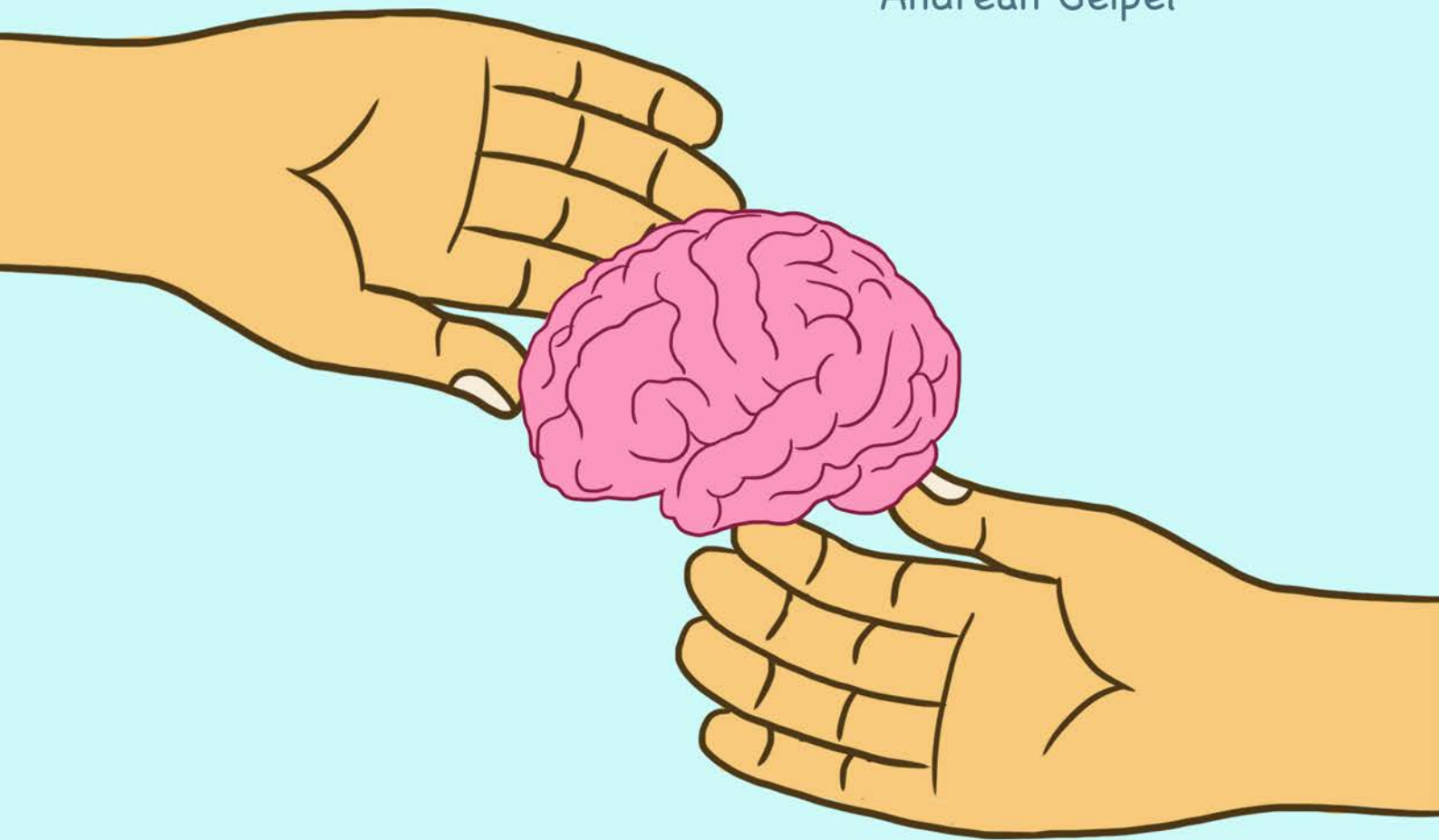


Meaning making
during a pandemic

A new course on
digital storytelling

Season 2
Episode 2:

The digested read by
Azam Masoumzadeh
Andreas Geipel



our host for this series of meaning making are:



Andrea Geipel



Abhay Adhikari

our guest speakers are:



Dorothee King



amanda aronczyk

our digital producer is:



Jenni Mueller

having a lot on my plate right now, this episode of meaning making was made for me!

