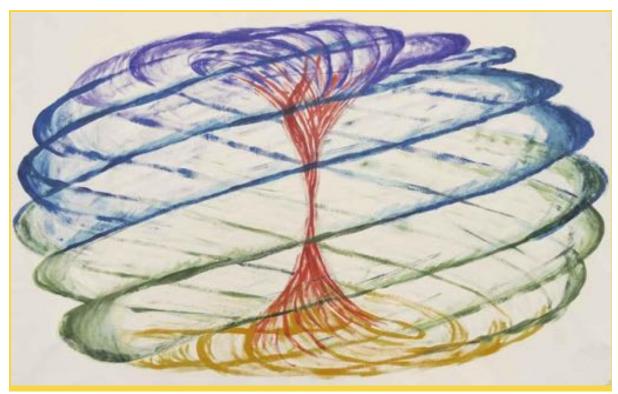# WeLand - Making Sense of Place

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 regenerative design thinking 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.

* Originally created at Schumacher College by Amy Seefeldt, Ana Sequeira and Hugo Oliveira; further developed by the Community Catalysts consortium as an Open Source / Creative Commons Toolkit

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 the community in co-designing their future. Ideas crystallize 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.

WeLand Phases:

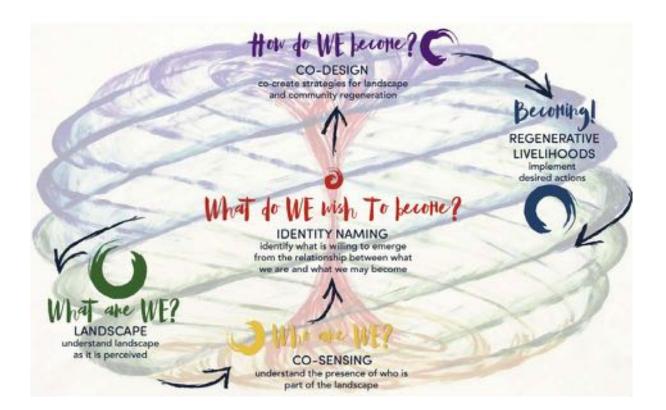The design process happens in a vortex movement along 5 phases of inquiry:

LANDSCAPE INTEGRITY To 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

Two other phases support the process and happen in the beginning of the process, before entering the vortex and in the end of the design process, when coming out of the vortex:

CREATING THE SOIL Choose tools to build a common ground for collaboration

BACK TO THE SOIL Evaluate and integrate the learnings of the cycle

Guiding Principles:

- There are no fixed tools, only flexible suggestions.
- Structure emerges from understanding, not imposition.
- 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.

Desirable Qualities of Activators:

- Deep listening
- Close observation
- Warm facilitation

- Non-judgement
- Non-attachment to one's own way
- Attending to relationships
- Synthesizing patterns
-

Online x Printed Toolkit

This toolkit works on-line and printed, combining strengths of both formats. On the online version, practice cards contain additional information, links, attachments and opportunities for interactions based on specific tools that can only be facilitated online. The printable version, able to be generated through the platform, has the essential information about the practice and a QRcode to connect with the digital version of the card. The aim of the printed version is to serve presential group dynamics where printed materials facilitate the engagement and thinking specially about reaching anybody, including Catalysts with no internet-connection or even electricity.
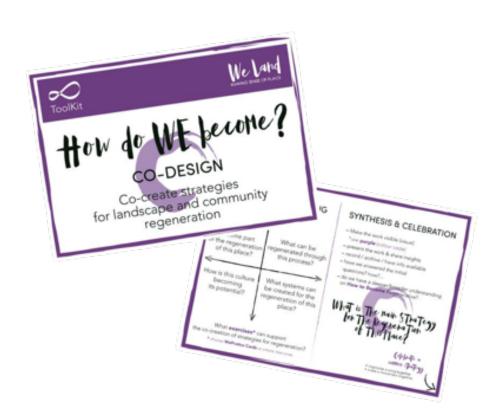
TOOLKIT COMPONENTS
WeBoard

Canvas to:

- Visualise the WeLand Phases within a cycle
- Keep track of the design flow
- Place the selected WePractice Cards

Suggested printing size: A2

WeMeta Cards

A Card for each phase that:

- Introduce a phase
- Harvest collective findings
- Synthesise and celebrate

Suggested printing size: A3

WePractice Cards

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

Suggested printing size: A6

Navigate with the help of tags

The toolkit contains numerous tools for every phase of the "*WeLand - Making Sense of Place*" cycle. As mentioned before, some of them can be used in several contexts, formats, some of them can be used in a specific setting or context. The goal is to provide the best collection of tools for every user to their specific needs, circumstances, timespan, local reality, etc. For this reason the toolkit has a tag system which can be used to focus on those tools that are useful and appropriate for your work. To generate your own unique selection with the set of tools you intend to use in a specific phase, you can filter the tools based on different aspects of the activity, choosing which characteristics you want to include in your filtering to reach the final set of cards that make sense for you, your work, your community.

Do your own TOOLBOX

You are invited to explore the toolkit cards throughout the phases of the *WeLand - Making Sense of Place.* The toolkit contains an ever growing collection of practice cards that can be used in several settings and contexts for several purposes. You can download the whole toolkit or you can choose to download only those cards that are relevant to you and your community. We recommend selecting those practices that make more sense to you and create your own toolbox. You can even create distinct toolboxes according to different processes. When you download your selection, you will be able to print the cards, cut them and use them with your target group.

It will save you time and resources if you only download the cards you will use and not the whole toolkit with cards that probably will not be needed. The process of generating your own toolbox is similar to using a webshop: you select your items and they are placed in your shopping cart. Here the cart itself is your unique toolkit which can be downloaded in PDF format and printed for offline use.

SDGs Training of Multipliers

SDGs Training of Multipliers

Why:

To build the capacity of facilitators and multipliers of the vitally important conversation about how to implement the 17 SDGs and their 169 targets at the local and regional scale in ways that are carefully adapted to the biocultural uniqueness of each location. It is an effective way of teaching SDGs and creating local community ownership of the SDGs.

How:

Organise a training where participants explore four dimensions of each SDG (Social, Ecological, Economic and Worldview) in question-focused small group conversations to collaboratively identify actions and solutions to implement the global goals in ways that are relevant to their lives and their communities.

