

Mindful Stories

You regularly walk. You like to walk. You can be for a variety of reasons. Today the route is well known. Your attention is not on the corner of a shop? We are eyes closed. Parts of the walk are strange. darkly against developments with good connections. belong and to know that this is hard to make out any more. neighbourhood, but it might not know why but mine of this part.

The Challenge

In solitude or with others, some things are too difficult to be dealt with directly.

Sometimes we need to find a way to address underlying issues by circuitous means. My starting point is two-fold. It can be summed up by the two following sentences:

- We are needful of harmony with each other.
- We are needful of peace with ourselves.

By 'needful of harmony with each other' I refer to the quality of the relationship we have with the others who come into and move out of our lives.

By "needful of peace with ourselves" I refer to the quality of our self-knowing.

By use of the Mindful Stories you and your team can address issues which are often beyond easy solution.

Our Approach

The Bayswater Institute prides itself on not using pre-packaged approaches to working with you. By 'starting where you are' our approach is to bring a portfolio of methods and techniques that match your organisational needs. Through decades of experience in organisational development, consultancy and evaluation the *Bayswater Way* is to engage and respond to the unique needs of you and your organisation. The Mindful Stories workshop draws on this and builds on the valuable and various mindfulness methods which are widely available.

What are the stories?

The intention of mindful (I think of them as subliminal) stories is to provide prompts or 'calls' to mindful consideration of the various elements of our inner relations. In reflecting on the stories used by this method, you are encouraged to reflect upon your Self and your Self with others and with things. Others like your family, work groups and friends. Things like nature, technologies and events in your life for example, interviews and holidays. The fiction in the story can lead you deeper in reflection via the means of the 'safe' space which the fiction, because it is a fiction, creates.



Artwork by Rachel Furze



Simon Bell
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Professor Simon Bell has more than thirty years' experience in exploring the signature of groups. He has worked in over 40 countries and with over 100 organisations ranging from the United Nations and the European Union to small UK based charities. He is currently Chief Executive Officer of the Bayswater Institute in London. Much of Simon's current work relates to the identification and alleviation of fear in organisational settings.

Insight from fiction

Prompted by the stories, you are invited to reflect. This in turn may lead to:

- questioning your motivations and motives,
- assessing your strengths and your weaknesses,
- considering your impact on others and their effects upon you.

You may find the stories mirror some obvious and explicit event in your life; you may find that the stories address implicit (implied or suggested) and subliminal (below the threshold of consciousness) sources of concern and anxiety.

The workshop ends with a reflective space which allows the joined-up learning of the half day to be shared.

Outcomes of the day

The approaches used in the workshop develop what are sometimes called 'future memories.' This term characterises a state of mind that is sensitised to challenges and barriers that are implicit or tacit and embedded in 'the way things are done.' This outcome is powerful in providing approaches to individual insight and group interactions that are focussed on unlocking ways forward through perceiving where the barriers actually lie.

The prompts or 'calls' contained in the stories are invitations to sublimate:

- to look below the surface of your accustomed responses to yourself, your social context and your relations with the things that surround you
- to allow new ideas and responses to emerge.
- to re-focus from the task in hand to the task below, enabling freedom from restrictions, allowing us to move 'through the walls' of the presenting problem.

By engaging with the mindful stories process you will be able to reflect better, think outside the impositions of 'life as usual', consider the harmony between individuals and contextualise your own self-knowledge to the needs of others.

Further information

For further information please visit the Bayswater Institute at: <https://www.bayswaterinst.org/>

For further information about the BECM and Double Task methods:

<https://www.bayswaterinst.org/publications/>

For more information about Simon see:

<https://www.bayswaterinst.org/professor-simon-bell/>

Cost of the Workshop

The workshop costs £1000 + VAT plus travel expenses. Up to eight people can be accommodated in one workshop.

For more information on the Mindful Stories and an example of one of them see: <https://www.bayswaterinst.org/2019/01/02/subliminal-stories-a-bi-method-developed-by-simon-bell/>