



# PARTNERS FOR YOUTH EMPOWERMENT

Moving Into Connection with Xoli Fuyani and Silvia Giovannoni

A Creative Catalyst Workshop | July 21, 2020

# Moving Into Connection

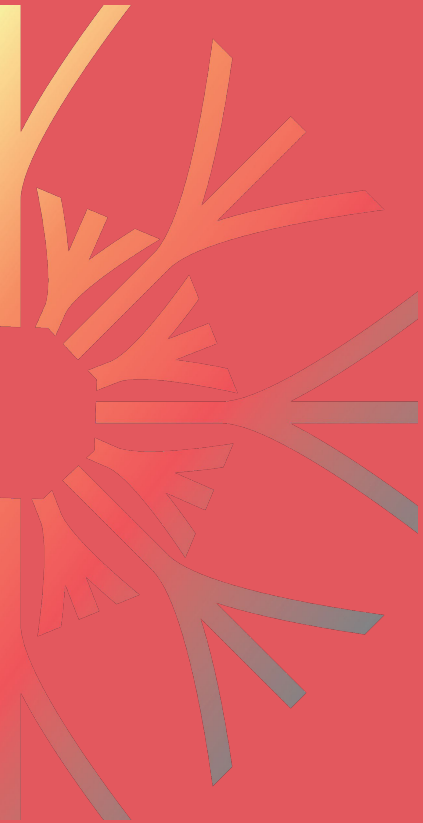
With many of us moving beyond the 100th day of social isolation, what role does movement play in our lives? And in the way we interact with online groups? Join Rio de Janeiro-based movement practitioner Silvia Giovannoni, and South Africa-based environmental educator Xoli Fulyani, for a movement session designed to explore how movement can help shift our emotional state, foster connection, presence and insight. After the movement session Silvia will lead a discussion on ways to bring movement into your own life and into your work with groups.



with  
**Silvia Giovannoni**

and  
**Xoli Fulyani**





# A-E-I-O-U Warm Up

# Group Introductions

Gallery view

Unmute

1st speaker volunteer

Your Name

One reason you came today

If the way you felt was a Sound and Movement (group repeats)

If extra time, ask each other more questions!

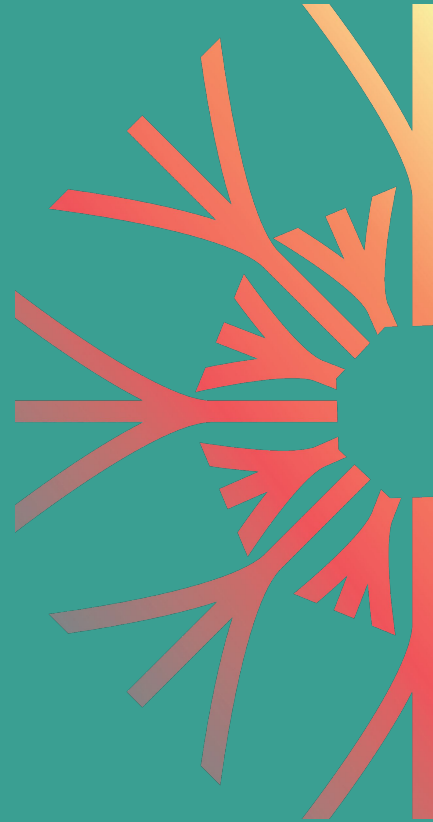
After one-minute warning, say goodbye and click “Leave Breakout Room.”

