in Meinongs Jungle (Absistence/ Subsistence/ Existence)
- Ontography & Transformative Events
- Non-existent beings, fictional objects and imaginary worlds
  - language, narratives & metaphor

<b>Expected Outcome</b>	Understanding inequality in the invisible layer of equipment & semantic items (classes, types, variations, elements). Comprehending an Archetypical (Linear) Character (Pattern)
<b>Coach</b>	Michael Schuster; BASIS Vinschgau
<b>Format</b>	Input / informative session with interactive elements
<b>What to bring</b>	- Curiosity, openness (TS) - Philosophical curiosity (MET) - Willingness for personal and collective growth (TS)



## Biodiversity and species richness

The direct and indirect contributions of ecosystems to human well-being

In a short overview we learn about biodiversity, and the importance of pollinators, soil biota and species richness in general. Why is a functioning ecosystem important? What are the benefits for caring about it? We will do some experiments and analysis on soil and water.

**Expected Outcome**

- Awareness for natural surroundings, non-human life
- Understanding the life-support functions
- Knowing the impacts on Biodiversity

**Coach**

Susanne Reichhart, Landscape Planner and Botanist; ANL Academy of nature conservation and landscape management

**Format**

Input, experiments

**What to bring**

Aspect of your project that deals with natural surrounding

## Bat Excursion

A walk around Poschiavo



When we go to sleep, they get awake. Let's learn about the fascinating world of the only flying mammal. Where do bats live? What do they eat? Why should we care about them?

### Expected Outcome

- Participants observe bats and learn about their life cycle.
- Awareness of human-non-human interaction, interdependence of nature
- Understanding of natural surroundings
- site-specific knowledge
- Alpine space understanding

### Coach

Susanne Reichhart, Landscape Planner and Botanist; ANL Academy of nature conservation and landscape management

### Format

Input, moderated PBL (exercise)

### What to bring

Flashlight

## Science, Design and Transformative Practice: Systemic Design Principles and Tools for Change in the Real World

How mental models inform  
transformative action and leading  
to seeds of systemic innovation –  
based on real-world  
experimentation



We practice the “step” from systems thinking to action: How to develop our own thinking (“mental models”) by using Systemic Design Principles (as kind of “cooking recipe guidelines”) that inform practical projects and events – using Tools for Change that enable transformative action. We learn ways to hybridize (combine) Science and Design to nudge impact in complex social-ecological environments. We tune such practice to participants’ own projects and reflect on your own experiences, and how to use Systemic Design Principles and Tools for Change in your own realm.

<b>Expected Outcome</b>	Become a more conscious systems thinker having more impact in the real world  Acquire systemic design skills to bridge the powers of science and design for real-world action  Learn Tools for Change to better drive impact
<b>Coach</b>	Tobias Luthe, Director MonViso Institute; Professor for Sustainability and Systemic Regenerative Design; Mountain Guide, MonViso Institute /ETH Zurich /AHO Oslo /Grown Design, <a href="http://www.monviso-institute.org">www.monviso-institute.org</a> , <a href="http://www.tobiasluthe.de">www.tobiasluthe.de</a>
<b>Format</b>	Real-world story start – Topical input – Sharing experiences - Coaching related with participants’ projects
<b>What to bring</b>	Curiosity and openness to hybridize science and design to nudge transformative action in the real world Interest in systems thinking/mental development and practical tools Outdoor mindset and clothing

## Problem Based Learning in inter- and transdisciplinary teams

Defining the relevant questions and activities based on shared knowledge from different fields of expertise for a straight-forward collaboration for inter- and transdisciplinary collaboration



During the session we will have a short input on the mechanisms of Problem Based Learning (PBL) before realising steps 1-5 of the 7-step method on the topics of Gardens in Valposchiavo. You will be astonished how much you learn about gardens in a short time.

<b>Expected Outcome</b>	Participants know about the opportunities of inter- and transdisciplinary work and have experienced and reflected a PBL process
<b>Coach</b>	Karin Zbinden, BFH-HAFL, Professor of Social Sciences
<b>Format</b>	Input, moderated PBL (exercise)
<b>What to bring</b>	-

## The View from Above – taking a drone’s view to zoom out and zoom in on what matters most

A drone flying workshop on  
complex challenges and how to  
identify leverage hubs



We intent to change complex systems. How to do that? Where to start? How to become successful, how to create lasting impact? We use the fun practice of flying drones and taking a bird’s eye view of complexity. We learn the concept of leverage (hubs/points) by zooming out of a complex problem to zoom in on what matters most. We discuss analogies with the real world of an Alpine Changemaker and refer to your specific projects.

<b>Expected Outcome</b>	Learn to fly drones Understand and apply the concept of leverage Better admire and deal with complexity
<b>Coach</b>	Juggle with mindful processing of systemic innovation Tobias Luthe, Director MonViso Institute; Professor for Sustainability and Systemic Regenerative Design; Mountain Guide, MonViso Institute /ETH Zurich /AHO Oslo /Grown Design, <a href="http://www.monviso-institute.org">www.monviso-institute.org</a> , <a href="http://www.tobiasluthe.de">www.tobiasluthe.de</a>
<b>Format</b>	Hiking/moving outside – Drone flying – Reflective discourse – More drone flying - Sharing experiences - Coaching related with participants’ projects
<b>What to bring</b>	Curiosity and openness to learn to fly drones Patience and mindful acting with the technology Interest in systems Outdoor mindset and clothing

## Meet your inner changemaker



What has “changemaking” to do with ourselves?

What changes have we been confronted with in our lives and how do they influence our ability to bring change into the world?

An invitation to a journey of discovery.

**Expected Outcome** Be aware of resources and lacks in changemaking processes, about ingredients for change, about inner attitude.

**Coach** Christina Thanner, CIPRA International

**Format** activity

**What to bring** Things to sit down comfortably