

Liberal Arts I: Perception and self-awareness

UGRA_014962

Departments	Department of People Management & Organisation
Teaching Languages	English
ECTS	5
Teacher responsible	Macipe Catalán Ferran - ferran.macipe@esade.edu

Course Goals

Module 1: Mind and heart

Develop Self-Reflection Skills: Foster the ability to engage in introspection and self-reflection, allowing for a deeper understanding of personal thoughts, emotions, motivations, and behaviors.

Foster Personal Growth and Reflection: Engage in reflective practices and self-assessment, identify areas for improvement, and foster personal growth.

Cultivate Values Alignment: Identify personal values and align them with actions and decision-making processes, fostering congruence between inner values and outward behavior, leading to greater authenticity and integrity as a person.

Cultivate Emotional Intelligence: Explore and cultivate emotional intelligence, including self-awareness, self-regulation, empathy, and social skills, to enhance emotional understanding, management, and interpersonal relationships.

Apply Mind-Heart Integration: learn to integrate the mind and heart to make informed decisions, build meaningful relationships, and inspire positive change in oneself and others.

Module 2: Heart and body

- Develop Body Awareness and Expression: Cultivate a heightened awareness of the body and its movement, allowing participants to explore physical expression as a means of communication and self-expression.

- Foster Authentic Self-Expression: Encourage participants to connect with their bodies and explore their physicality to express themselves freely, integrating imagination, intentions, and emotions with their body resources in a spontaneous and authentic manner.

- Enhance Communication Skills: Develop the ability to communicate effectively with others through body language and expression, bridging the gap between imagination, intentions, and physical actions.

- Integrate Mind, Body, and Spirit: Understand the importance of integrating mind, body, and spirit to have a holistic experience of oneself and enhance the authenticity and depth of personal expression.

- Explore Emotional Expression: Encourage participants to tap into their emotions and explore ways to

express them physically, enhancing their ability to communicate and connect with others on an emotional level.

- Cultivate Physical Confidence: Develop confidence in using the body as a means of expression, enabling participants to overcome limitations and fully utilize their physical skills for effective communication.

- Enhance Body-Mind Connection: Deepen the understanding of the body-mind connection and its impact on personal expression and communication, facilitating a more integrated and harmonious approach to self-expression.

- Foster Spontaneity and Creativity: Encourage participants to embrace spontaneity and tap into their creative potential, allowing for innovative and dynamic physical expression in both theatrical and everyday contexts.

- Apply Learning to Real-Life Situations: Apply the concepts, techniques, and insights gained throughout the course to real-life scenarios, enabling participants to translate their physical skills and body awareness into effective communication, emotional expression, and self-confidence.

Previous knowledge

None is required.

Prerequisites

None.

Recommended courses

Any art and theater-related courses either with a theoretical or an applied perspective.

Teaching methodology

Module 1: Mind and heart

Humanistic knowledge and art -in all of its forms- will be the means and the springboard towards self-knowledge. Short fiction stories, paintings, music and exposure to other artistic expressions will be used as the starting point for class discussions aimed at finding personal clarity towards one's self.

Module 2: Heart and body

Through a variety of practical exercises students will develop a deep understanding of the interconnectedness of mind and body, enhance their ability to express themselves authentically, and cultivate the skills necessary to communicate effectively through body language. They will have integrated their physicality, imagination, intentions, and emotions to create a more holistic and expressive way of being in both theatrical performances and everyday interactions.

Description

Course contribution to program

The course offers a space and a time within the program for students to acquire the necessary self-knowledge and to do so in an integrated manner: using their minds, hearts and body.

Short description

In this course, we embark on a profound exploration of self-awareness towards establishing a connection with one's own mind, heart, and body. By cultivating self-awareness, we aim to empower students -both as human beings and as future professionals- with a sense of authenticity, empathy, and purpose.

By gaining an understanding of your own thoughts, emotions, strengths, and limitations, we can align with our own values and engage with others more deeply and harmoniously.

The course offers a holistic exploration of self-awareness that encompasses both the intellectual and

emotional dimensions, as well as physical/bodily one. Self-discovery and personal growth are the goals of this transformative journey. that will rely largely on art and theater as fundamental tools.

Activities

In-class discussions and debates

Written and/or oral exams

Role-play exercises and simulations

Teamwork

Threads

Readings

Essays

Content

#	Topic
1	Mind and heart I
2	Mind and heart II
3	Heart and body I

Assessment

Tool	Assessment tool	Category	Weight %
Attendance and punctuality	Punctuality is expected and a minimum of 80% attendance is necessary to pass the course	Ordinary round	0.00%
In-class analysis and discussion of issues	Mind and heart	Ordinary round	20.00%
Quizzes/tests	Mind and heart	Ordinary round	15.00%
Written and/or oral exams	Mind and heart	Ordinary round	15.00%
Individual or team exercises	Heart and body	Ordinary round	20.00%
In-class analysis and discussion of issues	Heart and body	Ordinary round	20.00%
Written and/or oral exams	Heart and body	Ordinary round	10.00%

PROGRAMS

BITLASI22-Bachelor in Transformational Leadership and Social Impact (Undergraduates: Business)
BITLASI22 Year 1 (Mandatory)