

## Metasaga - Discover Yourself in the World Around You

Thursday 5 August 2021 - Parallel Session 5 – 12.45pm to 1.45pm (GMT+1)

**MURRAY - Embedding Learning in Culture**

**Kate Coutts** (*Argyll & Bute Council, UK*)

Metasaga is a journey through the culture, heritage and physical landscape. It allows members of the learning community to engage in deep self-reflection by exploring their environment. It utilises a strengths-based, whole system approach to reflect on the values, ethos and culture of the community, while creating a space for personal search and reflection. It makes people reframe their thinking using metaphor, narrative, tradition and artefacts found in their own physical environment. Metasaga has been utilised with pupils, staff, parents, business partners and has featured in the UHI initial teacher education programme. It allows ownership of learning and encourages leadership at all levels through engagement with nature and mindfulness. It combines the business techniques of non-directive coaching, dialogue and appreciative inquiry with the traditional storytelling tradition of our own culture and that of others. In Gaelic Metasaga becomes Metasgeul celebrating the language, heritage, culture and tradition of the Gael.