

**Walk gum and  
chew at the same  
time**





**bell hooks & john a. powell: Belonging Through  
Connection (Othering & Belonging Conference 2015)**

With **Nonviolent**  
**Communication**  
**methods** we're wanting  
to equip you with  
approaches to relate  
mindfully

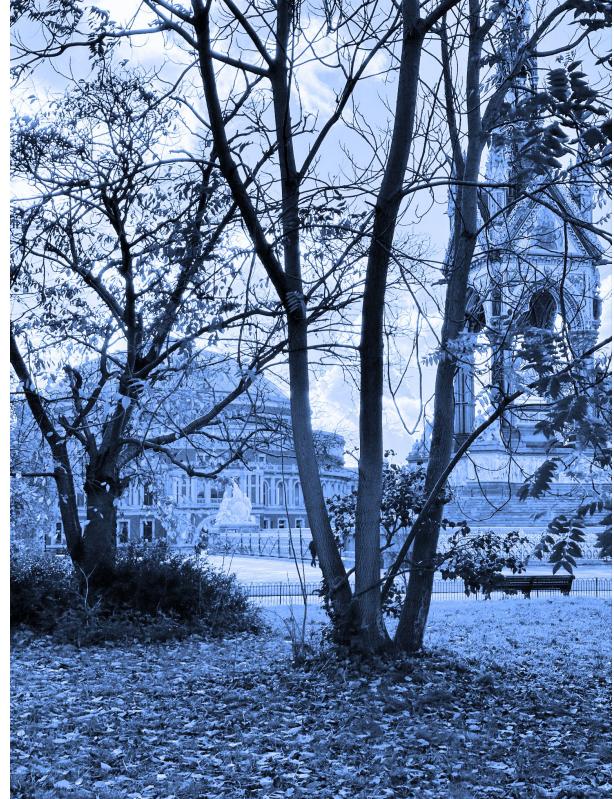


with each other, with  
your work and the  
subjects of your work,  
with the course team,  
with collaborators



# My PgCert research

Project Information Sheet  
Consent Forms



# Action Research Project Context

This study is part of my research on the PgCert Academic Practice in Art, Design and Communication at UAL.

To explore ways to **improve community building**, I am conducting an enquiry into student's experience on BA Design for Art Direction of using Nonviolent Communication (NVC) methods both in and outside the classroom setting. **I am interested in student and course team experiences and reflections of using NVC methods** across all three years of the course.

My research will document, evaluate and analyse responses to NVC-informed Communication, Collaboration and Shared Leadership workshops. The methodology will be qualitative: taking a responsive evaluation approach. This will consist of a **survey** and an in-depth **focus group** with students and members of the course team. Responses will be analysed thematically.

# Project Information Sheet



## Research project: Walk Gum and Chew at the same time

### Participant Information Sheet

#### About this study

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#### What does it mean to take part?

If you take part you are consenting to participate in workshops as part of your usual timetabled activities, to complete a survey (approx. 10 minutes), and to take part in a focus group should you choose to. The focus group may take between 20-60 minutes. I will audio record the focus group and transcribe it. I will analyse visual data produced in the course of the unit. The data will be used as the basis for academic analysis.

If you choose to take part, you will be free to withdraw your participation at any point. You will not be obliged to give any reason for deciding not to take part.

#### Will my participation be kept confidential?

Your anonymity is very important. The information about you will be confidential to me, as the researcher. You will not be identified individually anywhere in the research. If I quote anything you have said in an interview, it will be anonymous. An example might be: 'Tutor A said 'The project is...''

#### What will happen to the results of the research project?

Analysis from the survey and focus group - including quotations from you – will contribute to an academic dissertation. Your words may also be used in academic reports, papers or conference presentations. These may appear online.

Thank you for your contribution and participation in this study.

Contact for further information: Adam Gibbons, Investigator

# Consent Form



### Participant Consent Form

#### Project Title: Walk Gum and Chew at the same time

You are being invited to take part in a research project. Before you decide to take part it is important for you to understand why the research is being done and what it will involve. Please take time to read the attached information sheet carefully and discuss it with others if you wish. Ask if anything is unclear or if you would like more information.