Well-being!

how do we care for our well-being?
how to remain calm and creative in our workplace?



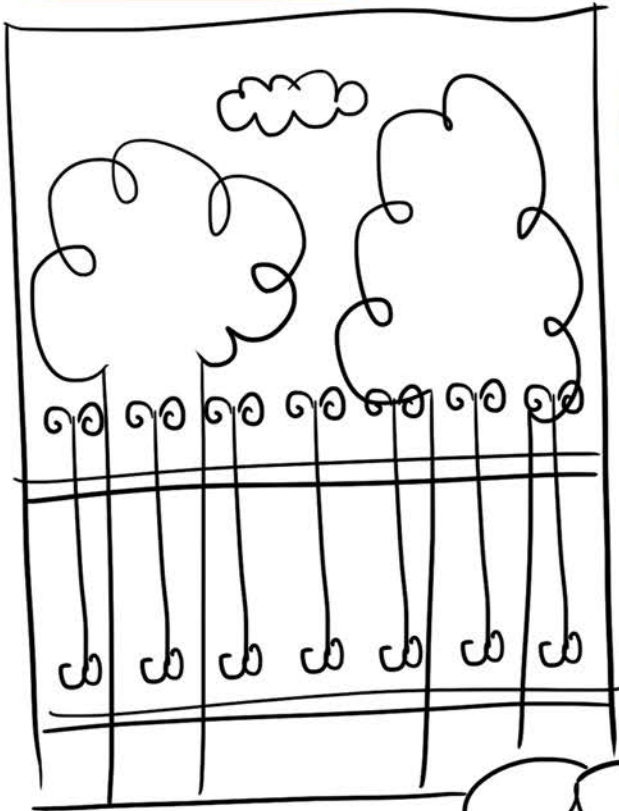
Hello, I'm Dorothee
I'm a director at the university of art
and design in Basel
I also have many years of experience
with meditation and yoga
I think creativity is linked with
happiness and our well-being

So I invite you to close your eyes,
Let yourself go and imagine your
favourite workplace!
where you find yourself in harmony
with your environment!



