

FUTURE-SELF IMMERSION WORKSHOP WITH USING A PATTERN LANGUAGE FOR NURTURING AN EXCITING LIFE FOCUS GROUP REPORT

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In this focus group, we conducted a workshop where participants experienced a novel method, enabling them to conceptualize how they can apply patterns from the Pattern Languages of practices tailored to their specific circumstances. In this workshop, each participant envisioned a future where they actively implement a particular pattern. By role-playing as their future selves in that scenario, participants simulated the application of 'A Pattern Language for Nurturing an Exciting Life.'

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1. INTRODUCTION

Patterns are written in an abstract manner. Those who wish to put these patterns into action must customize them according to their unique situations (Iba and Isaku 2016). While this room for creativity and individuality is one of the strengths of pattern languages, those unfamiliar with a pattern might find it difficult to grasp a concrete image of its implementation. Hence, Iba Laboratory has traditionally conducted dialogue workshops, providing participants with the opportunity to build a tangible implementation image by hearing about others' experiences with the desired pattern.

Even if participants don't have personal experience with a pattern, by listening to multiple stories from familiar individuals, they can form a vivid understanding of its application. We've found this approach extremely effective, providing this experiential insight to over 10,000 individuals.

Recently, Iba Laboratory has devised and started implementing a new kind of workshop, distinct from the dialogue-based ones – the 'Future-Self Immersion Workshop.' In this focus group, participants experienced this innovative workshop firsthand. During the session, participants grouped in trios, with one person enacting their envisioned future. The other two played roles within that future narrative. The participants rotated, ensuring everyone gets a chance to be the protagonist.

The pattern language employed in this workshop is titled "A Pattern Language for Nurturing an Exciting Life." We developed this set of patterns to guide individuals towards a more exciting life. Using this pattern language, participants will immerse themselves in an envisioned moment of their future, act out a pattern practice scene, and undergo a simulated experience.

2. WORKSHOP DISCRIPTION

The Future-Self Immersion Workshop is conducted in the following steps:

1. Introduction to the workshop (10 min)

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2. Introduction to “A Pattern Language for Nurturing an Exciting Life” (20 min)
3. Participants decide and enact a pattern they want to role-play (15 mins × 3 people = 45 mins)
4. Reflection and Discussion (15 min)

First, we shared the overall flow with the workshop participants, then introduced “A Pattern Language for Nurturing an Exciting Life” (figure 1) which would be used in this workshop (Nitta, 2021). Next, we divided the participants into groups of three and had them move to any location they liked within the venue. They then took turns playing the roles of interviewer and interviewee, asking and answering questions (Figure 2).

Once everyone had been interviewed, each person carefully edited and drafted an article based on what their interviewee had talked about, taking responsibility for representing them accurately. After that, they took nice photos of each other that evoked the immersed future self, concluding the workshop. On the following day, the workshop organizers edited the photographs and articles to resemble magazine-style (Figure 3), subsequently arranged them into a display (Figure 4).

A Pattern Language for Nurturing an Exciting Life

Cultivate your Own Path and Create a Life with Creativity and Excitement



Figure 1: Overview of “A Pattern Language for Nurturing an Exciting Life”



Figure 2: Role-Playing as interviewer and interviewee in Teams of Three

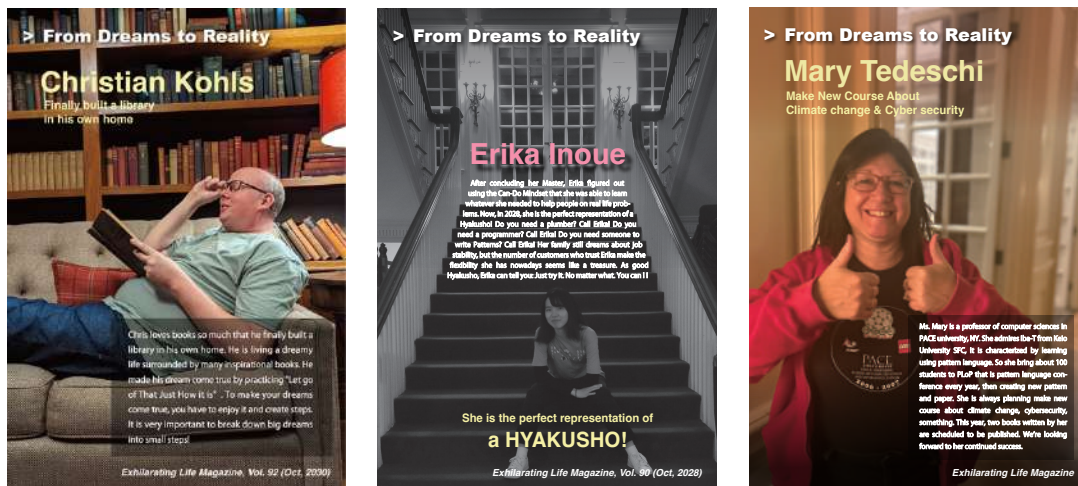


Figure 3: Created Magazine-Style Articles



Figure 4: Display of the Articles

3. SURVEY RESULTS

Here, we introduce the survey results conducted after the workshop. Out of 15 participants, we received responses from 5. When asked, “Do you think participating in the this workshop was worthwhile?”, 80% respondents strongly agreed and agree. Similarly, in response to the question, “Do you think participating in the this workshop was fun?”, all respondents strongly agreed. Additionally, for the question “Did this workshop allow you to imagine your future?”, all of the members strongly agreed. One participant commented, “I really enjoyed the workshop! It was fun and inspiring to imagine my own future!”

While there were many positive comments, constructive feedback was also provided, such as: “The steps were a bit confusing. It’d be great to understand we were first creating our own persona in 2030, then sharing the pattern and the tweet, then writing interview questions, then interviewing each other. It was fun, anyway!” We take this thoughtful critique from participants seriously and seek to improve the workshop design based on their input in order to create an even more valuable experience going forward.

4. CONCLUSION

This report summarizes the focus group from the Future-Self Immersion Workshop utilizing A Pattern Language for Nurturing an Exciting Life that we conducted at the 30th Conference on Pattern Languages of Programs (PLoP). Workshop participants were able to imagine their future selves. By fully immersing as their future selves and being interviewed as if they were heroes, with the interview expressed as an authentic article, attendees’ ideal future images hidden inside them took concrete shape and came into awareness.

The exhibited articles garnered significant attention not only from participants but also other conference attendees. Many participants carefully read each article, with some even documenting the experience by photographing the articles. It can be said that this workshop demonstrated a new, effective and groundbreaking application of pattern languages, following the success of dialogic workshops, providing further evidence of their utility.

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