- I understand that I have given my consent to be interviewed about my thoughts on Communication, Collaboration, and Shared Leadership workshops undertaken on BA Design for Art Direction at LCC.
- I fully give my consent to take part.
- I understand that I have given approval for my opinions to be included in the research outputs. Anything I say may be used in academic papers relating to the project, although these quotations will be anonymous.
- I have read the information sheet about the research project, which I have been asked to take part in and have been given a copy of this information to keep.
- What is going to happen and why it is being done has been explained to me, and I have had the opportunity to discuss the details and ask questions.
- Having given this consent I understand that I have the right to withdraw from the research programme at any time without disadvantage to myself and without having to give any reason.
- I hereby fully and freely consent to participation in the study, which has been fully explained to me.

Participant's name  
(BLOCK CAPITALS): \_\_\_\_\_

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Investigator's name  
(BLOCK CAPITALS): \_\_\_\_\_

Investigator's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact  
Investigator: Adam Gibbons  
Tel: 020 7514 6500 Email: [a.gibbons@lcc.arts.ac.uk](mailto:a.gibbons@lcc.arts.ac.uk)

# Check in:

- What are you putting down to be here?
- What are your hopes for the session?

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chew at the same  
time**



**“Without basic needs being met, students have little chance of succeeding academically”**

Yemi Gbajobi, Chief Executive Arts SU  
UAL Education Conference, 2025

**“Just get some supplements and everyone will be fine’. Everyone will not be fine.”**

Maggie Nelson, LARB Radio Hour, 2025

## Some qualities supported by NVC

Anonymity

Observation

Mutuality

Empathy

Curiosity

Equality

Respect

Active  
listening

Transforming  
communication

Navigating  
complexity

Holding  
contradiction

Community  
building

Anonymity



Observation

Equality

Respect

Navigating complexity

Mutuality

Active listening



Holding contradiction

Empathy

Transforming communication

Curiosity



Community building



# **Walking and Noticing**

**Duration: 30 mins**

**Reflection: 20 mins**



# In your pair

- Name up to 3 places you're drawn to in LCC
- Name up to 3 qualities of spaces you find comforting

# Play with this structure on loop

**Observation:** When I walk past this colourful poster,

**Feeling:** I feel calm

**Link it to a (met) Need:** Because **it meets a need for** grounding

**Request your partner to continue:**

Can you tell me one thing you are noticing now?

**Observation:** As i walk past this busy cafe and hear all this noise

**Feeling:** I feel overwhelmed

**Link it to an (Unmet) Need:**

Because **i have a need for** peace and space.

**Request your partner to continue:**

Can you tell me one thing you are noticing now?

Please scan to  
complete the short  
survey

Your responses will be treated  
anonymously

Thank you

Collaboration and Communication  
Workshop Feedback



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Contact  
Investigator: Adam Gibbons  
Tel: 020 7514 6500 Email: [a.gibbons@lcc.arts.ac.uk](mailto:a.gibbons@lcc.arts.ac.uk)