What:

Meeting space, key community actors, Gaia Education´s SDG Flash Cards: https://www.gaiaeducation.org/product/sdgs-flashcards/

Tips:

Organize a training before starting the WeLand design process to get a common understanding of the SDG´s.

SDGs Flashcards

We Land
MAKING SENSE OF PLACE

SDGs Flashcards

Why:

To collectively understand and explore the Sustainable Development Goals for 2030. To collaborate in identifying actions and solutions to implement the SDGs in ways that are relevant to people´s lives and communities.

How:

Get Gaia Education´s SDG Flash Cards online in your prefered language. Use them in group processes to generate questions related to specific SGDs in your territory. Follow up with the WeLand design process to address biosphere goals and targets.

What:

"Meeting space, key community actors, Gaia Education´s SDG Flash Cards:https://www.gaiaeducation.org/product/sdgs-flashcards/"

Tips:

Organize a Training of Multipliers to maximize the potential of the flashcards.

Color Tribes

Color Tribes

Why:
To learn and assimilate the phases of WeLand process.

How:
Divide the group into color tribes; each color (brown, green, yellow, red, purple and blue) represents a WELAND phase. Ask each tribe to role-play its own worldview or embody the vortex movement.
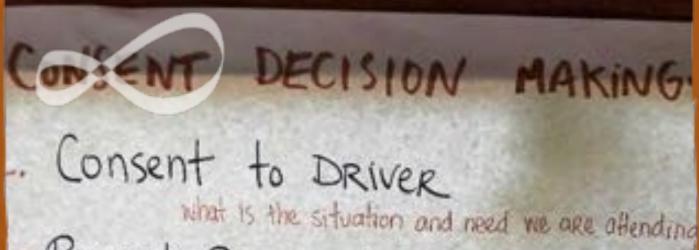
What:
"WeBoard.http://pedrotorres.org/el-metodo-iarar"

Tips:
Encourage tribes to play their role as creative as possible!

C~~onsen~~t DECISION MAKING

1. Consent to Driver
   what is the situation and need we are attending

2. Present Proposal (someone reads/tell the proposal)

Consent

4. Brief Response (quick Round of feelings and thoughts about the proposal)

4½ IMPROVE PROPOSAL based on anyone

5. Check for Objections

6. Resolve Objections

7. Celebrate!

8. Consider concerns

A WAY TO RAISE AND RESOLVE OBJECTIONS* TO DECISIONS AND ACTIONS

OBJECT or Is ARE REASONS NOT TO DO SOMETHING
- when consenting with the proposal can cause us harm (on fulfilling our driver)
- when there is an opportunity to improve the proposal now (or order to better fulfill our driver)

Consent

Why:
To take group decisions that integrate different perspectives in an equivalent, transparent and effective way.

How:
"Ask the group regularly if it´s ok to move forward and if there are any reasons not to. Move forward when there are no objections and integrate any complaints that may come up."

What:
Willingness to co-create.

Tips:
Use simple hand signs to check if there is consent or any objections or concerns in relation to any decision affecting the group. Any issues should be brought to the group with transparency and openness to address them collectively if any needs arise.

BACK LOG

IN PROGRESS

Design Process Backlog

We Land

MAKING SENSE OF PLACE

Design Process Backlog

Why:

To monitor the progress of learning outcomes, to-dos and expectations visually and interactively throughout the design process.

How:

Create a backlog (a flipchart or a board with three columns: TO DO, IN PROGRESS, DONE). Invite everyone to post expectations and learning outcomes for the process. Monitor as people move it from TO DO to IN PROGRESS and DONE. Add new post-its as they emerge during the process.

What:

Flipchart, whiteboard, post its, markers, etc.

Tips:

Ask participants to put their names on the post-its, so they don´t lose track. Remind participants to move their post-its throughout the process.

Seedbank

Seedbank

Why:
To avoid losing relevant ideas, issues or questions that come up in the process but cannot be addressed instantly.

How:
Use a flipchart or a whiteboard as SEED BANK. Collect relevant issues, questions or ideas as they come up. Come back to it when appropriate in your session or meeting.

What:
Flipchart, whiteboard, post-its, markers, etc.

Tips:
From time to time, review the SEED BANK and check if you've covered any topics.

Harvest Wall

Harvest Wall

Why:

To create space for visual outcomes while the process develops.

How:

Find space/s that can work as Harvest Walls. Collect outcomes from exercises along the different phases and exhibit them on the walls. Refer to it whenever it is needed.

What:

Walls, corkboards, wallpaper, flipcharts, blue tag, tape.

Tips:

Celebrate achievements!

Integral Approach

Integral Approach

Why:

To guarantee the integrity of the process through objective and subjective, qualitative and quantitative, collective and individual approaches.

How:

Be aware of the group´s context. Choose diverse activities that balance the design process in all these quadrants and according to the needs of the group.
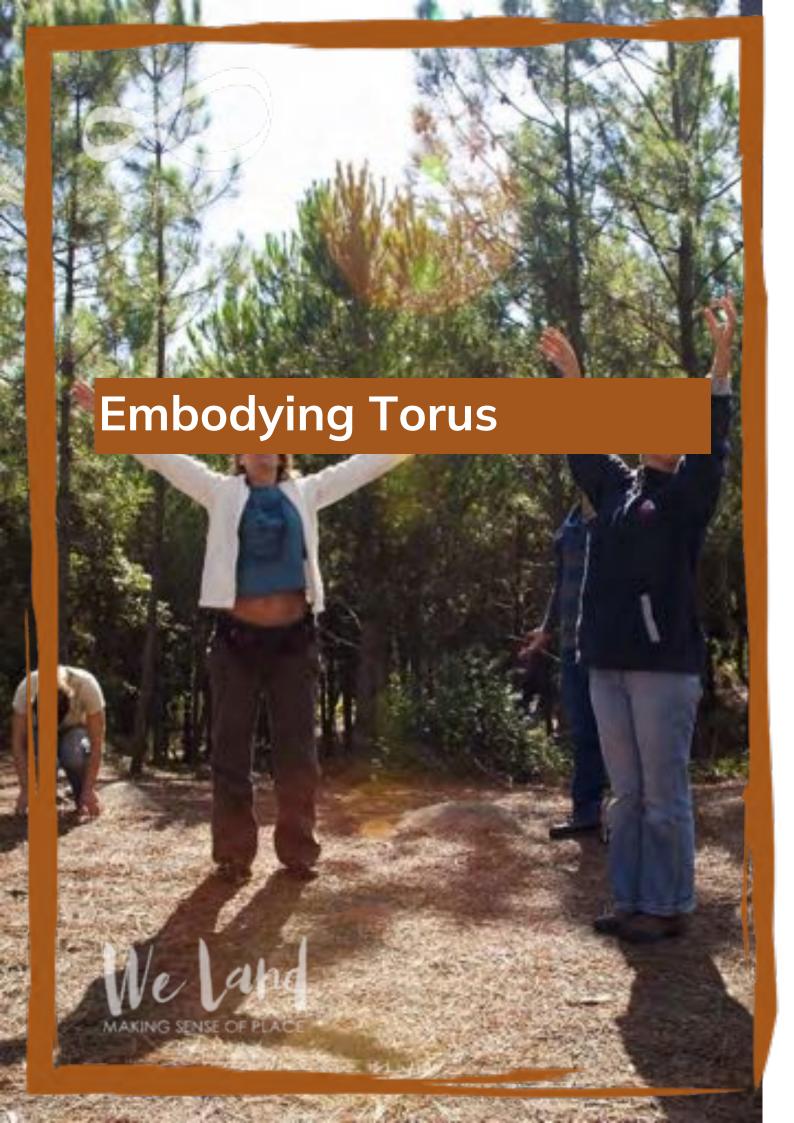
What:

