Art-Ed Hub

What is the Work Asking of You?

Before the session	What do I need from this session, and am I willing to let that go?
	What expectations am I carrying in, about this student, this group, or what good work looks like today?
	What would it mean to walk in with no agenda other than to allow something real to happen?
	What am I afraid of, and can I name it before I walk through the door?

During the session *(These questions are posed to the student)*	What is the work asking of you?
	Are there images or feelings surfacing; ones that feel like they *want* to be known, rather than ones you think you *should* pursue?
	What are you most uncertain of, and what might that uncertainty be telling you?
	What beliefs are you carrying into this work? That it has to look a certain way? That you are not good enough? Notice them. You don't have to obey them.
	How does this feel in your body?
	What could it look like if you let it go somewhere you haven't planned?
	If the work is asking something else of you, follow that.
	Is this the fullest version of what wants to be expressed, or is there something still asking to be found?
	What would it look like to stay with this a little longer, rather than resolve it?

After the session	Where was I truly present today, and where was I managing?
	Where did I follow what was actually happening, and where did I steer it back towards what I had planned?
	Where did a student go somewhere unexpected, and what did I do with that?
	Where did I trust the student to find their own ground, and where did I not?

Be open and curious with the questions: towards your students, and towards yourself. The quality you are trying to grow in them begins with you practising it first.