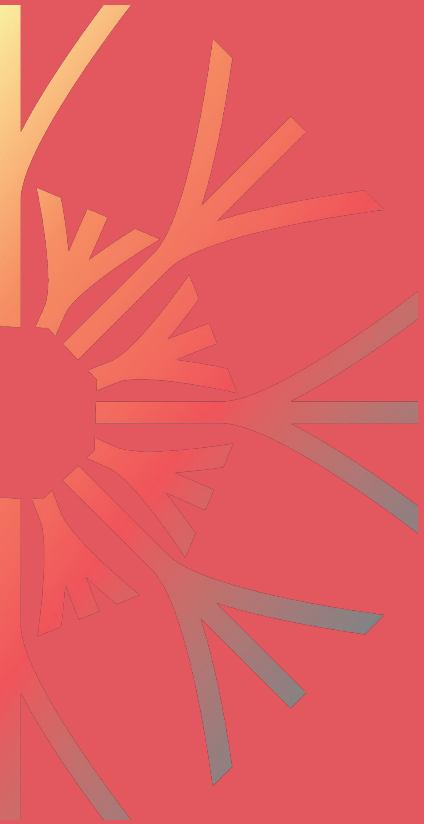


# WELCOME BACK

The rest of the group will join us shortly.

→ In chat, please share:  
What was it like to connect in that way?





# Grounding

# GOALS

- Explore different elements of movement practice
- Get inspired to use it with groups & life



# COMMUNITY AGREEMENTS

- Allow yourself to be surprised
- Be gentle with yourself and each other





# Partner Sharing

Gallery view

Unmute

1st speaker volunteer

What are some ways that help you feel grounded or centered in your life?  
How have you found ways to stay connected to  
your communities, families, etc?

Then: decide who is Partner A and Partner B (remember your partner's name!)

After one-minute warning, say goodbye and click "Leave Breakout Room."



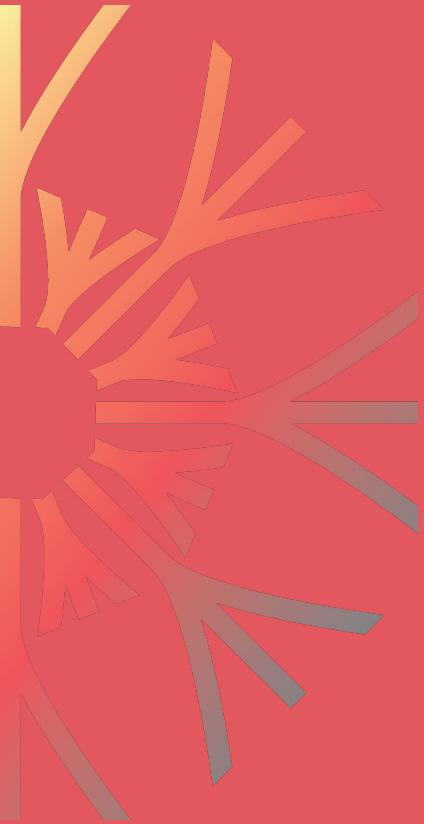
# WELCOME BACK

The rest of the group will join us shortly.

→ The next activity will require you to “Pin” your partner’s video so you can see them (we will teach you how!) Please **turn on your video** if you can and it isn’t already on.

*If for any reason you don’t have a partner or they can’t use video, use the raise hand button to let us know you need a partner.*

