

2025 sAsian PLoP Focus Groups

F1 Designing Meetings With Liberating Structures - A set of patterns to make meetings have more engagement, creativity and fun

This workshop is about learning and experiencing how to apply liberating structures as a set of patterns to enhance meetings. Liberating Structures contain 33 reusable and adaptable patterns for facilitating meetings to include and unleash every participant, encourage creativity, and collect the wisdom of the group. By creating an environment where every participant can contribute insights, they help break down hierarchy barriers and encourage diverse perspectives and rich discussions. Each pattern in liberating structures is designed to address common challenges in traditional meetings. For instance, in a typical discussion, few participants dominate the meeting, while most people remain passive listening. This results in low engagement between participants and missed opportunities for diverse input and collective wisdom. Liberating structures, such as "1-2-4-All," provide a clear and repeatable way to engage every voice systematically by organizing interactions in progressively larger groups. Designing meetings using these patterns allows facilitators to build engaging experiences that are tailored to specific group dynamics and objectives.

F2 Living in a Way of Shonen Manga -Drawing Your Life Adventure Map with a Pattern Language

By Mizuki Ota, Takashi Iba

In this workshop, we propose the concept of the "Life Adventure Map" as a method to reframe a specific period of one's life as an adventure story and visualize a challenging future. This map represents the journey from the starting point to the destination, with milestones such as achievements, events, and challenges to overcome, all connected by lines (paths) to resemble a map. The workshop is designed to support participants in freely and boldly imagining their future, using a pattern language (Ota et al., 2024) derived from the essential attitudes and ways of thinking of characters in shonen manga, who pursue dreams and goals. This pattern language is positioned as a tool to stimulate future-oriented thinking and apply these insights to real-life scenarios. This workshop is conducted for Japanese university students, and it has received feedback that encourages participants to think about their own lives and futures, boosting their motivation to take on challenges.

F3 Empathy & Coexistence Workshop with a Pattern Language: Experiencing the

Feelings of People with Vitiligo

By Erika Inoue, Takashi Iba

In this workshop, participants will read a pattern language created for people with vitiligo, a skin condition, to gain insight into their emotions and perspectives on the world. Pattern languages of Practices are created as media that resonate with people's feelings and encourage action. In this focus group, we will explore the empathetic aspects of such a pattern language and aim to fully immerse ourselves in the experiences and emotions of people with vitiligo.

F4 Future Imagination Workshop with a Pattern Language -Envisioning a Future of Growing Plants in Daily Life

By Kiyoka Hayashi, Takashi Iba

In this session, we will conduct a workshop that envisions the future of a natural lifestyle with plants, using the Pattern Language for Weaving Relationships Between Everyday Life and Nature (Kiyoka et al., 2024), which was presented at PLoP 2024. This pattern language articulates not only the process of growing plants but also how to appreciate natural elements and nurture deeper relationships with them. This session is designed not only for those who are interested in growing plants or engaging with nature but also for those who may not have previously given much thought to these aspects. Participants will freely envision their future lifestyle by considering the question: "Where and how will I be growing plants in one year?" To facilitate this process, we will provide the Pattern Language for Weaving Relationships Between Everyday Life and Nature, developed as a tool to help expand their imagination. During the session, participants will share their experiences and ideas with one another, gaining insights that can be applied to their own lives. They will then reflect on the patterns and consider a way of living with plants that they personally find "appealing" and "fulfilling," further refining their vision of an ideal natural lifestyle. Through this session, we aim to provide an opportunity for participants to envision a lifestyle alongside plants, considering the environments and ways in which they can implement it, thereby expanding the possibilities for nurturing a way of living that nurtures a deeper connection with nature.

F5 Patterns of Community

By Margaret Chang

Educational and cultural activities are often aimed at fostering a community at the local level for interpersonal exchange. However, such attempts do not always bring about lasting friendships as envisioned. In this focus group, five patterns for creating community mined from Rick Warren's Purpose Driven model will be offered as a possible practical solution to the challenge of how to establish a truly meaningful "community."