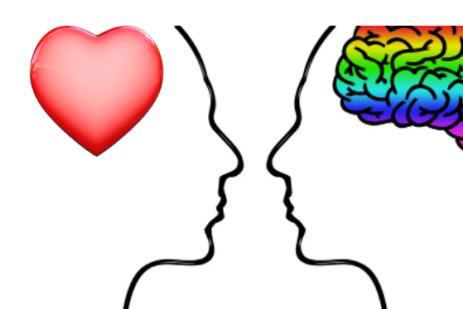


Co-Design Inner Work: Cultivating a Co-Design 'Heartset' and 'Mindset' within Ourselves and with Others



Trainees, community members, designers and researchers are invited to participate in this workshop focusing on the role of personal and collective "inner work" in co-design.

Participants will be invited to reflect on their own lived experience in cultivating a 'heartset' and 'mindset' for co-design work, first cultivating capacity for meeting others on a ground that allows for deep respect, care, listening, creative emergence, speaking truthfully, and even the sacred.

Practices of mindfulness, dialogue and reflection will be shared as a means for tuning into self and others and holding the complications, possibilities and mysteries that arise in co-design.

**- in-person event -
McMaster Centre for
Continuing Education**



**1 James St. N.
Hamilton, ON
Room #OJN 206
(in Jackson Square)**

**For more info, visit:
codesign.mcmaster.ca**

**Wednesday, June 1st, 2022
1:00 PM - 4:00 PM EDT**



**\$50 for Students/Trainees & Lived
Experience Experts; \$75 for Faculty/Clinicians**



**Space is Limited. Register Early by Email:
copro22@mcmaster.ca**



Dr. Sean Park
Assistant Professor

Sean is the education lead for the MDG Health Leadership Academy's Innovation by Design



Dr. Robert Fleisig
Associate Professor

Robert is the program lead for the Master of Engineering Design in the Faculty of Engineering



Dr. Bill Sutherland
GP Psychotherapist

Bill has expertise in complexity medicine and contemplative practice

- This event is supported in part by funding from the Social Sciences and Humanities Research Council -



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