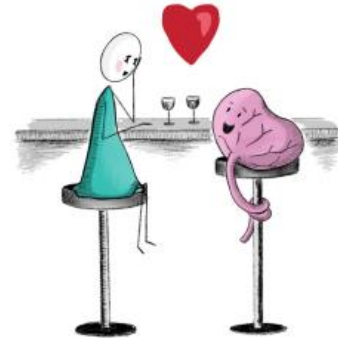


Dossier mental, emotional and verbal self-defence - Anne van Hyfte Morel  
Self-assertion and empowerment

FROM THE INTIMATE TO THE POLITICAL...MAKING ONE'S TOOLBOX.  
Perceiving oneself in the world: Attitude & language, displacement strategies

Each of us plays a role. The neuter does not exist. Gender sticks to your skin, you perform with every step".

For more than 15 years, the artist and trainer Anne van Hyfte Morel has been offering workshops in connection with her research and artistic work and her additional training. (Training in Ericksonian communication, hypnosis, benevolent communication, Maïeusthésie). Over the years and experiences, she has developed modules that mix experiments, enactments and exercises and combine them with practical exercises. These workshops are linked to the company's creations, be it "Gender Conférence", " Cabaret Quizz : les saveurs de l'égalité " or currently "Air Cérébral, voyage au coeur de notre cerveau" (Brain Air, journey to the heart of our brain)." (Art and Neuroscience).



Decoding the conditioning mechanisms of language, sexism and experimenting with tools to engage with them. These practical workshops will show concrete ways to find more reassurance in our relationships, with ourselves and with others, increase our sense of legitimacy, our safety and our enjoyment of life at work, in public spaces and in private.

Identify, understand, learn, practice in a cooperative and warm atmosphere.

When it comes to common sexism, we are often helpless. One wishes for the right phrase, the sure gesture. Most of the time, however, one remains mute and cold with anger, humiliated and/or numb. One has the right to protect oneself and even to defend oneself! One has to learn to evaluate the context and then .... Allow oneself to do it".

The mental, emotional and verbal self-defence workshops are part of the focus on fighting inequalities between women and men. These workshops provide keys and tools to better understand their social, cultural and societal environment. To understand how inequalities shape our everyday lives in our private and professional lives. To learn how we can awaken our resources to confront them.

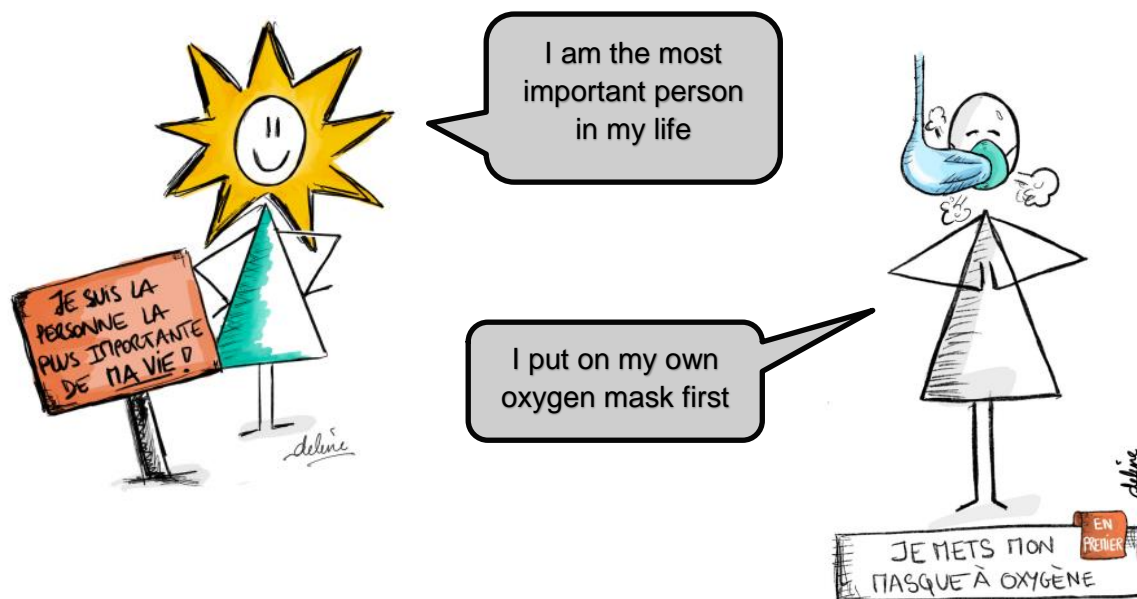
### **What is mental, emotional, verbal and intellectual self-defence?**

#### Mental self-defence

Mental self-defence means making a choice, making decisions, adopting postures that are consistent with what you want to be and share with others and the world. It means, for example, choosing assertiveness (asserting oneself while respecting others) as a mode of communication rather than passivity, victimisation or violence. Spiritual self-defence means a concrete and pragmatic decision to defend, here and now, outside of pressure, values that are essential for building coexistence.

Mental self-defence means realising that you are the most important person in your life (not the most important person in the world, but in your life) and that you agree with the fact that you have to defend yourself, protect yourself, put yourself first and stand up to others when necessary.

Mental self-defence means that you make a kind of promise to yourself - and to your loved ones - that in future "you put on your own oxygen mask before you help others".



"Women, among others, have been so conditioned to put themselves second to the needs of others that they sometimes forget the pragmatism of having to stay alive." Take a moment, speak the sentence and see how it resonates with you. "I am the most important person in my life. I agree to protect myself and put myself first when necessary. I have the right not to be responsible for other people's problems. No one can take better care of me than myself".

