

Diafragma

Getting prepared for and focusing on the future.

Willem Vugteveen, The Netherlands

Diafragma

The activities during the “Diafragma” programme are divided into the following; photography, personal research and research into professional interests and personal qualities. In between meetings the participants will be issued assignments that are to be executed either alone or in groups of two people, for example taking photographs and preparing a presentation. “Diafragma” will be concluded with an exhibition or an alternative group activity in which the photographs will be presented.

Learning to view things in a conscious and focussed manner and developing natural curiosity.

The programme commences with learning to observe the surroundings through photography. The participant learns to consciously observe the world around them and concentrate on a specific subject. Their natural curiosity is awakened which results in their perception of the world being increased. Professional photographers will supervise and support this process. Cameras will be provided for the participants.

Personal research and making plans for the future.

The participants are encouraged to make a scrap book, which is an aid that allows the coach to discover structure together with the participant. The photo is a metaphor that enables personal research and interests, values and standards to become subjects that can be discussed. During the meetings tests and assignments will be used in order to gain an insight into possible follow up actions.

Using creativity in order to learn how to approach matters differently.

Each group is made up of five to eight participants. One of the main aims is that a situation is created in which the participant can function in an emotionally stable fashion. A person who is in balance with themselves can develop and learn to think creatively. Self respect and a positive attitude will be restored. The participant will use an alternative thought pattern in order to deal with matters in a different manner.

The course: A summary

- Maximum of 8 participants per group
- A total of ten 2.5 hour meetings to be held once a week.
- The coach will carry out an assessment discussion prior to the course
- The first two meetings will be primarily devoted to becoming acquainted with others and gaining trust.

- Digital cameras will also be used; this allows for immediate discussion of direct results.
- A coach and a professional photographer will be supervising the course.
- Small assignments will be carried out per meeting, subject to the participant's requirements.
- Participants will prepare their own presentation (meeting 6). This presentation also provides an input for subsequent follow up activities.
- The programme will be concluded with a photography exhibition in a public area in the participant's location.
- Each participant will conclude his or her activities with an individual action plan which states the desired follow up activities.

Guidance and supervision by a coach and a photographer

Willem Vugteveen is a coach and has extensive experience working with people who are distanced from the labour market. He has been involved in both national and international reintegration projects for the last few years, in particular for people with a mental health background.

Sake Elzinga is a photographer. He is a freelance photographer for NRC Handelsblad. Sake has won various awards including a category prize in the Zilveren Camera (Silver Camera), second prize World Press Photo (sport category) and the 1996 Fuji Award. He was the Photo Journalist of the North in 1994.

Becoming active in an unconventional manner

Some clients regard themselves as being incapable of making a contribution to society and that no-one would wish to employ them. Therefore a traditional 'school' type course is unsuitable for these clients as they may have an aversion to the traditional 'school' method due to negative encounters they may have experienced.

A digression from the standard approach is required in order to activate these people and a course that is based on the situation and the interests of the client is required.

“Diafragma” chooses an unconventional approach

The course stimulates the natural curiosity of the participant in an unpredictable manner, which results in the person being encouraged to participate in personal research. Through taking photographs people learn how to observe themselves and their surroundings more consciously. During the programme the participant will analyse their own personal qualities, limitations and values. They subsequently 'zoom in' on realistic follow on opportunities.

“Diafragma” is particularly suitable to enable candidates to (re)discover hidden qualities they possess and subsequently follow up on these discoveries by means of a course that involves concrete creative activities instead of the traditional 'school' method.

Diafragma Coach Willem Vugteveen

'The participants learn to organise their thoughts. Many of them have been 'inactive' for years. People concentrate when required, while getting dressed, driving a car, etc. however if there is nothing to concentrate on then the mind can wander. You change down to the lowest

gear and the day is connected through brushing teeth, watching TV and such like. This may very well provide a routine and a certain level of sense of security; however no new plans are ever made. People should regain the sense of pleasure and learn to enjoy the things that they do. This provides positive energy, which enables people to start contemplating life once again. People who are encouraged to express themselves in a creative manner also learn how to critically observe themselves once more. This is an important factor in “Diafragma”. The participants regain their managerial position in their own lives, starting with self expression via the photos.