Knowledge of integral approach theory by Ken Wilber: www.kenwilber.com

Tips:

Remember, this can be an ever-iterative process, and you can always come back and follow a different pathway.

Embodying Torus

We Land
MAKING SENSE OF PLACE

Embodying Torus

Why:

To embody and activate the torus pattern in our electromagnetic and energetic field. To perceive the connection between the toroidal pattern in us and how to connect it to the landscape.

How:

Through qigong-inspired practices of movement and breathing. Slowly activate and perceive the toroidal energy field we generate around us; through activating it, we increase our mindful awareness of ourselves in the space."

What:

Body and presence in comfortable wear.

Tips:

Do it alone, with the group, when and how often you feel it is needed.

Hand-signs

I CONSENT

I HAVE A POSSIBLE OBJECTION

I HAVE A CONCERN

We Land
MAKING SENSE OF PLACE

Hand-signs

Why:
To allow non-verbal communication during the dialogues, brain-storms and/or decision-making along the design process to be more effective.

How:
"Introduce the various hand signs in this phase and have them visually present in the room so the group can adopt them at its own pace. The facilitator/activator gives an example when appropriate."

What:
A representation of the signs printed or drawn and your hands.

Tips:
Use them as they are helpful - if by any chance they distract the flow of events, readjust...

Group Agreements

Group Agreements

Why:
To engage the participation of everyone present in the design process respectfully and responsibly.

How:
"Propose relevant group agreements to the group, add inputs from the group and consent to group agreements and their timeframe."
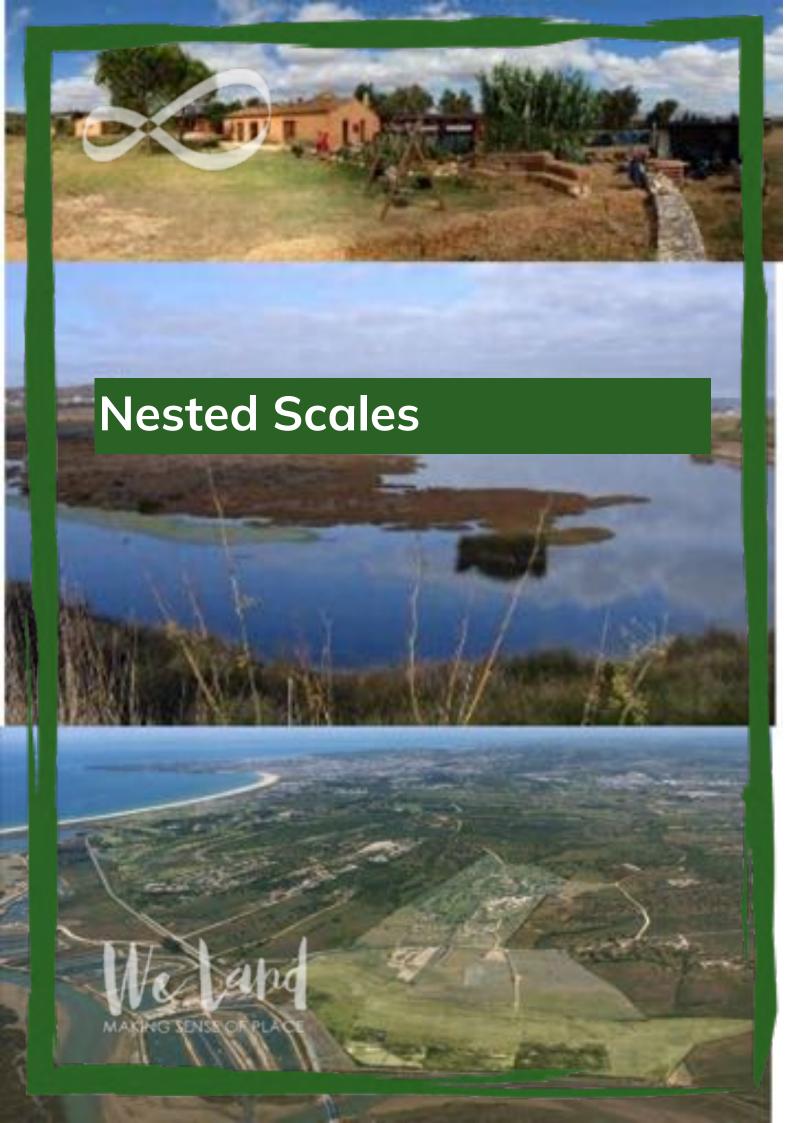
What:
Detailed proposal and a process to agree on it.

Tips:
Use consent to agree.

Nested Scales

We Land
MAKING SENSE OF PLACE

Nested Scales

Why:

To convey a geographical scope to the survey/design process and clarify what to include and exclude from the process. To consider the interactions between scales and to compare processes at relevant scales.

How:

"Define the focus of the survey in concentrically nested wholes. Consider the middle scope as your main one (e.g. Farm Land) and define a broader scope directly related (e.g. Watershed) and a more detailed one (e.g. Organic Matter Cycle)."

What:

Flipchart and pen. Digital mindmap canvas. Maps, base maps with borders.

