

KINTSUGI METHOD





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The first step embodies the image of the "shock"

- The cup is dropped in surprise
- Kintsugi is explained
- Metaphor: sometimes things happen that we don't intend but have a negative impact on our surroundings.



Participants talk about a personal shock moment in which they feel the negative impact on the environment.

Participants drop their cups, fill out the reflection card in the workbook and find personal shock moments.

The situations are shared in the group and with the help of the coach, a common shock moment is found.



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In the second step, the broken pieces may be picked up. Everyone looks for facts about the shared moment of shock. Smartphones can be used for this research.

- What are the different aspects of the problem?
- Quantity over quality!



The facts are noted in the workbook, each participant writes the three most important pieces of information on their own shards.

Facts are then shared with the group. The coach collects them on the whiteboard.



In this step, participants aim to fit the broken pieces together again.

Every participant collects ideas that can play a part in solving the problem. The point is not to find perfect solutions, but as many solutions as possible.



- What would grandma/grandpa/superman/aliens/.... do?
- How would people deal with it in 100 years?
- How would nature solve the problem?
- ...

The ideas are collected on the whiteboard with Post-it notes.



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Finally, the broken pieces are glued together.

"We are the glue" and can decide, how our contribution to fix the problem can look like.



- Everyone writes a concrete plan in their workbook
- Without commenting, the decisions are shared with the group



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In the last step, the glued areas are gold-plated.

- The cup is no longer as perfect as it was in the beginning, but it is unique.
- Every decision is valuable!

Everyone tells why their own mug is special and thinks of a story in which they themselves are the main character: the implementation of their own plan should be described very concretely.

The stories are recorded in the workbook and then shared with the group.

