

<b>JUMP!</b>	<b>Cooperation</b>	<b>COOP unit 1</b>
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<b>Learning outcomes</b>	<b>Level 5</b>
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<b>RESPONSIBILITY AND AUTONOMY</b>
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- Choose, prepare, adapt and facilitate a wide range of tools and methods to cultivate co-operation in training and building
- Apply principles from ecosystems to training and building activities to improve learning and cooperation
- Explore cooperation with place, time, people, nature, senses...
- Initiate, facilitate and respond flexibly to group dynamics
- Inspire interaction with and sharing of materials, tools, ideas, knowledge & skills, feelings , etc.
- Nurture group well being
- Manage roles, responsibilities and resources inclusively and lead learners to a common goal

<b>KNOWLEDGE</b>	<b>SKILLS</b>
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<p><b>PRINCIPLES AND CONCEPTS</b></p> <ul style="list-style-type: none"> <li>○ What is cooperation and why is it important for planetary health and change towards regenerative cultures?</li> <li>○ Participation, cooperation, collaboration, contribution, etc.: beyond the definitions, what do we cooperate with?</li> <li>○ Learn from cooperation principles in ecosystems: Living systems, reciprocity, interdependence, synergy, collective intelligence...</li> <li>○ Unconscious pattern behind group dynamics (co-regulation, mirroring, life cycle of a group, family influence)</li> </ul> <p><b>APPROACHES</b></p> <ul style="list-style-type: none"> <li>○ Cooperation based teaching, learning, building: handle materials, tools and ideas together for the empowerment, freedom and growth of each and everyone</li> <li>○ Team building and group dynamics for cohesion, resilience, inclusivity, diversity, equality</li> <li>○ From cooperation to co-creation - making space for the unknown/unfolding/beyond planning</li> <li>○ How to use communication supportive to cooperation, rooted in tradition (oral culture)</li> </ul> <p><b>METHODS, PRACTICES AND TOOLS</b></p> <ul style="list-style-type: none"> <li>○ Major non violent communication models</li> <li>○ Core practices sustaining cooperation aimed at training and building: <ul style="list-style-type: none"> <li>- Attunement</li> <li>- Gratitude and Appreciation</li> <li>- Group agreements, Roles and responsibilities (keepers), Give &amp; Gain</li> <li>- Play</li> </ul> </li> <li>○ Tools and activities for <ul style="list-style-type: none"> <li>- Team building</li> <li>- Group decision making processes</li> <li>- Group reflection and review</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>○ Communicate to individuals and groups <ul style="list-style-type: none"> <li>- timely and effectively (before, during after training)</li> <li>- respectfully and with empathy</li> <li>- listening &amp; responding to needs</li> <li>- enabling consensus</li> <li>- inspiring and engaging</li> <li>- mindful about stress and conflict</li> </ul> </li> <li>○ Offer and facilitate cooperative activities and co-creative processes</li> <li>○ Support clear and flexible roles and responsibilities</li> <li>○ Value diversity</li> <li>○ Choose when to work in smaller groups</li> <li>○ Vary and adapt the size and composition of teams</li> <li>○ Facilitate and manage team work</li> <li>○ Guide attunement, opening and closing circles</li> <li>○ Use group agreements and keepers</li> <li>○ Invite to and show gratitude and appreciation</li> <li>○ Make space for play</li> <li>○ Use tools and processes <ul style="list-style-type: none"> <li>- to create teams</li> <li>- leading to group decisions</li> <li>- for group reflection and review</li> <li>- to manage conflict</li> <li>- to lower stress</li> <li>- for networking</li> </ul> </li> </ul>
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