Tips:

Use with Base Map (WePractice Green Card) and other relevant maps.

Scale of Permanence Co-Sensing Board
- A Pattern Language -

Climate

Landform & Water

Legal Aspects

Access & Circulation

Scale of Permanence

Ve... & Wildlife

Microclimate

Buildings & Infrastructures

Soils

Aesthetics & Sense of Place

Economic Outputs (direct/indirect)

ORLA

We Land
MAKING SENSE OF PLACE

Scale of Permanence

Why:

To organize the landscape survey according to the Scale of Permanence, from the more permanent and complex to change qualities and processes to the less permanent and easier to change processes and elements. This helps in the prioritization of decisions and actions in the co-design phase.

How:

"Organize your findings and survey along the Scale of Permanence. You make a Board to locate the different patterns identified within each major category or different map layers."
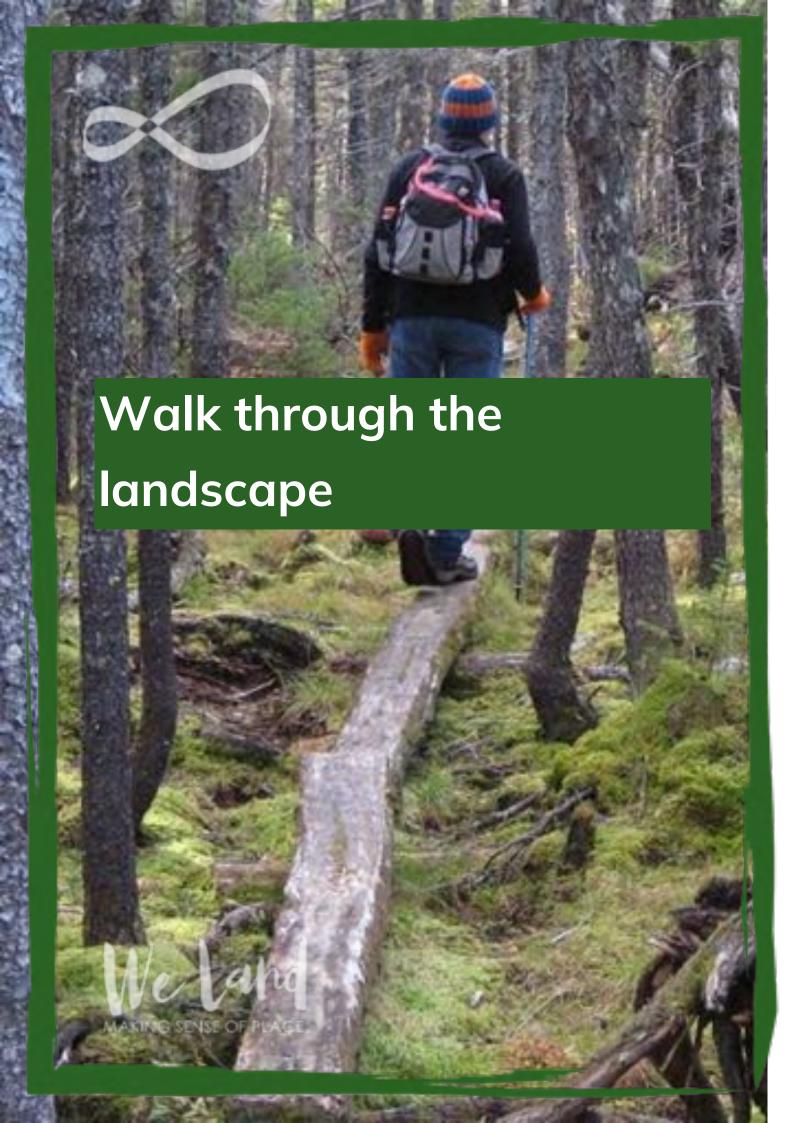
What:

The scale of Permanence (Co-Sensing) Board, pattern cards, field journal, base map, tracing paper, etc.

Tips:

Visit the territory observing different themes at a time.

Walk through the landscape

Walk through the landscape

Why:

To get to know the landscape through experience and deepen the contact with it.

How:

"Choose a way to walk the landscape according to your working scale. Do the walk alone, in pairs, small or big groups. Share insights at the end of the walk."
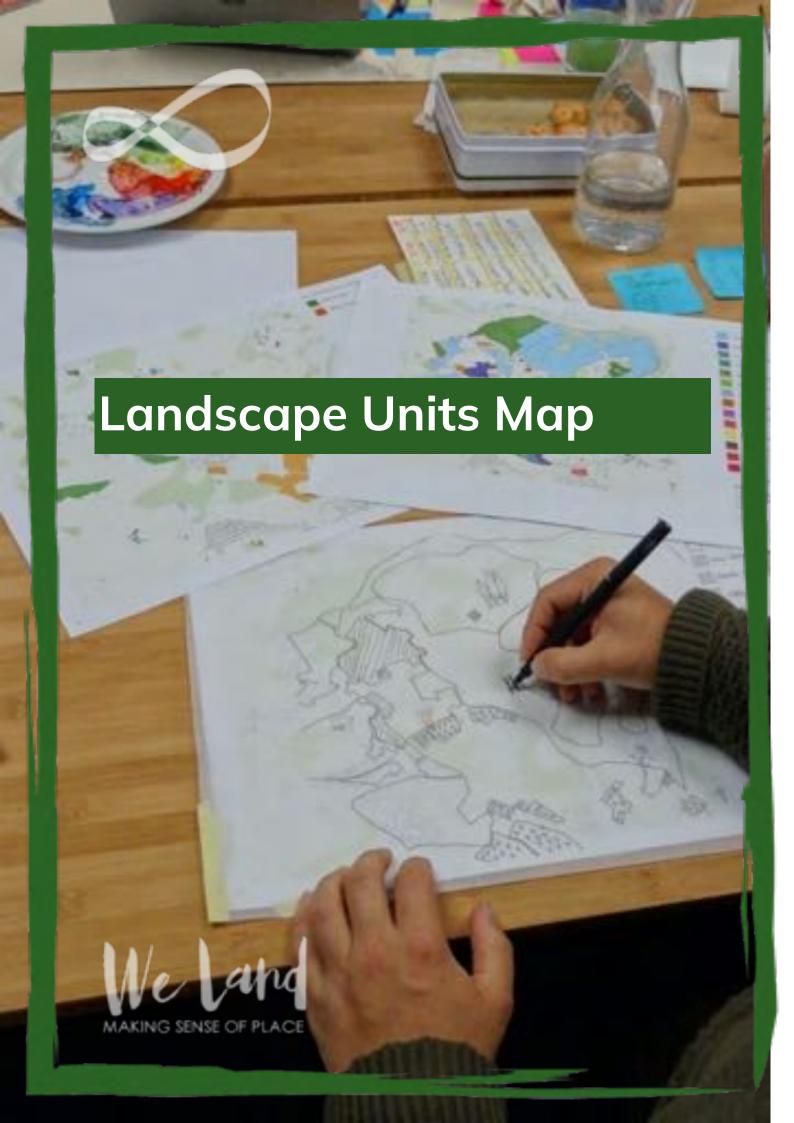
What:

Appropriate wear.

