

Mindful Making: *What are we curious about?*

with Jessie Upton

2023 TLCC Orlando

Hello

I'm Jess.

My pronouns are they/them. I am proudly neurodivergent.



I am fascinated by all things experience, systems design and anything tactile process = creative thinking.



I'm the Visitor Experience Manager at Melbourne Recital Centre in Melbourne, Victoria, Australia.



I'm a Creative Arts Therapist (AThR). I have a Masters Therapeutic Arts Practise from MIECAT - the Melbourne Institute of Experiential Creative Art Therapies.



Fast Facts



What are we doing?

This is an invitation to come together and reflect on everything we have learned at TLCC. With the opportunity to engage multimodally - you can express using whatever material you wish to.

We are getting curious!

What aren't we doing?

NOPE

- Therapy!
- Making masterpieces!
- Treading deeply or sharing anything that we are uncomfortable with.

Instead...

- This is time to engage reflective practice.
- No artistic skills required, expected or needed!
- Whatever you give is enough.

Yep

We are guided by...

MIECAT form of Inquiry

Three questions:

1. What have you come to know?
2. How have you come to know it?
3. What will you do with what you have come to know?

Shifting perspective:

Right, enough of my chit-chat!
It's time to...

CREATE
create



Amplification and Reduction

Looking back
Right now
Looking forward



Step One: Zoom out

Take a birds-eye view and let's zoom out - reflecting on the last few days. Can you find two experiences/moments that spark curiosity or stand out to you?

Step Two: Zoom in

I invite you to zoom in on these two things and represent them using whatever materials or tools you wish to. For example - your representation could be a simple movement, a big colourful picture, the folding of paper, a sound or some marks on a page.

Step Three: Pause

Let's pause for a moment and bring our attention just to what we have represented. I invite you to consider how your two things/moments interconnect. If they are separate, what is the space between them? If they are connected, where do they intersect?

Step Four: Reflect

I now invite you to reflect on those three questions. From engaging with your representation, what have you come to know?



Want to connect ?



I'd love to get to know you!
I'm on LinkedIn as Jessie Upton, or find my profile via Tessitura Network.



I'm slowly building my practice and will be starting some guided mindful making sessions on Twitch soon!

emergent : creative