# Questionnaire

Collaboration and Communication Workshop Feedback  <b>5. I felt challenged at times during the workshop</b> Please select one <input type="radio"/> Strongly agree <input type="radio"/> Agree <input type="radio"/> Neutral <input type="radio"/> Disagree <input type="radio"/> Strongly disagree	Collaboration and Communication Workshop Feedback  <b>9. I find collaborating with others on group work challenging</b> Please select one <input type="radio"/> All of the time <input type="radio"/> Most of the time <input type="radio"/> Sometimes <input type="radio"/> Hardly ever <input type="radio"/> Never	Collaboration and Communication Workshop Feedback  <b>13. Did you prefer being in the studio or in other spaces for the activities?</b> Please select one <input type="radio"/> In the studio <input type="radio"/> In other spaces
Collaboration and Communication Workshop Feedback  <b>1. Are you:</b> Please select one <input type="radio"/> International Student <input type="radio"/> Home Student <input type="radio"/> EU Student	Collaboration and Communication Workshop Feedback  <b>6. Which aspects did you enjoy the most?</b> Please place in order of preference  Listening for needs <input type="radio"/> The overview of Nonviolent Communication <input type="radio"/> Walking and noting <input type="radio"/> Something else	Collaboration and Communication Workshop Feedback  <b>10. I'm comfortable telling other people what I want or value</b> Please place in order of preference  <input type="radio"/> All the time <input type="radio"/> Most of the time <input type="radio"/> Sometimes <input type="radio"/> Hardly ever <input type="radio"/> Never
Collaboration and Communication Workshop Feedback  <b>2. Is this the first time you've engaged in a Nonviolent Communication workshop?</b> Please select one <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Maybe	Collaboration and Communication Workshop Feedback  <b>7. In your own words, was there anything that stood out as challenging or enjoyable?</b>  <input type="text"/>	Collaboration and Communication Workshop Feedback  <b>11. How likely are you to use today's methods in your college or professional interactions?</b> Please select one <input type="radio"/> Very likely <input type="radio"/> Somewhat likely <input type="radio"/> Neither likely nor unlikely <input type="radio"/> Somewhat unlikely <input type="radio"/> Very unlikely
Collaboration and Communication Workshop Feedback  <b>3. The workshop was enjoyable</b> Please select one <input type="radio"/> Strongly agree <input type="radio"/> Agree <input type="radio"/> Neutral <input type="radio"/> Disagree <input type="radio"/> Strongly disagree	Collaboration and Communication Workshop Feedback  <b>8. Do you feel comfortable talking about your feelings</b> Please select one <input type="radio"/> Very often <input type="radio"/> Often <input type="radio"/> Sometimes <input type="radio"/> Rarely <input type="radio"/> Never	Collaboration and Communication Workshop Feedback  <b>12. How likely are you to use today's methods in your personal interactions?</b> Please select one <input type="radio"/> Very likely <input type="radio"/> Somewhat likely <input type="radio"/> Neither likely nor unlikely <input type="radio"/> Somewhat unlikely <input type="radio"/> Very unlikely
Collaboration and Communication Workshop Feedback  <b>4. The material was presented in ways that were effective for my learning</b> Please select one <input type="radio"/> Strongly agree <input type="radio"/> Agree <input type="radio"/> Neutral <input type="radio"/> Disagree <input type="radio"/> Strongly disagree	Collaboration and Communication Workshop Feedback  <b>14. In your own words, please describe any differences in your experience from being in the studio or outside the studio for today's workshop.</b>  <input type="text"/>	Collaboration and Communication Workshop Feedback  <b>15. Do you have a specific learning difference?</b> Select as many as apply to you <input type="radio"/> Dyslexia <input type="radio"/> Dyspraxia (DCD) <input type="radio"/> Attention Deficit Hyperactivity Disorder (ADHD) <input type="radio"/> Dyscalculia
Collaboration and Communication Workshop Feedback  <b>16. Do you have an Independent Support Agreement (ISA) in place through Disability Services at UAL?</b> Please select one <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Not sure	Collaboration and Communication Workshop Feedback  <b>17. If you would be willing to participate in a focus group to contribute more about your experience please enter your UAL email below.</b> The focus group will meet in person once for 30-40 minutes  <input type="text"/>	Collaboration and Communication Workshop Feedback  <b>18. This content is neither created nor endorsed by Microsoft. The data you submit will be sent to the form owner:</b>  Microsoft Forms

**If you have put  
yourself forward for  
the focus group I will  
be in touch to arrange  
a time to meet in the  
next two weeks**

# Communication, Collaboration, & Shared Leadership - Friday 7th November

This day-long Communication, Collaboration, & Shared Leadership workshop builds on your previous experience with these techniques in an introductory session in week 6.

Facilitator Ceri Buckmaster will lead the workshop with support from the course team. You will be introduced to approaches and methods for communicating effectively, and navigating the dynamics of collaborative processes.