Tips:

Use a map if relevant. Take the chance to perceive the landscape with new eyes.

Landscape Units Map

We Land
MAKING SENSE OF PLACE

Landscape Units Map

Why:

To synthesise ecological, cultural, and social landscape data geographically and create units to support other landscape design and management.

How:

"Define zones with similar ecological, social and/or cultural characteristics. Draw them as areas on a map.Name each of them with an appropriate title that captures the essence of such an area."
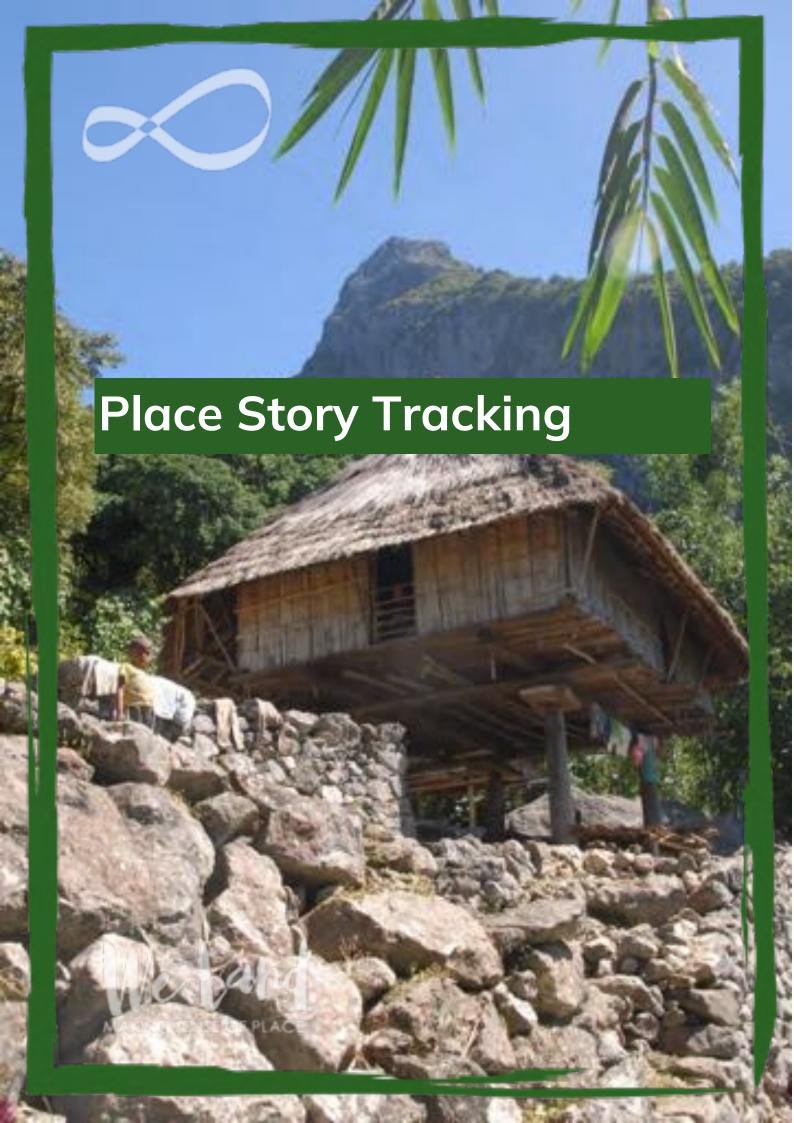
What:

Analogical – map of the area, tracing paper, colour pencils, marker pen, land-use maps. Digital – Computer, software (GIS, CAD, Google Earth...), printer.

Tips:

Overlay Base Map (Wepractice Green Card), land-use map and other relevant maps.

Place Story Tracking

Place Story Tracking

Why:
To understand the landscape legacy that is present in the stories of the place.

How:
"Visit the local storytellers, hear their stories, find out what stories people tell of their place, and ask about how things were in the past. Read books about the area."
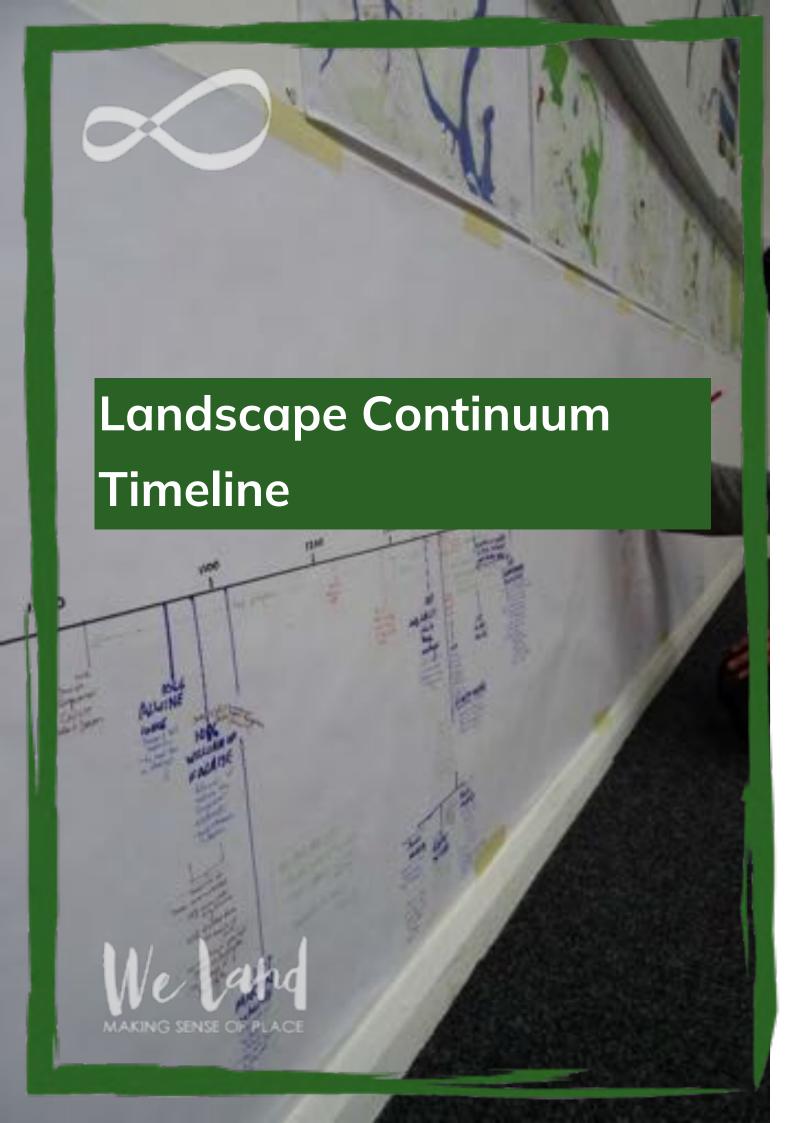
What:
Yourself and others.

