

The background of the entire image is a light beige or cream color, densely populated with small, multi-colored dots. These dots are scattered across the entire frame, with colors including blue, orange, green, red, pink, grey, and black. Some dots are larger than others, creating a dynamic, confetti-like effect.

# POINTS OF YOU<sup>®</sup>

Creative Tools & Training for Development



Please have with you:



**Flow**

Cards – Facing down



**Faces**

Booklet

A pen + journal/paper + the topic you would like to discuss today



## Looking at Duality with Yin & Yang

Inspired by ancient Chinese philosophy, yin and yang, we would like to share this long-standing concept about duality with you, to see how seemingly contrary forces may actually be complementary, interconnected, and interdependent, through our Points of You style experience.

We invite you to take the opportunity to explore the Duality through your own points of view and maybe expand it a little by experiencing the Yin & Yang in this 90-minute workshop.



## Objectives

- 1) To look at duality from a new perspective;
- 2) To experience the Chinese philosophy, Yin & Yang;
- 3) To gain more understanding about your current life situation;



# Agenda

*\*to be introduced but not showing the slide or sharing it in another way*

00:00–00:20 Intro & Pause

00:20–00:30 Identify the topic & look into duality

00:30–00:35 What's the yin?

00:35–00:40 What's the Yang?

00:40–00:45 How does the interconnection work?

00:45–01:00 Breakout group sharing with trio

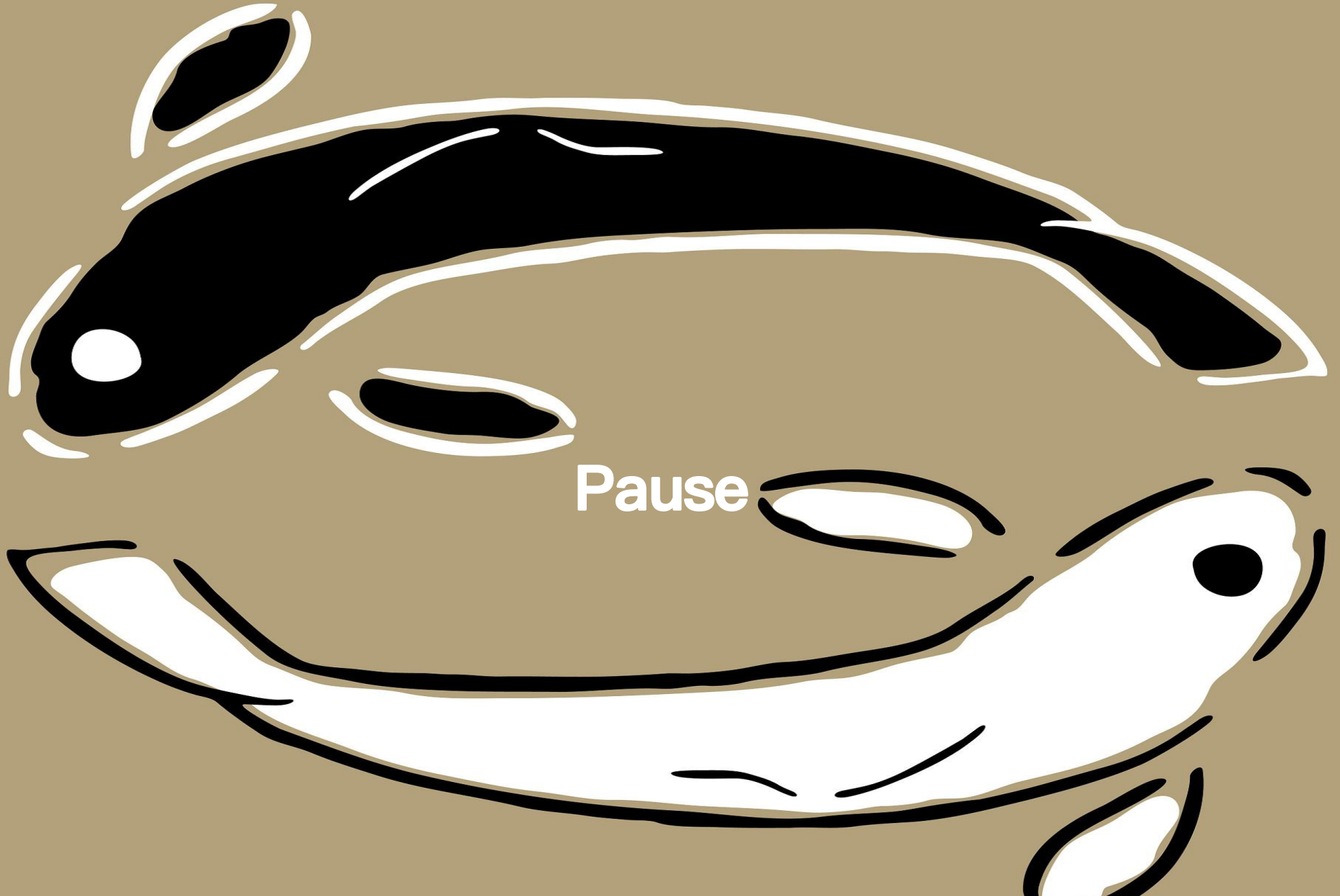
01:00–01:15 Focus & Doing

01:15–01:30 Q&A and integration



## Introducing the concepts

- ✓ Duality
- ✓ Yin
- ✓ Yang
- ✓ Taiji / Taichi ☯
- ✓ Tao Te Ching, I Ching, Zen
- ✓ Contradictoryunity (contraria sunt complementa)





