



22 MAY > 26 MAY '17

PUGLIA

THE SOCIAL RESIDENCE

Energy Labs for Changemakers

PROGRAM

PROGRAM & COACHES

Start: May 22nd at 12h00
End: May 26th at 17h30

DAY 1

Leaving everyday life, meetings and deadlines aren't easy. But since you've made it to The Social Residence, you're halfway there. Shake off your final lingering to do's and relax. A soothing welcome with apero and lunch will get you and your fellow participants in the mood. Be gentle for your senses and prepare to dive into the deep.

In a first session we focus on energy givers and takers, related to you, your work and your project. We practise body and mind in a yoga session on the beach. An authentic Italian dinner in the Puglian sunset is your earthly treat to end the day.

DAY 2

We start the day with meditation on the rooftop terrace. Your challenge today? You get an introduction on human centered design and apply the human centered design principles to your project with exercises, coaching and peer to peer learning.

After the yoga session it's time to set aside the daily work. The Social Residence welcomes three Italian grandmothers to its kitchens. Learn from the 'nonne' how to make the most delicious pasta and enjoy your enchanting self-catered Apulian dinner.

DAY 3

A fresh start with meditation or yoga. We continue shaping your project applying the human centered design principles, with today's focus on user experience and social impact. We foresee additional energy sessions according to your needs.

Off course, your gastronomic wellbeing is on our minds. In the evening we invite you to join a wine and olive tasting that brings together the whole essence of the surrounding Italian countryside. After the yoga session it's time to set aside the daily work.

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DAY 4

Starting the day with meditation.

Today's working sessions will help you further shape your project. We foresee different opportunities based on your needs (e.g. prototyping, finance, communication...), followed by a session focusing on storytelling and pitching. Breathe in during the daily yoga session, now in the calming setting of an ancient olive yard. Breathe out during a last healthy and generous dinner followed by live music at the premises.

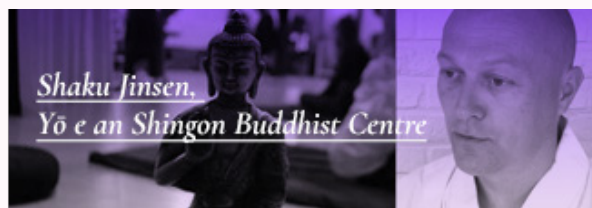
DAY 5

Starting the day with meditation.

All participants pitch their advanced projects to each other and get final feedback from their peers and the coaches. We close the day and the week with a positive energy session. Let us show you how to take this week's momentum, drive and feeling back home with you.

Lunch and goodbye!

COACHES



Shaku Jinsen is a graduate from the department of Japanese Studies, Catholic University of Leuven. He received his Master in Buddhist Studies from the University of Kōyasan, Japan. In the Chingokuji-temple Shaku Jinsen became an apprentice of the venerable abbot Kōshō Murai, and received his training as a Shingon-priest. He remained an active member of the Chingokuji-temple community for a period of eight years. He received the degree of Teacher (Jap. ajari) from the Kongōbuji-temple at Koyasan, the principal seat of the Kōyasan Shingon-school.

Yō e an Shingon Buddhist Centre provides opportunities to practice and study Shingon Buddhism. Through locally established meditation groups, the performance of traditional buddhist ceremonies, lectures on buddhism in general, Yō e an hopes to share in a positive way the full depth of the buddhist tradition, and find new innovative ways of applying core buddhist values of insight and compassion to the social fabric.

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Frank Boyd is an innovation specialist currently working with the UK's Knowledge Transfer Network to stimulate innovation across the economy. He leads its programmes in the Creative Industries, the Digital Economy and Design.

Frank has been one of UK's digital pioneers since founding the first digital media lab in Britain, the Arts Technology Centre in 1989. He has worked as producer, funder, consultant and educator on creative and economic development programmes in the arts, broadcast, and in education in the UK, continental Europe, the US, Canada and Australia.

He has directed innovation programmes for clients including Channel 4, the BBC, Ogilvy Interactive, Screen Australia, the Canadian Film Centre, the Wellcome Trust, the British Computer Society and many others.

He has been Director of the BBC's Centre of Excellence for Creativity and was a founder member of BAFTA's Interactive Entertainment Awards Committee.

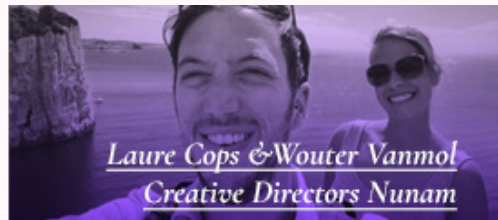
Jude Williams is a consultant and executive level coach focussing on public health, system change and partnership working. She'll be all yours, helping you to develop creative solutions.

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Laure Cops and Wouter Vanmol work as a creative duo in the audiovisual field. Wouter studied Journalism at Artevelde Hogeschool and Film at KASK. He worked as a video journalist for Klasse, the Flemish platform for education. Laure Cops studied Audiovisual Arts at RITCS. She got a degree in European Studies at Maastricht University. She worked for 7 years as a producer and director for various national and international clients.