Tips:
Tell your own stories of the area.

Landscape Continuum Timeline

Landscape Continuum Timeline

Why:

To honour the landscape´s history and legacy and highlight important/relevant moments in its history.

How:

"Draw a line and mark a time gradient. Signal any relevant event per date. Put the timeline on the wall.Take notes on particularly significant dates."
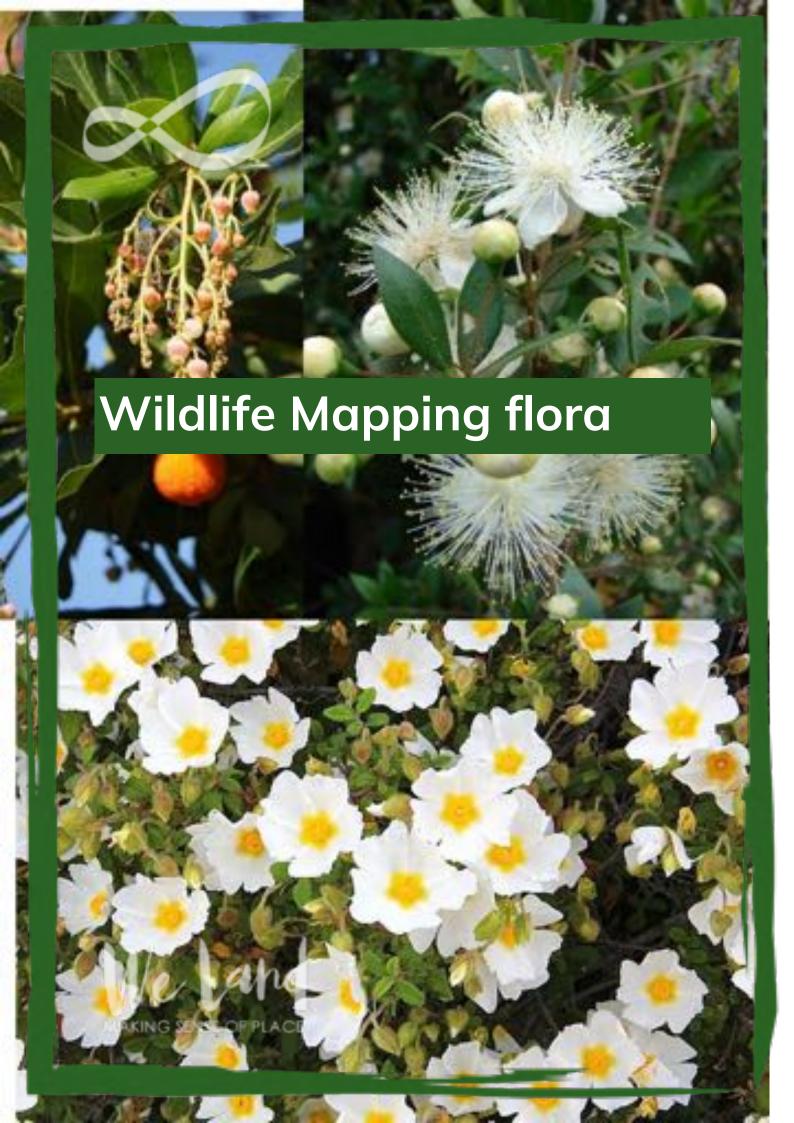
What:

Big paper roll, colour markers/pencils.

Tips:

"Colour coding can help categorize.Pause at the end to identify long-standing patterns."

Wildlife Mapping flora

Wildlife Mapping flora

Why:
To build awareness of the other-than-human beings in the landscape and understand their needs and roles in the ecosystem.

How:
"Survey the area with the support of field guides, local experts, reports, the internet, etc.; walk the area, gather in a list all the species possible to identify and in what conditions. Create a fact sheet for each species with all relevant information."

What:
Research materials. Field journal, field guide, camera, etc.

Tips:
Use also drawings and/or take pictures while surveying.

Wildlife Mapping fauna

Wildlife Mapping fauna

Why:

To build awareness of the other-than-human beings in the landscape and understand their needs and roles in the ecosystem.

How:

Survey the area with the support of field guides, local experts, reports, the internet, etc.; walk the area, gather in a list all the species possible to identify and in what conditions. Create a fact sheet for each species with all relevant information.

What:

Research materials. Field journal, field guide, camera, etc.

Tips:

Use also drawings and/or take pictures while surveying.

Introducing One and Land

Introducing One and Land

Why:

To greet and honour the land by asking permission to interact and introduce oneself to it. To increase the awareness of our interactions and deepen the sense of belonging to a place.

How:

In a way that feels right to you and/or the group, ask permission to enter and interact with the territory and appreciate the place you are in a relationship with.

What:

Yourself & the landscape.

Tips:

Do this in a way that fits the group´s culture and let individuals find their way.

Basemap

Basemap

Why:
To enable the visualization of geographical information while recording observations and during the whole design process.

