



Pre-Texts Mexico Presents

RESULTS BARCEL PLANT WORKSHOP

December 2023



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Mexico City, Mex.

Facilitator:

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Who are We?

About us

Pre-Texts is pedagogical acupuncture. The simple protocol that can support a variety of objectives for any organization or institution.

-It **Stimulates** reading, innovation and citizenship, which are crucial in all areas of development.

-It's **Easy** to learn and scalable

-It **Inspires** interpretation, creative interpretation and reflections from any written material.

Objectives

Understanding and Dialogue

Encouraging critical and cognitive skills

Promoting the capacity to innovate

Integrating work teams

Improve problem-solving skills



Workshop Specifications

Facilitators:

Stella Lirusso and
Fernanda Gutiérrez

Pre-Texts Mexico

Dates:

December 4 to 8, 2023
10:00 to 12:30 hrs

Text:

The Ingenious Nobleman Don Quixote of La Mancha:

Chapter VIII, *“Of the good success that the valiant Don Quixote had in the frightful and never imagined adventure of the windmills, with other events worthy of happy remembrance”*, by Miguel de Cervantes Saavedra



SESSION 1



December 4th

1

Icebreaker

A ball is tossed and each participant states his or her name and expectation of the workshop.

2

Reading

The text is read by a volunteer, while the participants develop a front and back cover for the book. At the end, each participant shares his or her work and hangs it on the clothesline.

3

Questions to the text



Each participant writes a question to the text and hangs it, randomly each participant chooses a question and answers it.

4

What did we Do?

At the end of each session, the participants are asked this question, seated in a circle, which invites them to think outside the box.
key to the workshop.

At the end, an agenda is drawn up to see who will do the icebreaker and the team activity with the text for the next 4 days

Finally, the facilitators tell the participants to "Go off on a Tangent," that is, to bring a that each day will be should bring a text that they can relate to the one we read together. Each session, after the first, begins by hanging the tangents and discussing them.



SESSION 2



December 5th

1

Tangents

The session begins with the tangents hanging on the clothesline, where each participant chooses one and then gives his or her interpretation.

2

Icebreaker

Teams are assigned sounds of different animals and each participant, according to their sound, finds their team.



3

Activity

The activity begins with the reading of the text aloud and then the facilitator of this activity invite the participants to draw a picture of "our own madness". Afterwards, the interpretation is done in teams.

4

What did we do?

Always in a circle, the participants present their points of view for the first time in the workshop.

Some responses: *"To be where you want to be without being judged."* *"To be crazy in a world of sane people."* *"To be ourselves without fear."* *"To connect with a dream."* *"To coincide in ways of thinking."* *"To get out of the usual in work issues."* *"Dare to do and think new things."*

Finally, a reminder to bring the tangent for the next session is provided.



SESSION 3



December 6th

1

Tangents

This time, each participant gives personal perceptions about the same image or text are denoted. Important themes such as freedom, complicity to achieve things, the importance of time and friendship are developed. Several participants return to feelings and experiences of the past, it turns out to be a very emotional activity.

2

Icebreaker

It is enough to play with different words.



3

Activity

An envelope is handed out with various paragraphs of the text cut in disorder. At the end, each team performs a short play of the assigned fragment. They are provided with material to dress up in order to represent the text. One of the teams wrote and performed a rap from the text!

4

What did we do?

Some responses: *"Discovering talents."* *"Integrating ourselves."* *"Reconnect with our past."* *"Empathize."* *"Break paradigms and create a new you."* *"Breaking patterns, allowing yourself to be."* *"Recognize that we are much more than a number of collaborators."* *"Environment of trust and psychological containment."*

7

Finally, a reminder to bring the tangent for the next session is provided.



SESSION 4



December 7th

1

Tangents

We started again with the tangent activity. This time the tangents broke away from text and related not only to Don Quixote and Sancho Panza but also to participants; personal lives. Important phrases: *"Do not feel defeat in the face of adversity."* *"Man was born to fight."* *"Miracles do not exist, constancy does."* *"To be consistent in what we do."* *"Do not accept limits."* *"To value the relationships we have over all our brothers."*

2

Icebreaker

One representative from each team mimed the assigned films using a randomly selected role. The winning team was the first to guess the movie.

3

Activity

Different old Spanish words are handed out and in teams, blindfolded, they are placed in the correct place on the blackboard.

The second activity was to write a different ending to the text.

4

What did we do?

Some responses: "Getting to know each other." "A lot of integration." "Recognizing the benefit the company is giving by having this workshop." "Learning to open up." "More enjoyable work space that helps the seed to grow." "Realizing that from a text there are many things that relate in our life."

8

Finally, a reminder to bring a tangent for the next session.



SESSION 5



December 8th

1

Tangents

Important reflections: *"Believe in yourself." "Take risks regardless of what they say." "Be close to your work and the equipment even within the regulations that exist." "Important things are not seen." "Closing cycles." "Taking great care of who you surround yourself with." "Resilience and the importance of reading because it takes you to other worlds, to strive to be more professional and have better spelling."*

2

Icebreaker

The participants' invented version of rock-paper-scissors game.

