



AUT SPORTS PERFORMANCE
RESEARCH INSTITUTE NEW ZEALAND



Action Learning Action Research Association

**11th Action Learning Action Research and 15th Participatory Action Research
World Congress**

September 2025

Putting Global Collaboration at the Heart of Action Research

PRESENTATION ABSTRACT

**Kayrouz, D (2025) Towards better understandings of lived experience in action research:
Bridging the differences between feelings and facts**

Since the early 70's, co-operative inquiry has led a democratic form of action learning. Based on Heron and Reason's (1996) extended epistemology of knowing, it's defining quality; to offer a research method for working with people rather than on people. As language is instrumental across all its cycles modes, language is also capable of establishing logical contradictions within its inquiry stages contributing to weakened practical outcomes. Recent language theories, offer possibilities that improve the cycles effectiveness.

My research show positive enhancement to practical knowing when data is influenced by the early introduction of non-verbal artifacts. Results that refer to non-verbal semiotic expressions of experience, influence a subsequent shift in language moving discourse to a highly creative, reciprocal, and transformational mode.

This presentation offers an interactive example of how a synthesis between private and public realms of knowing can be approached. Leaning on felt sense as a basis for knowing-in-the-moment, an exercise will highlight the tension language creates between subjective domains of private knowing and the objective public domain attempting to define knowledge of lived experience.

The methodology (Heron and Reason, 1996) focuses on 'knowing-in the-moment' purposely bringing 'hermeneutic utterances' (Kent, 1993) of lived experience to the fore. This prioritises felt meanings as the basis of dialogical negotiation. Contrary to conventions privileging rational meanings, understanding naturally emerges through inciting languages 'guessing game' a dialogue guided by bodily felt sense (Gendlin,1977).

Methods researched overcoming the traditional boundaries of language between inter subjective and objective perceptions of reality, stand to improve the qualitative aspect of action research by fostering better collective understandings of lived experience applied to research or training.

To be presented: In person in Auckland