How:
Draw your map with a compass, measuring tape and steps; if in small-scale and low-tech situations, use a military map to serve as a source for your base map. If you have access to a computer, GIS software and/or Google Earth, select and extract an image of the landscape area you are working within an appropriate scale.
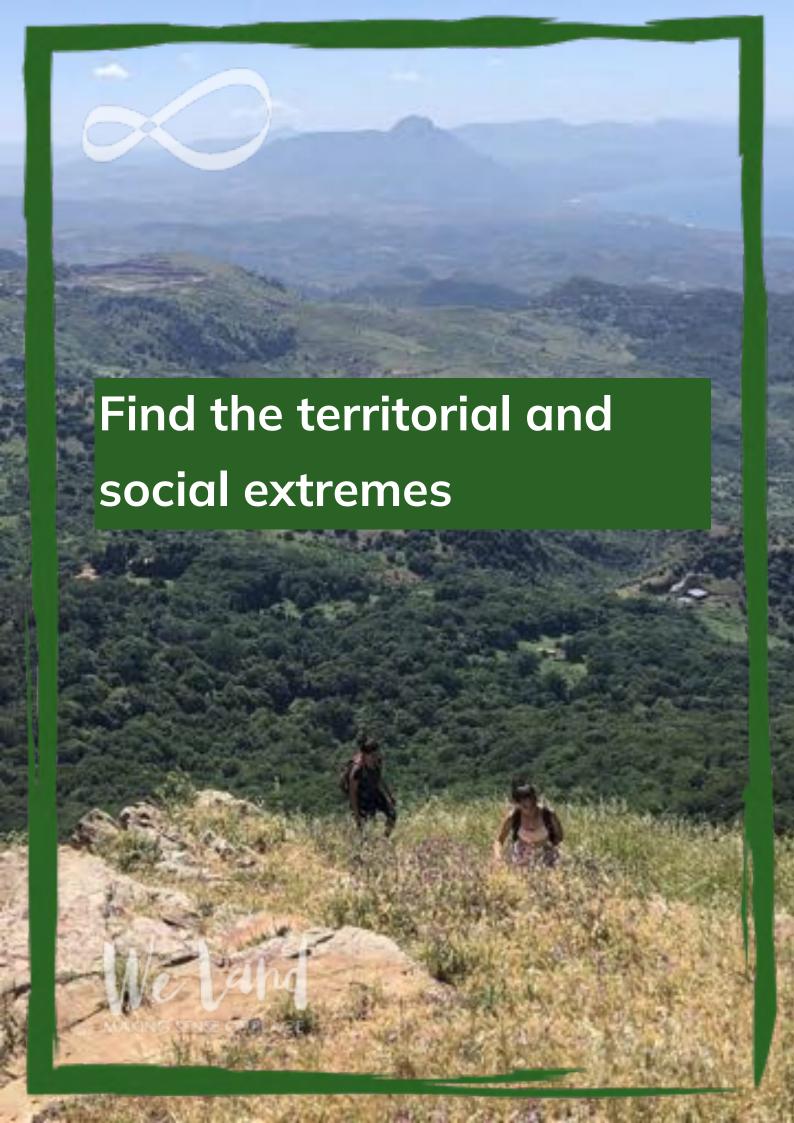
What:
Paper (appropriate dimension), tracing paper, measure tape, geometric drawing tools (ruler, compass, square, etc.), pencils and pens. Computer, GIS software, printer.

Tips:
Consider making a drone survey and/or topographic survey. Describe the scale and the cardinal directions.

Find the territorial and social extremes

Find the territorial and social extremes

Why:
To understand the contrasts of the territory and to gain from different perspectives.

How:
Find and visit the places within the landscape you are working with opposite characteristics. Example: highest and lowest spot, driest and wettest places, most and least polluted, most and least fertile soils, richest and poorest areas, most and least visited places, and other characteristics relevant to your territory.

What:
Comfortable shoes and clothing. Camera, field journal, ...

Tips:
Find the target spots and design trips together. Consider SDG Targets as topics for your observation.

Council of All Beings

We Land
MAKING SENSE OF PLACE

Council of All Beings

Why:

To give voice to the other-than-human world present in the landscape. To build empathy for other creatures and natural elements.

How:

Draw in a mask (artfully) the representation of an other-than-human being or element. Gather in a circle and prepare for council, speak as the creature you represent, and be as authentic as possible.Pass a stick around and speak when it is your turn.Discuss landscape issues through the eyes of such beings.

What:

Material for masks and art material, talking stick, circle.

Tips:

Think outside the box, and put yourself in the other beings´ skin.

Landscape Photos

Landscape Photos

Why:
To bring visual and aesthetic references to the landscape into the co-working space.

How:
Take a (panoramic) photo in the most relevant spots of the landscape you are working with. Print them out and connect them with their respective place on the map.

What:
Camera, map, printer.

Tips:
Consider taking the photos regularly (every week, month or season) from the same place to capture the changes along cycles.

Cycles Map

We Land
MAKING SENSE OF PLACE

Cycles Map

Why:

To identify closed and open loops in the use of natural resources.

How:

