

Running with wolves: My story of creating conditions for human flourishing



Angie Titchen

Visiting Professor, University of Ulster

Key messages

- Conditions for human flourishing (Titchen & McCormack, 2010)
- Deep inner preparation of oneself
- When we re-member, and connect with, our relationships with others, Nature, ancient wisdom and who we truly are, we flourish!

Human flourishing





Awakening Once upon a time ...

Back in 1994, when I was
doing my doctoral
research, I became a wild
woman ...

Some time later, on the
isle of Skyros ...

WOMEN WHO RUN WITH THE WOLVES



CONTACTING THE POWER
OF THE WILD WOMAN

*'Women who Run with the Wolves isn't just another book.
It is a gift of profound wisdom, insight and love.
An oracle from one who knows' – ALICE WALKER*

CLARISSA PINKOLA ESTÉS



... Opening to new ways of being

At an alternative holiday community

... Singing in the early morning sun, , dancing on the beach to the drum, creating landscape art

... Body, mind, heart and soul merged

... Boundaries between me and the universe melted

... and I gathered together a Wild Women Group



Alchemy! Bringing together the critical and creative

Running with my wild women friends!

Doing Tai Chi and Authentic Movement

People believed in me, gave me space and loving kindness (even though I was whacky)

My first creative writing retreat in 1998

I had a dream ...

Then I was ready to bring these new/old ways of
doing, knowing, being and becoming to my
professional world

Connecting with creative and ancient wisdom traditions



... and starting to write through creative inquiry



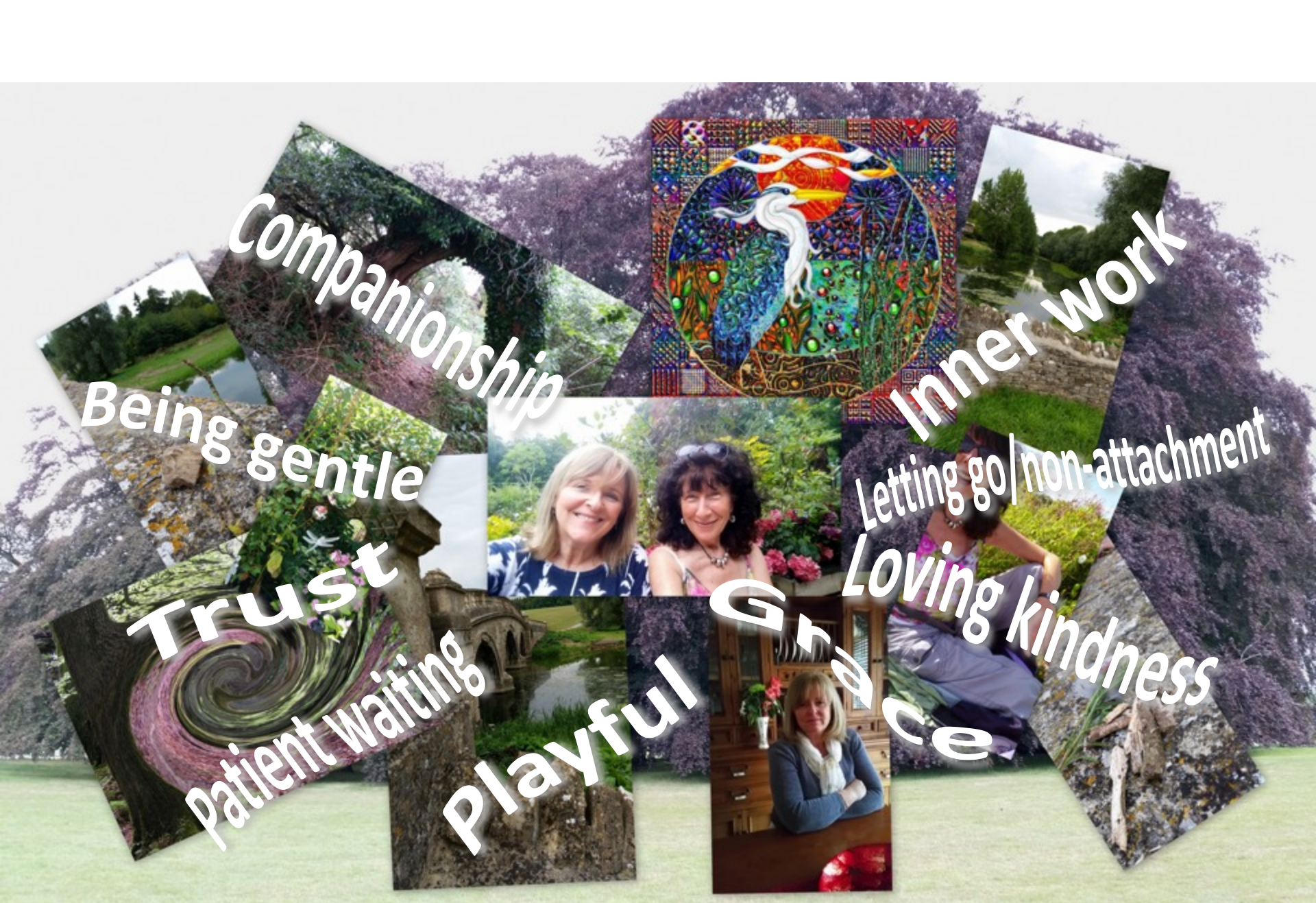
Stillness in a landscape



Becoming the Rock



**Nurturing, flowing,
connecting**







Grounded

Connected

Metaphor

Symbolism

Gateways or portals





So what is it that helps us to run with
the wolves?

Silence and stillness

Being instinctual, attuned & intuitive

Getting your paws muddy

Using left & right brain

Coming home to ourselves

*Balance between intellectual
& experiential learning*

Creating the conditions for ourselves with others

... Simple really, but complex!

Relevant reading

McCormack B. and Titchen A. (2006) Critical creativity: melding, exploding, blending, *Educational Action Research: an International Journal*, 14(2), 239-266

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Peelo-Kilroe L & Titchen A (2014) A critical creativity approach to research supervision.
<http://criticalcreativity.org/2014/08/13/circles-of-connection-a-critical-creative-companionship/>

Titchen A. & McCormack B. (2010) Dancing with Stones: Critical creativity as methodology for human flourishing, *Educational Action Research: An International Journal*, 18(4), 531-554

Titchen A. (2009) Developing expertise through nurturing professional artistry in the workplace. In S. Hardy, A. Titchen, B. McCormack & K. Manley (eds.), *Revealing Nursing Expertise through Practitioner Inquiry*, Wiley-Blackwell, Oxford, pp. 219-243.

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