I have a lot of freedom

A big window

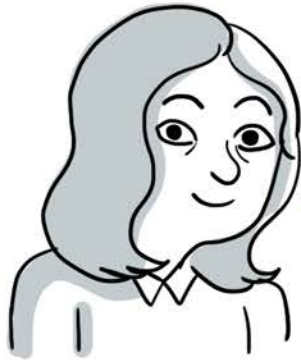


A big library of my favourite books

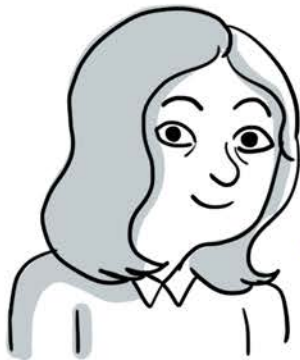
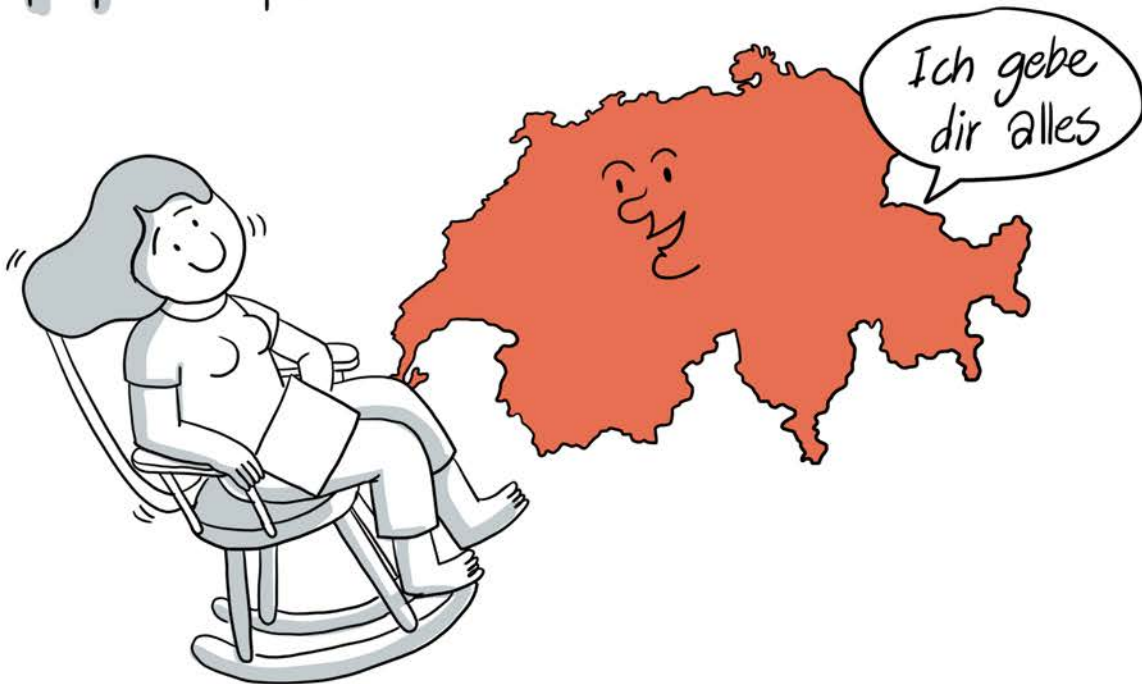


I'm happy, calm and grounded

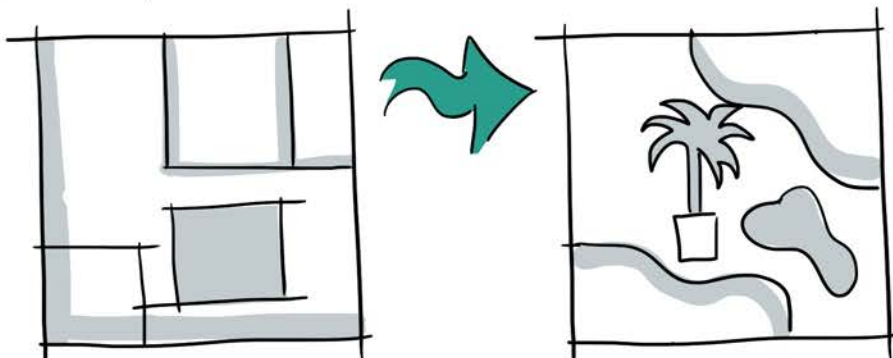




Although I'm working in an institute where I have a lot of freedom, sometimes it is difficult to implement new things. It feels like sitting on a rocking chair, where you swing in one direction but always come back to the same point.



So I came up with this idea of inviting my colleagues and students to redesign their workplace - where they feel happy and cosy!



Participant: how did you convince your colleagues to face change?

well I didn't, if people don't want change, they can still have their old rhythm! But then they realize that it does not harm them and they embrace the idea!



I'm going to put this palm tree in my office



Maybe I should also consider some change



participant: how did you get permission?

we just jumped in! we started!

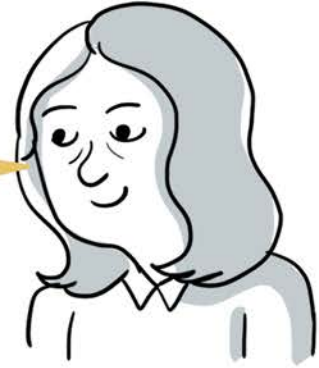


Reinventing our workplace was not easy for sure, it demanded lots of time, planning and courage!
But it was fun, too!



And, sometimes it also helps if you are new or if you have help from an external person.

Because as part of the team, you always carry emotional baggage that an outsider does not have.



We can have film projection every Friday for students and staffs

I like the ideas of this new colleague

She is Cool



This led us to our first interactive question:
How do you approach your work?

something you have to do?



something you need to do?



something you want to do?