### Emotional self-defence

"Simplifying life and regaining confidence in what we feel". When it comes to the issue of equal rights for women men, the private becomes mixed with the political. People lose their objectivity and emotions cloud thinking. So it is about finding again the means to express oneself in a context where one has lost access to one's resources: In the workshop, this is called regaining one's wifi.

Emotional self-defence is about recognising your feelings, trusting your feelings and learning to express your boundaries.

The best indicators for recognising one's own boundaries lie within ourselves. As soon as they are crossed, the body indicates this. The workshop therefore offers to identify the warning signals (behavioural, mental, emotional, physiological) and to learn how to use our body sensations (breathing, mental withdrawal, self-empathy) as allies. Our emotions are our best friends.

The workshop offers exercises to learn to make them safe strengths and active forces.

### Verbal self-defence

"At all times and in all situations, I am free to choose my defence strategy, even if it is flight! And even if I choose to endure it, (because I tell myself it is the best thing to do and I don't have the means to do otherwise), I choose to endure it, fully aware! I can also choose confrontation, de-escalation or scandal, but above all I must try to remain free and creative!" The workshops offer the opportunity to experiment with different types of strategies. Each and everyone can make a choice depending on the situation, their own wishes and experiences. How to learn to stop being "cut off", to assert oneself in a group, how to learn new individual and collective practices to live as freely and harmoniously as possible, as well as to make our relationships and our relation to the world as good as possible?

## Intellectual Self-Defence

To unravel the mechanisms that condition language and sexism and to overcome them, this workshop offers concrete ways to build an argument and test its implementation in the context of work, public space and private life.

### Self

"Anything that offers the possibility of gaining more autonomy will interest us".

Take anything that is useful for you and practice it. Teach yourself your emotional, mental and verbal health. Try out, experiment and make your own method. Group empowerment is also a plus point of these workshops.

### Defence

"Stop defending yourself and be calm with the fact of defending yourself".

Make a distinction between defending yourself and fighting back.

"What we will always be interested in: Energy conservation. What we will aim at is: how to deal with oneself and others as peacefully as possible and with as little effort as necessary. To achieve this, I suggest that you stop trying to argue (or even trying to please everyone) and be totally okay with defending yourself when necessary and even using violence against others when necessary.... Yes! The longer I wait to show others my limits, the more energy the act of doing so will require".

Gender stereotypes: rigid and simplistic beliefs or ideas that are usually those shared by a group and possibly by members of an entire society (stereotypes male and female).

Sexism: is the assumption that social organisation is natural, that society has organised the division of tasks,

the functions of arranging spaces according to a natural order of the sexes. Sexism is a term that emerged in the 1960s. This word is modelled on the term "racism".

Other concepts that were worked on in the workshops

the illusion of equality

positive discrimination

the Smurfette principle

the culture of seduction

the policy of stepping back from the ladder/scale/measurement

the concept of double standards

the myth of the gossipy woman

the practice of the lantern

the foal

the mansplaining

## **Historical background**

These workshops have already proved their worth in many contexts and have done so for over 15 years throughout France and even in Canada and Belgium:

Over 5,000 students aged 12 to 18 in schools, administrative staff, institutional staff and teachers (primary schools, secondary schools, high schools and universities), people from associations or institutions working to combat discrimination, raise awareness of gender issues and combat sexist and sexual violence, people with disabilities (especially mental disabilities), artists and social culture workers Women who have been victims of sexist and sexual violence.

## **Modalities of the learning workshops**

### Why?

These modules are designed for groups of 8 to 20 people and adapt to all socio-cultural backgrounds.

The workshops and trainings can be addressed to cultural workers, teachers, students, staff of associations who are in contact with people who need intellectual, emotional, linguistic elements to deal with a context of inequality. They can also be addressed to people in the context of a personal development path.

These workshops enable the strengthening of confidence, well-being and external security (networking, escape from isolation). They invite joy! The aim is to give people back their power and agency and to enhance their ability to live a fulfilled life.

### Implementation

#### *Co-creation*

Each learning workshop is prepared and adapted to the needs of those present. The experience of a very large number of people from different backgrounds allows for adaptation to individuals, regardless of the social and professional sectors to which they belong. The inequalities all have a common basis and our internal and political resources are universal.

#### *Mix*

Groups can be mixed, but workshop trainings can also be reserved for a non-mixed group to work on gender equality issues from a specific angle (e.g.: Group of girls allows for more in-depth work on empowerment and self-confidence). The objectives vary depending on the composition of the group. This is at the discretion of the institution hosting the group.

#### *Visual*

The workshops/trainings can also be conducted online via interactive platforms. (Example: Zoom).

#### *Duration*

Workshop trainings can last from 4 hours to 2 days

## **Compagnie sans titre production**

Anne van Hyfte Morel

Actress, director, author and artistic director of the Compagnie of the Compagnie SANS TITRE production - arts mêlés - which she founded in Poitiers 25 years ago (10 years in Paris and 15 years in Poitiers). She is co-founder of the collective HF Nouvelle Aquitaine (Equality Women-Men) and of the interregional movement HF since 2009.

Trained as a lawyer, she has developed tools based on her experience and practice as an artist.

practice as an artist, she has developed tools with both artistic as well as performative methods. Hypnosis practitioner Ericksonian and trainer in mental self-defence.

She is an expert on emotional and verbal violence and advocates for equality and empowerment.

She has been a practicing artist for 25 years, which has enabled her to develop work at the intersection of art, of the social and the therapeutic.

## **Kontakt**

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