METHOD   HEART HAND MIND

Area of CoP Activity:	Building Relationships
CoP Lifecycle Phase:	Inquire
CoP Success Factor:	Community Interaction Mutual Culture, Values, Belonging
EIGE Step:	Step 1: Getting started
Group Size:	5-15
Difficulty Level:	👑 👑 👑
Time Needed:	🕐 🕐 🕐
Facilitator Preparation:	📖 📖 📖
Participant Preparation:	✏️ ✏️ ✏️
Description:	This activity aims at examining an issue / problem from many different angles and standpoints. Heart Hand Mind helps to recognise that both our intellect AND our emotions are what makes projects, activities and experiences appealing to us. This tool uses the three separate lenses of the heart, the head and the mind to inspire reflection of how each could impact an issue, plan or project.
More Information:	www.gamestorming.com/heart-hand-mind/

HEART HAND MIND[1]

Short description

This activity aims at examining an issue / problem from many different angles and standpoints. Heart, Hand, Mind helps to recognise that both our intellect AND our emotions are what makes projects, activities and experiences appealing to us. This tool uses the three separate lenses of the heart, the head and the mind to inspire reflection of how each could impact an issue, plan or project.

When to use

This activity is especially helpful if various standpoints collide and are incompatible. Heart, Hand and Mind facilitates the swap of point of views and therefore helps to understand the opinion, perspective or argument of others better.

How to

A: Brief description

Any brainstorming method can be used in conjunction with this thinking framework. .

B: Detailed step-by-step guide

1. One option is to divide participants into groups of 4-5 and ask them to collectively look at an issue, project, idea, or procedures using <u>one</u> of the three "lenses". Use breakout rooms if meeting online. (10 min). After this time, ask the participants to share their ideas in the plenary. Repeat for with the other two lenses. If you have 12-15 participants only, another option is to divide your participants into three groups with each working on <u>one lens only</u>, so that each group focuses on a different aspect. After sharing their ideas in groups, open a plenary discussion, with each group presenting their outputs to the rest.

Heart: Why is this topic/task/project etc. emotionally engaging? **Hand**: What is it that makes it substantial and practical?

Mind: What are the reasons that it is logical and sensible?

2. To facilitate this process, ask the participants to make a list of the characteristics or features that appeal to the lenses.

3. After developing your ideas, evaluate each argument and score its strengths and weaknesses on the scale 1-10.

Additional ideas / information

Another way of using these three aspects could be to

- Establish rapport and seek empathy with your listener (heart);
- Appeal to your listener's desire for evidence (head); and
- Ask your listener to take action (hand).
- It is important to start with having a goal in mind and to apply "heart, hand and mind" on it.
- Inspire the participants with the following quote:

"It's impossible, said Pride. It's risky, said Experience. It's pointless, said Reason. Give it a try, whispered the Heart."
– Anonymous

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[1] Adapted from: https://gamestorming.com/heart-hand-mind/.

Template[2]

HEART — *What makes it emotionally engaging?*

Gender equality is a must for social justice and creating equal opportunities for all. It is the right thing to do.

HAND — *What makes it tangible and practical?*

Half of the national population is female, so it is possible to have an equal representation of women in the society. Also, women do better academically than men, so they are well-qualified to achieve what they aspire to.

MIND — *What makes it logical and sensible?*

There are talent shortages in the knowledge economy, so work organisations cannot afford to lose valuable female talent and should actively attract female candidates to work for them.

Template   **HEART, HAND, MIND**

HEART   *What makes it emotionally engaging?*

HAND   *What makes it tangible and practical?*

MIND   *What makes it logical and sensible?*

REFERENCES

Gray, Dave. 2011. "Heart, Hand, Mind." https://gamestorming.com/heart-hand-mind/.