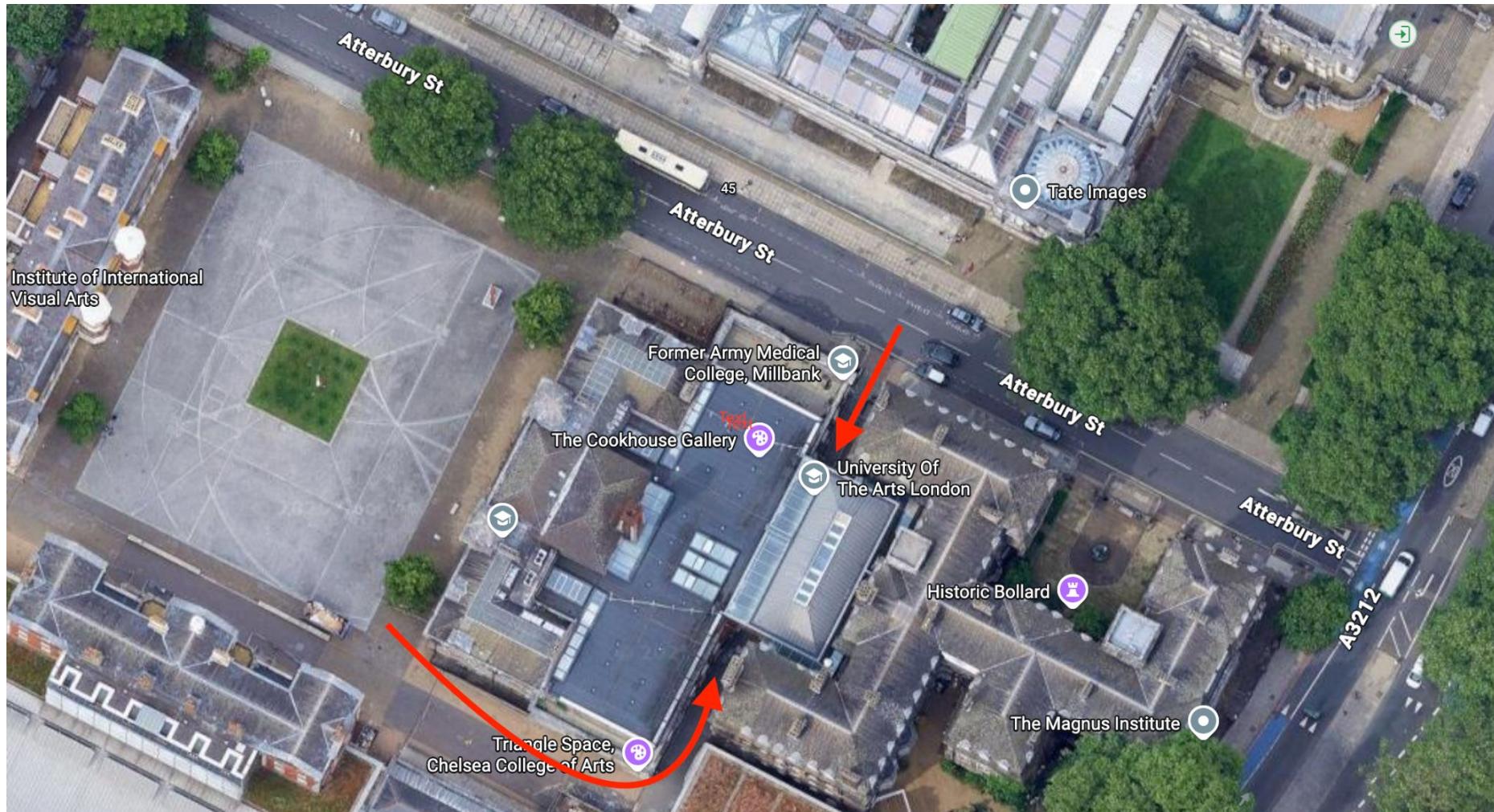
**When: Friday 7th November 10:30am - 4:00pm**

**Where: Chelsea Banqueting Hall, BG12**

Lunch will be provided but please bring  
sweet treats to share!



Communication, Collaboration, & Shared Leadership Workshop, DfAD, 2024



# Chelsea College



When you arrive at Chelsea, go to reception and through the gates.

Following signs to the Banqueting Hall go up the stairs and cross the bridge.

Small left, small right, through the wooden doors.



Entrance >  
Banqueting Hall