Participant:

Well we have to do things because there is an external force
and we need to do things when there is this sense of
responsibility

I think knowing yourself is the key point to be happy at work
For example, I need a lot of freedom while too many things I have
to do or need to do make me nervous!
So, I decided to work as a freelancer, things might be messy and
unstable but I can do the things I want to do!



After Dorothee's inspiring presentation, Amanda, our second guest, talked about her responsibility as a journalist for the well-being of the audience - especially when it comes to difficult topics.



Hi I'm Amanda and I'm a storyteller and podcaster. News topics can cause fear. So I try to take that into account when I tell stories. Often I address researchers and academics first to get different insights into the topic.

I used to work for the podcast "The United States of Anxiety" In the 2016 midterm elections the tension was high in the United States and it was not an easy topic!



We wanted to invite people to listen to us without leaving them in despair!



Amanda met Emily, a scientist who studied a group of women meeting in secret because they advocated liberal ideas in Texas.

One of them was Elinor.

I felt isolated and alone when my friends and family turned away from me because of my political views.



So I joined these underground meetings, where I met people who were thinking similar to me

I'm so happy to know I'm not the only one thinking differently...



It was hard but this group helped me a lot to get out of my political closet and bravely share my opinions.



This is a great example of how a character who has agency helps to tell a story in such a way that your audience feels motivated instead of anxious.



I'm listening to a podcast which is informing me a lot on U.S election and also gives me lots of HOPE

Participant: This is true, but sometimes it is also important to tell the terrifying parts of a story, especially if it is hidden behind propaganda...



Participate: But how do you get people to tune in in the first place? Because sometimes I have the feeling that our museum visitors are more afraid of the visit itself - because museums can be intimidating - than the things we tell.

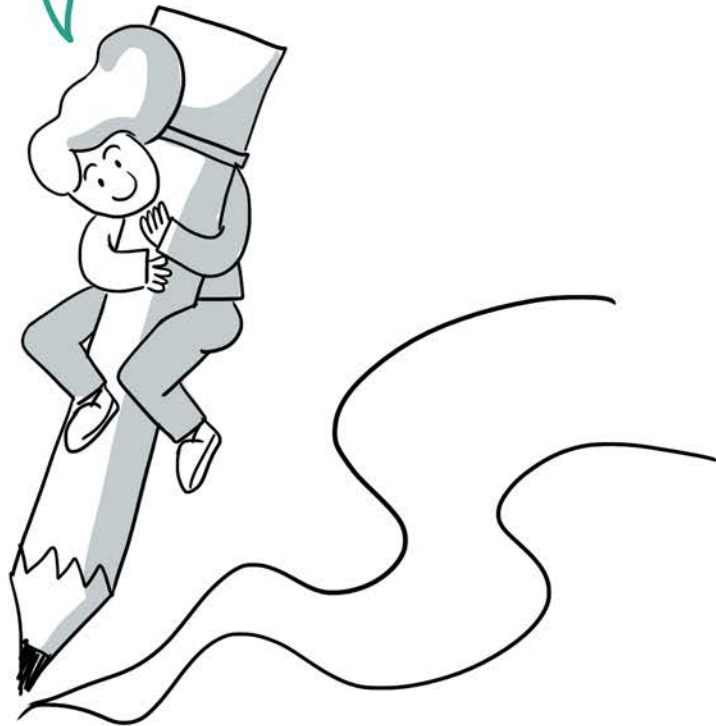


Well, I am collaborating with a lot of different people to address different backgrounds and different audiences. This definitely helps to spread the word

At the end of our discussion we asked our participants how they felt and we were happy to see that most of them said that they feel inspired and motivated!

And I felt the same!
By the way, if you want to have an image of your favourite workplace, email me at azam.masoumzadeh@gmail.com and tell me how it looks, I will draw and send it to you!

Namasta!



Thank you to everyone who participated in
Episode 2 of Season 2
of Meaning Making During a Pandemic



Illustrated by: Azam Masoumzadeh