



# METHODOLOGY OF EMOTION

EVERYTHING RELATED TO ASPECTS OF  
RELATIONSHIPS AND SOCIAL INTERACTION.

**12. CHECK-IN & CHECK-OUT**

**13. HOSTING**

**14. INAUGURAL CLASS**

**15. HAPPY HOUR &**

**END-OF-COURSE PARTY**

**16. CREATIVE ENVIRONMENT**

**17. CREATIVE EMPOWERMENT**



# #12

# CHECK-IN & CHECK-OUT



# #12

## CHECK-IN & CHECK-OUT

Check-in & Check-out are like “Hello!” and “Bye-bye!” for the development of collective conversation flows.

They help establish “the field” and the intentions for the formation of a group.



# #12

## CHECK-IN & CHECK-OUT

We officially implemented these techniques in 2014, after being inspired by the experiences we had in meetings guided by Art of Hosting concepts.

Find out more on this link.

[ART OF HOSTING](#)



# #12

## CHECK-IN & CHECK-OUT

### CHECK-IN

Serves to establish the group's intentions and expectations about the course.

Promotes the integration and establishment of connections among participants, teachers and team.

Formalizes intangible agreements.



# #12

## CHECK-IN & CHECK-OUT

### CHECK-OUT

Feedback time. As each participant listens to the others, the learning curve expands.

Serves to understand whether the course has met the expectations that came up during CHECK-IN.

Identifies each person's transformation.

Farewell.



# #12

## CHECK-IN & CHECK-OUT

These moments are dedicated to open, transparent conversation among all the people in the group. Everybody speaks and is heard, without pressure to stop.

Obviously, this all might happen very organically, informally, even without planning. But we like saving some of the official course time for this.



# #12

## CHECK-IN & CHECK-OUT

At Perestroika, one of the encounters or “classes” is reserved specifically for each of these moments.

CHECK-IN is the first class of the course.

CHECK-OUT is the last (or is part of the last).

Sometimes, we also have CHECK-IN and CHECK-OUT in individual classes. It's possible to do it in every class.



# #12

## CHECK-IN & CHECK-OUT

If you'd like to incorporate this point to your methodology, here are a few tips:

- Reserve plenty of time for it. This kind of dynamic works best without pressure to finish;
- Start developing your soft skills. It's a delicate process that requires a lot of sensitivity and emotional intelligence in order to be facilitated.



# #12

## CHECK-IN & CHECK-OUT

- Be fluid. Create your own dynamics. At Perestroika, we apply mixed techniques and dynamics. There's no standard. The approach changes depending on the city, teacher or team.
- Dedicating time, energy and affection to the creation and maintenance of the glue that holds the group together is even more important than the dynamic itself. That makes all the difference.



#13

**HOSTING**



# #13

## HOSTING

Despite being a concept that's also present in Art of Hosting, it's something that's been part of Perestroika's courses from Day 1.

It all started as a natural display of affection towards the course participants, and it ended up formally becoming one of the pillars of EXPERIENCE LEARNING.



# #13

## HOSTING

Our course participants aren't seen as students, as a student body or as clients.

They're seen and treated as friends who gather around a shared purpose.



# #13

## HOSTING

We welcome each group like a host receiving guests at a party. It's always a festive atmosphere.

We're constantly monitoring operational, social and technical issues so that guests always feel at home while enjoying the experience and feeling comfortable.



# #13

## HOSTING

And it's no coincidence that many of these participants end up becoming good friends with the teachers and team at Perestroika.

It's about replacing formality and impersonality with informal, close relationships in an atmosphere of camaraderie. Here, we do our best to mix personal and professional lives.



**#14**

# **INAUGURAL CLASS**

# #14

## INAUGURAL CLASS

A The INAUGURAL CLASS has also existed since our very first course.

This point could surely be listed under METHODOLOGY OF STRUCTURE (Chapter 6) because it's part of the course program structure.

But since its main function is creating social bonds among course participants, we've decided to place it under METHODOLOGY OF EMOTION.

# #14

## INAUGURAL CLASS

THE INAUGURAL CLASS IS THE FIRST MEETING IN ANY COURSE AND IT SERVES TO:

- Have the CHECK-IN,
- Give everyone the opportunity to meet,
- Seal the “contract” and the operational and administrative agreements,
- Present the course paradigm, its THESIS, what it proposes,
- Create an atmosphere of intimacy and comfort. The “we’re in this together” spirit.

**#15**

**HAPPY HOUR &  
END-OF-COURSE  
PARTY**

# #15

## **HAPPY HOUR & END-OF-COURSE PARTY**

The course doesn't happen only during class time. Part of the methodology is helping the group bond together and encouraging participants to become much more than just classmates.

It's for both camaraderie and networking. We know that this is fundamental in any market.

**#15**

# **HAPPY HOUR & END-OF-COURSE PARTY**

As we've mentioned before, we do our best to maintain a festive atmosphere in our courses.

HAPPY HOUR & END-OF-COURSE PARTY are tools that help make this feeling a reality.

# #15

## **HAPPY HOUR & END-OF-COURSE PARTY**

We always reinforce that these gatherings belong to the course program and the methodology.

For example, those who don't attend the HAPPY HOUR frequently report a "feels like I'm missing something" feeling in the next class.

And quite very frequently, they are.

# #15

## **HAPPY HOUR & END-OF-COURSE PARTY**

All courses start with dates reserved for these events.

Courses with around 13 meetings: **2 Happy hours and 1 Party**

Courses with around 8 meetings: **1 Happy Hour and 1 Party**

Courses with around 4 meetings: **1 Happy Hour and 1 Party**

# #15

## **HAPPY HOUR & END-OF-COURSE PARTY**

Depending on the course profile, the HAPPY HOUR can be adapted. A picnic, a lunch, a wine & cheese party, a videogame afternoon etc.

These festive meetings are prepared and paid for by Perestroika.

The best sign showing that these meetings have worked is when the group starts organizing other events and extra parties.



#16

# CREATIVE ENVIRONMENT



#16

## CREATIVE ENVIRONMENT

We create an environment that is different from most educational institutions.

The atmosphere has very little bureaucracy, it's extremely informal.

A hand holding a paintbrush, painting a blue abstract shape on a wooden surface. The background is a warm, golden-brown color with a wood grain texture. The blue shape is irregular and organic, resembling a splash or a cloud. The hand is in the upper left corner, and the paintbrush is in the center, applying the blue paint.

# #16

## CREATIVE ENVIRONMENT

There's always a fully stocked refrigerator in the room. Participants may drink a beer during class. At the end of the day, this meeting is supposed to be as fun as any other: cinema, football match or a night out.

#17

# CREATIVE EMPOWERMENT

# #17

## CREATIVE EMPOWERMENT

We don't agree with the romantic vision of the "genius" creator with divine access to an inspiring god, who can easily have good ideas due to a mysterious talent or magical powers.

Instead, we see creativity as a skill that can be developed, practiced and trained by absolutely anyone.

We understand that, at the end of the day, having an idea is the easiest part. The difficult part is making it happen. So, go and do it!

# #17

## CREATIVE EMPOWERMENT

This is the conceptual backdrop that permeates daily life at Perestroika. It's embedded in our classes, in the messages we exchange with participants, in the notes we post in our buildings, in the dynamics and THRUSTS that we do. We're telling you all the time:

**'Hey, you're creative! Remember that and make it happen.'**

**IN THIS CHAPTER, WE'VE SEEN:**  
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# NEXT CHAPTER:

METHODOLOGY OF STRUCTURE  
Course program structure and frameworks.