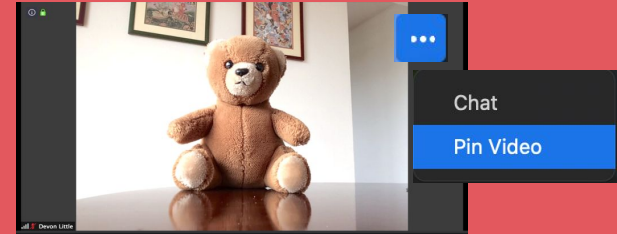




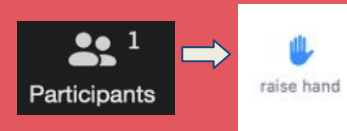
# Mirroring

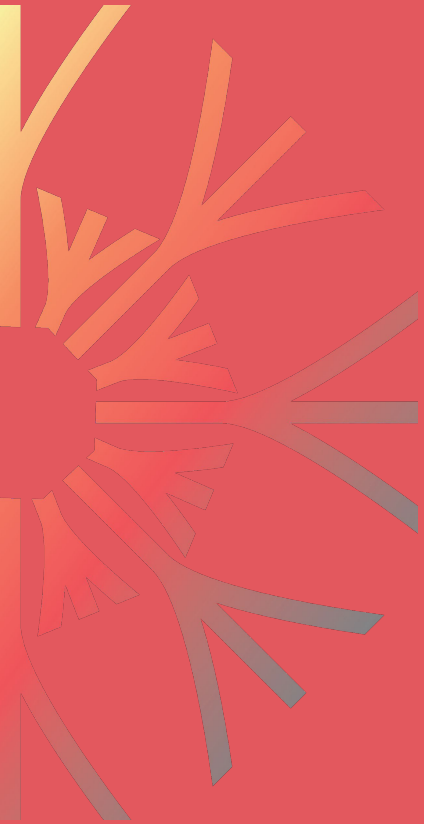
# Finding Your Partner / Pin Video

- Make sure your video is on
- In Gallery View, scroll through the participants until you find your partner and then “Pin Video”. Then wave at each other once more!



- **If you don't have a partner**, raise your hand
- After a couple of minutes, if you haven't been able to pin your partner's video, or you don't think they found you, you can definitely simply follow Xoli's movements for the next activity.



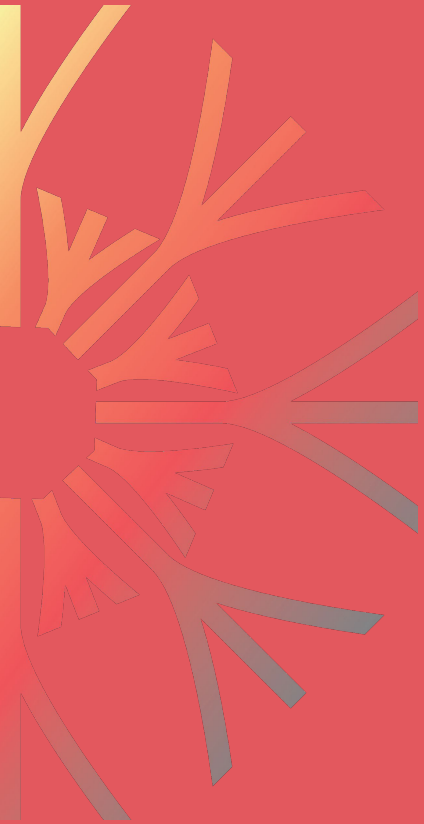


# Flocking

after flocking is finished...

→ In chat, please share:  
How was that for you?  
What did you notice?

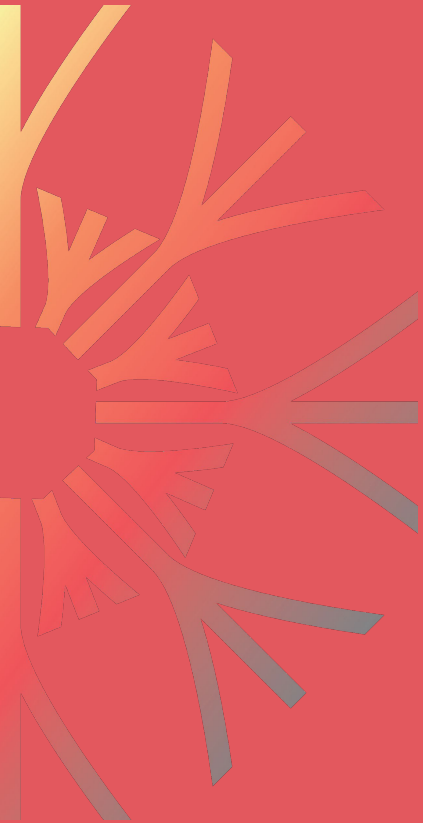




# Dancing a Wave

# Free Write

- Write about anything that resonated with you during the movement session
- How might you integrate that into your own life/in your work (if applicable)?





# Final Sharing

You are welcome to share:

- something you wrote
- anything about using movement in your life and with groups





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EMPOWERMENT

THANK YOU

[www.partnersforyouth.org](http://www.partnersforyouth.org)