In 2013 they joined forces and founded NuNam. NuNam is a Belgium based creative studio that shapes stories into film, photography, words, installations and interactive documentaries for clients and audiences. Their expertise is to create meaningful stories often focusing on socio-cultural, environmental or humanitarian issues. Their work creates connection through storytelling and invites the user to reflect, participate and grow.

Their work often surfs the waves of fiction and non-fiction and surfaces between the tides of art and journalism. They are currently working on the interactive documentary "The Golden Forest". In this social-innovative documentary they explore the power of human resilience.

With this project they want to tackle the issue of suicide, focusing on those that are left behind. The project offers an audiovisual web platform that uncovers the different faces of grief, and providing online tools to those bereaved by suicide, guiding them in a constructive way through their grieving process.

The Golden Forest, with its combination of storytelling and innovative user experience strives to have personal and social impact.

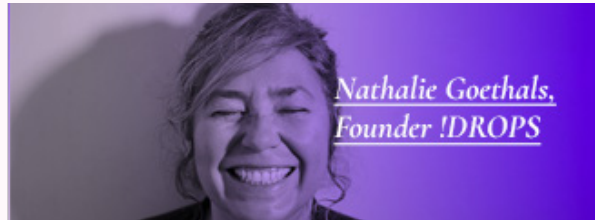
www.nunam.be

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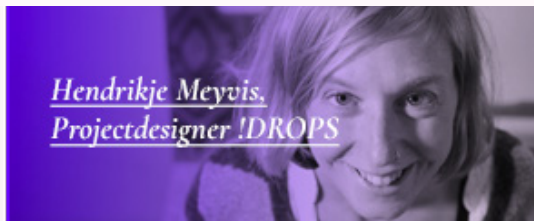


*Nathalie Goethals,
Founder !DROPS*

After a master degree in Japanese Studies and a Master in Social and Cultural Anthropology Nathalie was for Unizo and Voka responsible for coaching projects for entrepreneurs at home and abroad. After that she was 10 years in charge of the MEDIA Programme of the European Commission for Flanders. During this last function she developed a fine nose for innovation and its paired processes and methodologies because of lack of a hands-on approach in Flanders and the lagging behind in comparison with Scandinavian and Anglo-Saxon countries.

This profound interest has built up gradually into an expertise that has translated further into the social innovation startup !DROPS in 2010. !DROPS has developed in a relatively short time and with limited resources to the organization that represents the deployment of innovative processes and creativity to address social issues. !DROPS does this through human centered design processes set up with the objective to incubate change.

www.idrops.be



*Hendrikje Meyvis,
Project designer !DROPS*

Hendrikje studied social work and an advanced bachelor in arts therapy, where she specialized in drama therapy. She worked several years for Groep Intro, where she was responsible for workshops on future skills with refugees and projects with Brussels youth.

On top of that, Hendrikje facilitated many creative workshops with refugees and youth at risk. During her masters in cultural management, she set up her own business: Carpet of Life, where innovation, crafts and empowerment are the main topics.

In 2013 Hendrikje attended the Yoga Teacher Training of the Inbound School of Yoga in Cusco, Peru. The training was based on Ashtanga Vinyasa Yoga and influenced by the alignment principles of Anusara Yoga. Hendrikje loves to practice various forms of Yoga such as Anusara, Vinyasa and Bikram Yoga. Flow and alignment are two very important aspects of her own practice and teaching.

Since 2016, Hendrikje works as a project designer at !DROPS, where her focus is on designing and facilitating Human Centered Design projects.

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Anna holds a Master degree in Product Development from the University of Antwerp and completed a training on Sustainable entrepreneurship and production at the Open University of the Netherlands. Driven by the combination of creative processes and social impact, she started as a projectmanager at i-propeller and Oksigen Lab, where she developed and managed research projects and innovation trajectories for social organisations, social enterprises, companies and public actors.

During this period she built a strong expertise in the sector of social innovation and social entrepreneurship. Anna was also involved as a coach in the Start-Up from mijnLeuven, where she supported youngsters with the development of their start-up. Since 2016, Anna joined !DROPS where she now works as a projectdesigner.

PRICE

EARLY BIRD PROMOTION FOR ONLY € 950 (non-corporate) / **€1.110** (corporate) (ex VAT)

5 DAYS RESIDENCE IN PUGLIA ITALY: Inclusive in this price are accommodation, breakfast, lunch, diner, sessions, coaching, yoga and meditation.

Not inclusive: flight and transport.non-corporates. **Inclusive** in this price are **accommodation, breakfast, lunch, diner, sessions, coaching, yoga and meditation.** Not inclusive: flight and transport.

REGISTRATION

Register now for this unique opportunity by sending **your personal information (name, company/organisation, function and country) and a description of your project idea to Anna Kint.**

Places are limited (17 participants)! Other questions? Please contact Anna Kint

Mail: anna@idrops.be

Tel: +32 (0) 472 41 45 18

www.idrops.org



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