

Community Catalysts



for Regenerative Development

ToolKit

Our planet is in a rapidly degenerative cycle mostly due to human impact. Around the world, rural regions offer a hopeful future, given their key role in stewarding the land and providing food for the surrounding populations. Also, due to the smaller size of rural communities, they provide fertile ground for testing alternatives that can catalyse and accelerate social and ecological change.

Community Catalysts for Regenerative Development aims to contribute to the shift towards a new paradigm, a new vision of the world that moves in a different direction from the globalisation process, inspired by ancient wisdom and contemporary knowledge, breaking patterns of separability between humans and nature.



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This toolkit is framed within an international model with broad legitimacy that allows intercultural dialogue – the United Nations Sustainable Development Goals 2030 - and presents practical tools to assess and implement them locally, namely *SDG's Flash Cards*, *Equilibrium - Catalyse Community Towards Resilience* and *WeLand - Making Sense of Place*.

It is an effective and inclusive way for actors in a community to develop strategies and actions for regenerative livelihoods through a nature-based design journey that brings integrity, meaning and sense of belonging while actively contributing to the global goals.



Regenerative Development is designed to move beyond sustainability. While sustainability focuses on development today that protects the ability of future generations to develop, the priority of regenerative development is to apply holistic processes to create feedback loops between physical, natural, economic and social capital that are mutually supportive, self-organising and self-evolving.

ToolKit Step by Step

Step 1. Find your Community Catalysts

Step 2. Conduct a Participatory Action Research on SDGs

Step 3. Activate Collaborative Design Process

This toolkit contains:

- 4 Guide Cards
- 1 SDG Cards Set
- 1 SDG Canvas
- 1 Biosphere SDG Targets Cards Set
- 1 WeBoard
- 5 WeMeta Cards
- 88 WePractice Cards
- 30 WePractice Blank Cards



Territories Meeting, Resilience Earth 2018

Step 1 - Find your Community Catalysts

Identify Key People

- **Rooted to the place**; with the capability to move from local wisdom to local knowledge.
- **Inter-connectors** of different key elements; capable of weaving the critical yeast that reconciles the polarities embedded in the community.
- **Able to conduct change**; with ability to lead, manage and sustain complexity and transformation.
- **Intentionally moving towards regenerative cultures**; embodying virtuous cycles and able to navigate serendipity.
- With **resilience skills**; resilient enough to confront uncertainty and unknown with ease.

How to Catalyse Change in Community

- Activate and knit community resilience
- Activate change towards regenerative cultures
- Activate and facilitate self organisation and dynamic flows of power
- Activate peace structures and non violent behaviour

A **Community Catalyst** is a person that accelerates change that is already underway but at risk of being overcome by systemic issues. Those who generate actions between two or more persons or forces within a community by triggering leverage points that propel change forward, leading pathways to regenerative cultures.



from Theory X, Y and Z, Resilience.Earth, 2018

Step 2 - Conduct a Participatory Action Research on SDGs

Carrying out a participatory assessment process in the territory brings a wider understanding of how the state of biosphere goals and targets are perceived by key actors in the community and what they identify as main actions done and needed.

Prioritising targets by state of balance, unbalance or emergency allows to direct the design process towards specific leverage points.

- Print Canvas + Goal and Target Cards
- Make one-to-one Interviews and/or Participatory Community Sessions with Catalysts
- Prioritise state of balance, unbalance or emergency of targets
- Analyse collective results



SDG Canvas interview, Profilanthrop 2019

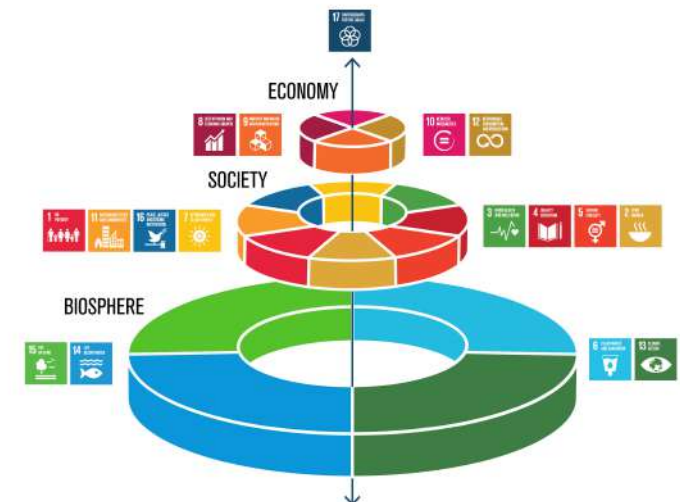


Community Meeting, OrlaDesign 2019

The SDGs from global to local

The SDGs were developed by a participatory process all over the world and serve as an international tool to face a systemic crisis at the global level.

Stockholm Resilience Centre's framework of the SDGs is a main reference that distributes the goals in different interrelated layers, presenting the biosphere as a crucial dimension to move us towards regenerative development.



Sustainable Development Goals according to the Stockholm Resilience Centre. Rockström & S, 2016

Step 3 - Activate Collaborative Design Process

WeLand - Making Sense of Place

When we become disconnected from nature and from each other, we shape fragmented places that offer us neither the belonging we crave for, nor the regenerative livelihood that emerges from belonging - the transformation of place the Earth so desperately craves for.