3

Activity

People were randomly divided into work areas. Each team had to present a new product for the company to a previously assigned jury. The jury consisted of different workshop participants.



9

Candys, Sweet "lanzadines", Swords and Windmills, made with recycled boxes and Barcel's packaging

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SESSION 5



December 8th

4

What did we do?

"A lot of things come out of a text and relate to our life. Get to know people more and make them part of your life."

"Allowing ourselves to be, we all came with a mask of who we are and we were able to open up and even be vulnerable. It touched sensitive fibers that in day to day life are very difficult to touch and it made me feel very good and grateful."

"I was delighted to hear everyone recognize that **things happen for a reason**. You can see a text as very simple or complicated but you can get a lot of things out of it and that **challenges our imagination**."

"It changed the treatment to more personal and so after the workshop we can talk and complement each other"

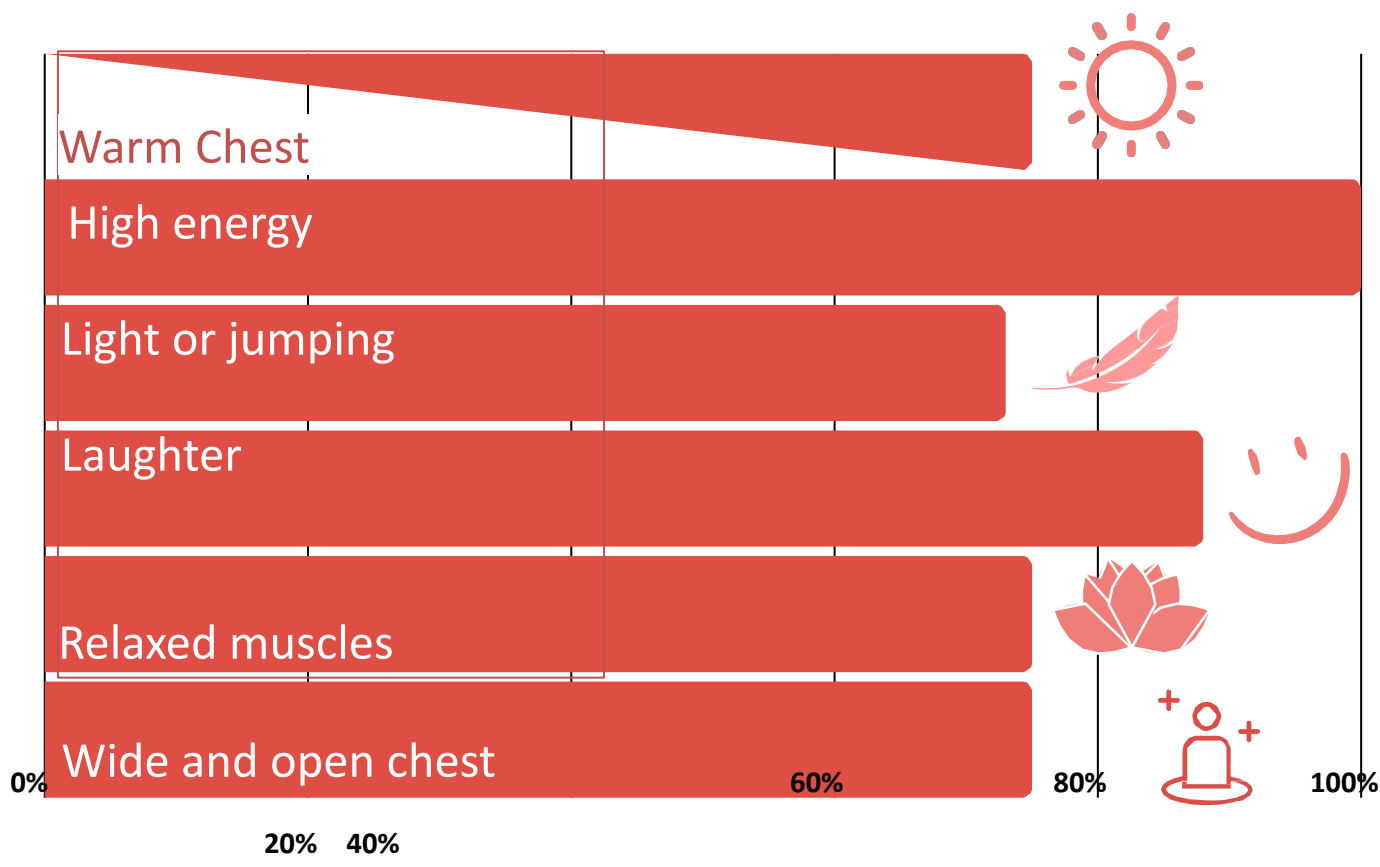


IMPACT MEASUREMENT

EXIT SURVEY RESULTS

INDICATORS: MOTIVATION

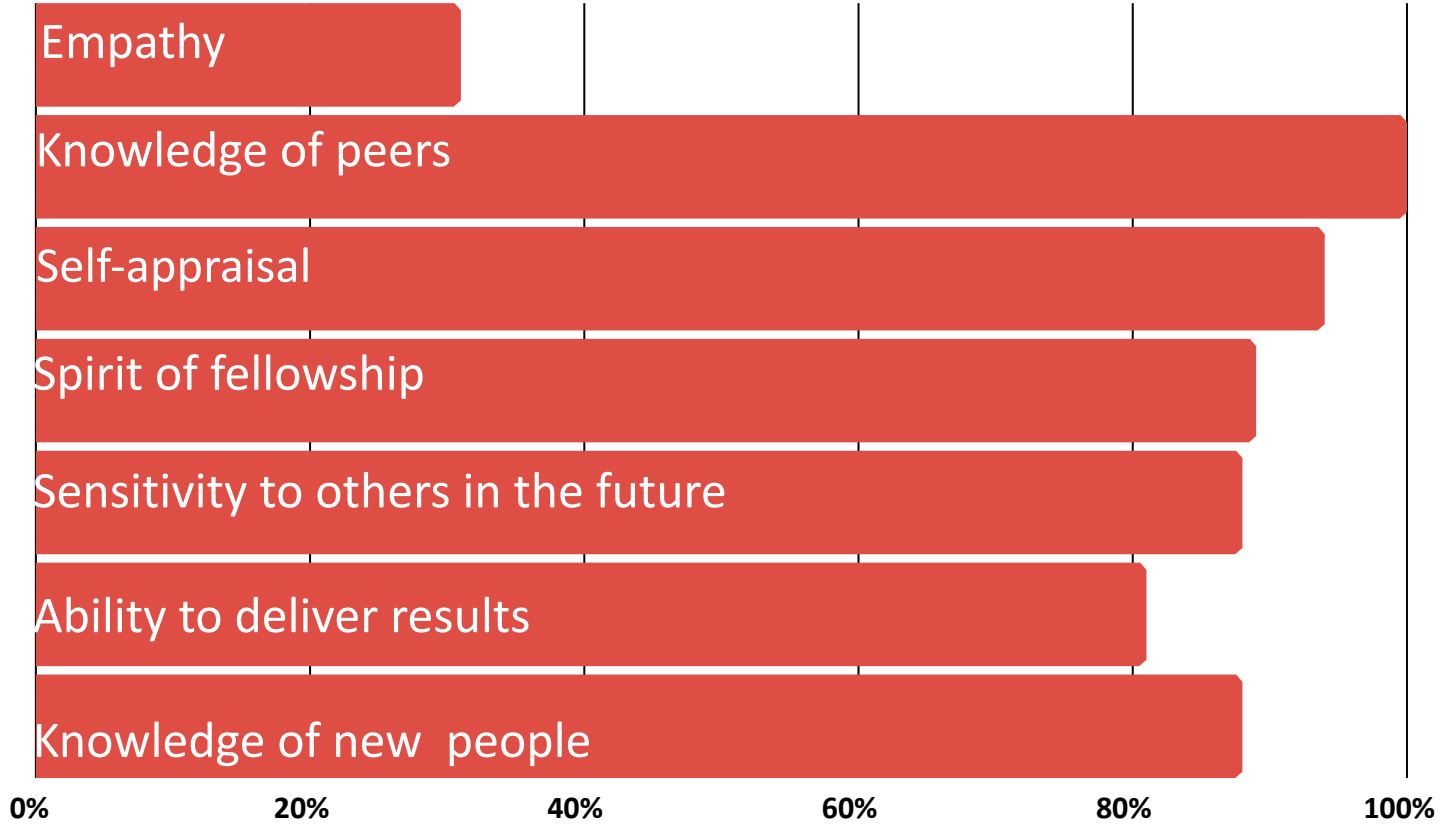
Percentage increase **after** the workshop





INDICATORS: **DECISION MAKING**

Percentage increase **after** the workshop





DURING THE WORKSHOP

94% Participants appreciated and cared about each other.

100% Participants tried to understand **why** they do the things they do and **reflect on it**.

Participants felt that what was happening was important and there was a sense of **participation** **100%**

81% Revealed sensitive information and **personal feelings**



MOST RELEVANT RESULTS

MOTIVATION

- 100% felt an increase in energy
- 88% of the participants expressed greater motivation and appreciation of their work. 67% reported a decrease in tension and stress.

DECISION MAKING

- 94% consider that after the workshop they left the workshop satisfied and more confident in their skills. 100% admire and recognize the people in their group.
- 89% recognize their ability to do good deeds for another person

ABILITY TO SOLVE PROBLEMS

- 0% friction among participants
- 100% believe that it is better to work in a team and that they have learned how to do it. 94% gained self-confidence and improved their way of relating to the group. 50% of the group disclosed sensitive information and personal feelings.
- 100% of the participants went out of their comfort zone, breaking paradigms.



Thank you!



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