# Let's Play





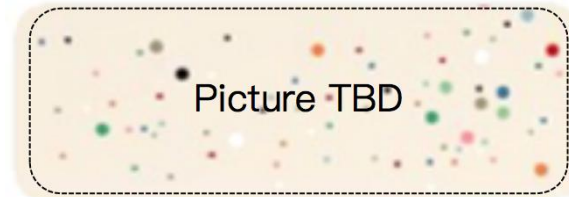


Please have with you:



**Flow**

Cards – Facing down



**Faces**

Booklet

A pen + journal/paper + the topic you would like to discuss today



**What duality do I see?**

**What's the yin and what's the yang?**

**What do I like about the two extreme?**

**How does it make me feel?**

Pick one card from  
**Flow**  
face down





**What's the Yin?**

**What's its character?**

**How might the Yin serve me?**

**How close do I feel about it?**

Pick one card from  
**Flow**  
face down





**What's the Yang?**

**What's its character?**

**How might the Yang serve me?**

**What relationship do I have with it?**

Pick one card from  
**Flow**  
face down





**How do they complement and  
interconnect to each other?**

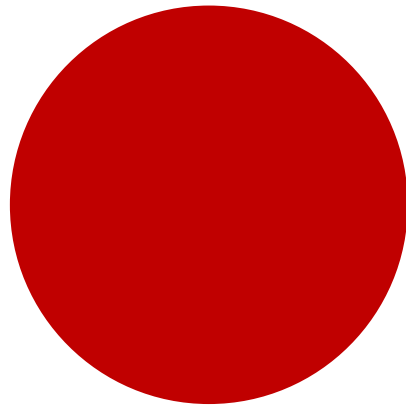
**How do they connect towards my topic?**  
**towards the previous cards I picked?**  
**towards the life I'm experiencing?**

Pick 3 Reflection words

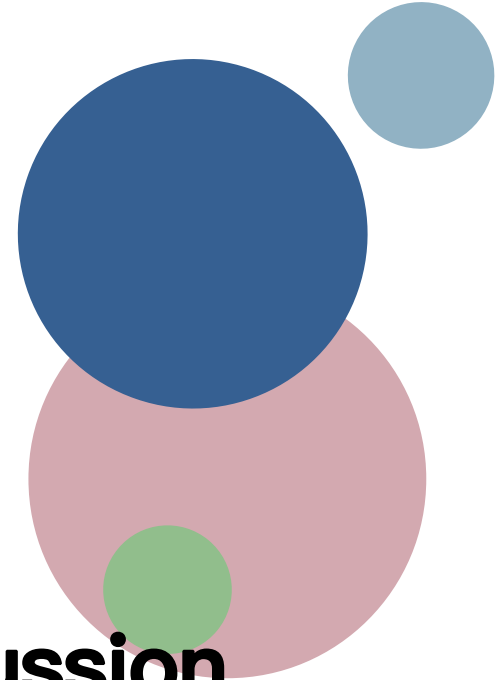
one from  
**Open-minded Series,**  
**Stormy Series,**  
and **Knowing Series** each

in the **Faces booklet**  
**page 10 to 13**

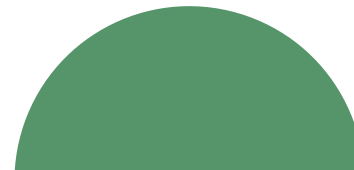
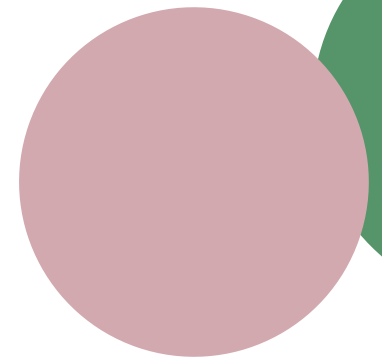
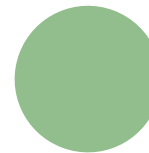
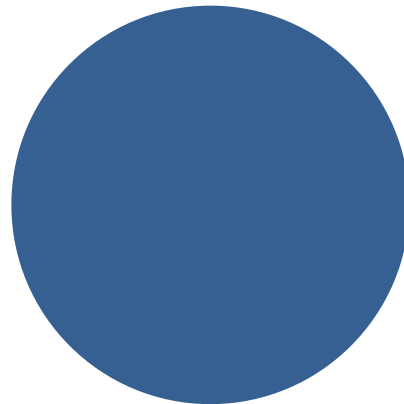




Trio  
15 mins



# A breakout room discussion





## Focus

My Title: \_\_\_\_\_

Look again at the journey  
of Yin & Yang you take.

What duality do I see?

What's the Yin?

**How do I feel now?**

**What's the insight for  
me?**

**What title do I give to  
this Journey?**

What's the Yang?

How are

they


interconnected?



## Reference for further development

*\*to be developed*





Thank you !