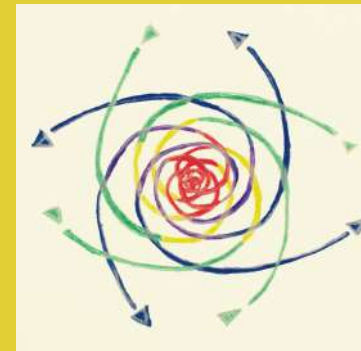
WeLand - Making Sense of Place is a design process based on the understanding that communities grow integrity through making sense of place. It aims to cultivate and act out of awareness of natural patterns through holistic engagement that listens deeply to the voices of human and other-than-human actors in the landscape.

It is a dynamic process grounded in a universal natural pattern - the torus - that invites communities to co-create regenerative livelihoods through engagement in flexible practices. Any member of a community can activate *WeLand*.

Nested Wholes

The holarcal character of semi-autonomous integrated systems allows self-organisation and interaction at different scales. Place has the same nested character, and making sense of it requires zooming in and out into different scales.

Toroidal Vortex



Torus cross-section, OrlaDesign 2014

The toroidal vortex is a universal pattern widely observed in nature as it self-organises in continuous motion.



Nested WeLand Torus, OrlaDesign 2015

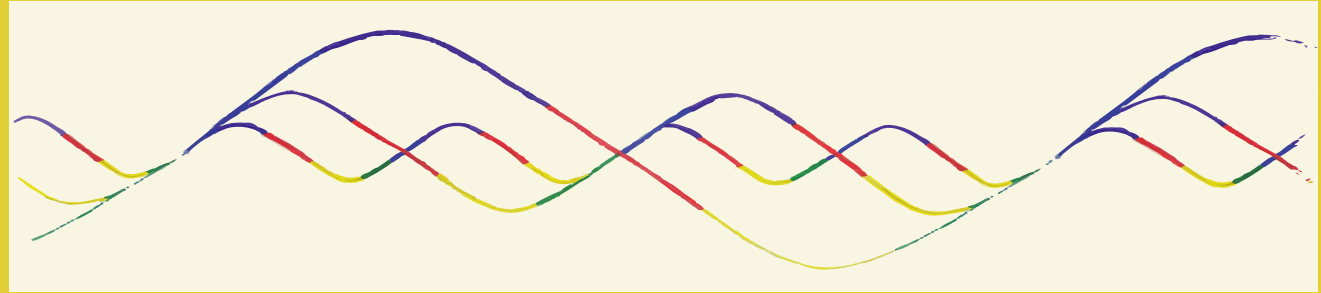
Guiding Principles

- A balance of approaches and voices yields clarity.
- Authentic engagement generates momentum.
- Ego blocks the flow. Love makes it grow.
- Every end is a beginning.
- Celebration marks completion with joy.
- There are no fixed tools, only flexible suggestions.
- Structure emerges from understanding, not imposition.

Desirable Qualities of Activators

- Deep listening
- Close observation
- Warm facilitation
- Non-judgement
- Non-attachment to one's own way
- Attending to relationships
- Synthesising patterns

WeLand Phases



WeLand is a five phase cycle, flowing through making sense of place into regenerative livelihoods. It moves from a holistic connection with the landscape in a wide sensorial diagnosis, aiming for deep engagement between the community, the land and each other. This creates a confluence of understanding which names the identity of a place. Emerging from the naming phase, key actors re-engage community in co-designing their future. Ideas crystallise and are tested. New information is gathered and collated as interaction with landscape deepens, thus refining identity through a continuous iterative process. *WeLand* can happen simultaneously at a variety of scales and through multiple interacting projects.



Walking through the landscape - Community Catalysts Training, Hungary 2019

WeBoard

Visualise and keep track of work in progress along the cycle



SDGs Card Sets

Bring in prioritised SDGs and Targets



CREATING THE SOIL

Choose tools to build a common ground for collaboration



WeMeta Cards

Introduce, synthesise and celebrate each phase and harvest collective findings.

LANDSCAPE INTEGRITY

understand landscape as it is perceived

CO-SENSING

understand the presence of who is part of the landscape

IDENTITY NAMING

identify what is willing to emerge from the relationship between what we are and what we may become

CO-DESIGN

co-create strategies for landscape and community regeneration

REGENERATIVE LIVELIHOODS

implement desired actions



WePractice Cards

Select practices that are relevant along phases, prioritise them and distribute exercises if needed



SCALES

Create pathways according to appropriate scale of action



Join the Community of Practice

Follow Cataly's advice and just take some time to enjoy challenges. Try to look for your own colours!

Use blank cards to create new WePractice Cards to experiment different exercises. Try to understand what goals you want to reach and challenge yourself to activate the path towards them.

If you know or create any practices that are relevant to the toolkit, join the Community of Practice. Play with us and share your activities!



Let's gather the fruits of our collective intelligence and put them at the service of regenerative transformation!

Find the Guidelines and all online materials at **catalysts.community**

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