

3 SYSTEMIC SKILLS

These are 3 systemic skills, which you will explore and practice throughout the Yocomo. It is important to keep them in mind (and in your 'stomach'), while going through different elements and stages of the course.

...whole body learning (sensing)



Whole body learning implies using all of your senses and not 'just' your head. Systemic intelligence, which we believe we all have simply by being human beings, activates different parts of our body for understanding and knowing. This includes your head, but also your hands, your heart, your stomach... and perhaps even beyond. We invite you to harness all your senses while experiencing the course, paying attention to learning signals caught by different sensing antennae to get the most out of it.

...seeing interconnections



One of the essential aspects of the systemic approach is going beyond individual elements, seeing connections between them and sensing what they are, as a whole, trying to 'say'. We will be practicing this skill a lot in this course. In addition, we also invite you to challenge the linearity in learning and actively search for connections between different inputs, discussions and tasks (as well as their interaction with your own experience, competences and environment) and understanding what insights come from them as a whole.

...zooming out



To really see interconnections and the system as a whole, you need to practice the 'movement' of 'zooming out'. This means taking one or more steps back (sometimes mentally, sometimes physically, and often both) and trying to see the famous 'bigger picture'. Try to imagine using the 'zoom out' option on your computer or your phone. The more you 'zoom out', the fewer details you notice and the more of a whole you see, with its interconnections and specific qualities that are reserved for the whole. Zooming out sometimes means applying those lenses on the time dimension and seeing things not just in the present, but also in the past and future. It is a movement that is opposite of analysing and focusing on the details. Instead, it focuses on the whole and on the patterns in the system.