Identify and map critical spots on the territory where the production starts, continues and ends. Use it, for example, to map food production, distribution and kitchen waste use, water cycles, and the cycle of different materials like paper, plastic, glass, etc. Connect these points with lines and see how far or close cycles are from being closed.
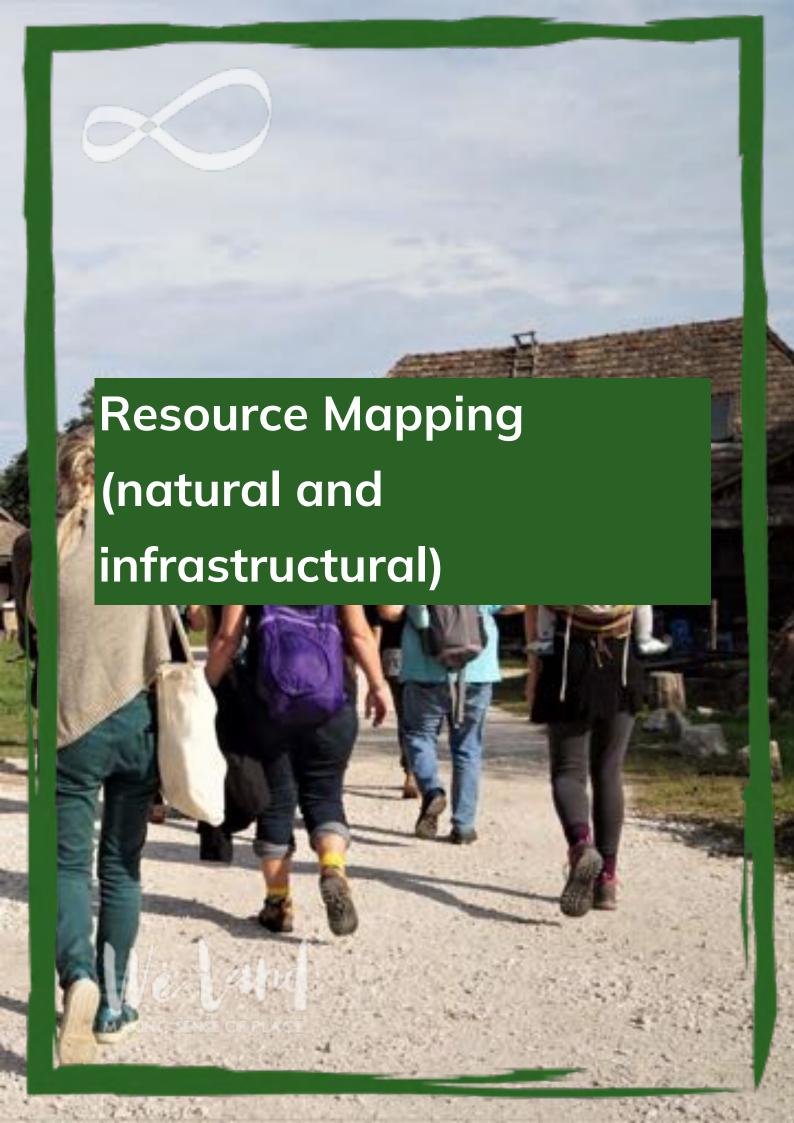
What:

Map, pen, knowledge of the territory.

Tips:

Use colour coding to distinguish different kinds of natural resources.

Resource Mapping (natural and infrastructural)

Resource Mapping (natural and infrastructural)

Why:

"To get a clearer picture of the local assets. To enforce a sense of abundance instead of scarcity.Provide a framework for community action."

How:

"Organize participatory community meetings. Collect the natural and infrastructural resources present in the landscape at the scale you are working with."

What:

Flipchart papers, pens. Room for the community meeting.

Tips:

Use pre-designed templates and mindmaps to foster visual thinking.

Bioshapes catching

We Land
MAKING SENSE OF PLACE

Bioshapes catching

Why:
To identify and value Nature as an artistic device.

How:
"Walk around the land to search and find different geometrical shapes from animals, plants, landscapes or mineral sources (helix, spirals, etc.)."

What:
Hiking route with activities guide.

Tips:
Harvest repeating patterns and relate them to functionality.

Ecological Footprint Calculation

Ecological Footprint Calculation

Why:

To understand the ecological impact of daily life choices and relate global ecological and social dynamics with our personal lifestyle.

How:

"By calculating how many ´global hectares are needed to produce the resources necessary to satisfy your consumption and their disposal. Access the online calculator and do the exercise. Then draw a list of next steps and/or areas of attention that you can strategize to reduce your ecological footprint.Calculator: https://www.footprintcalculator.org/home/en"
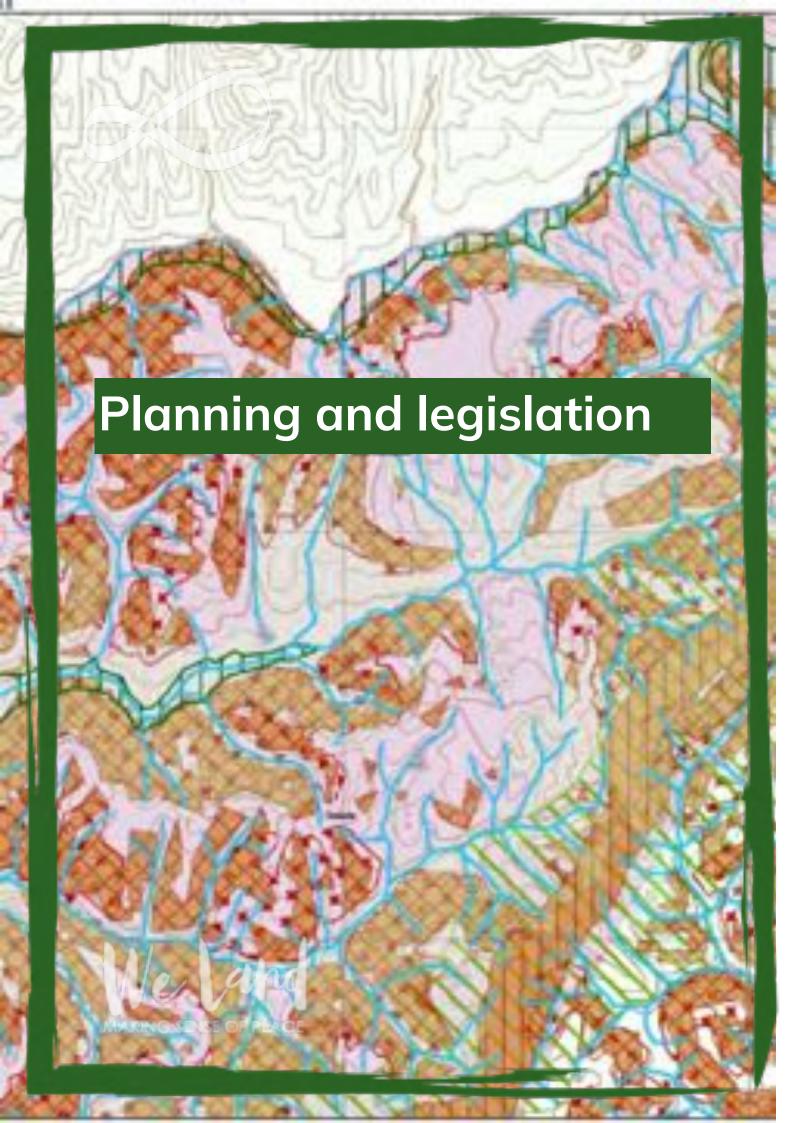
What:

Internet acess.

Tips:

Which actions that help you reduce your impact can be taken collectively? Discuss the tool and the results with your friends/group/community

Planning and legislation

Planning and legislation

Why:
To understand local, regional, and international legislation for planning and regulations that can limit or guide landscape interventions.

How:
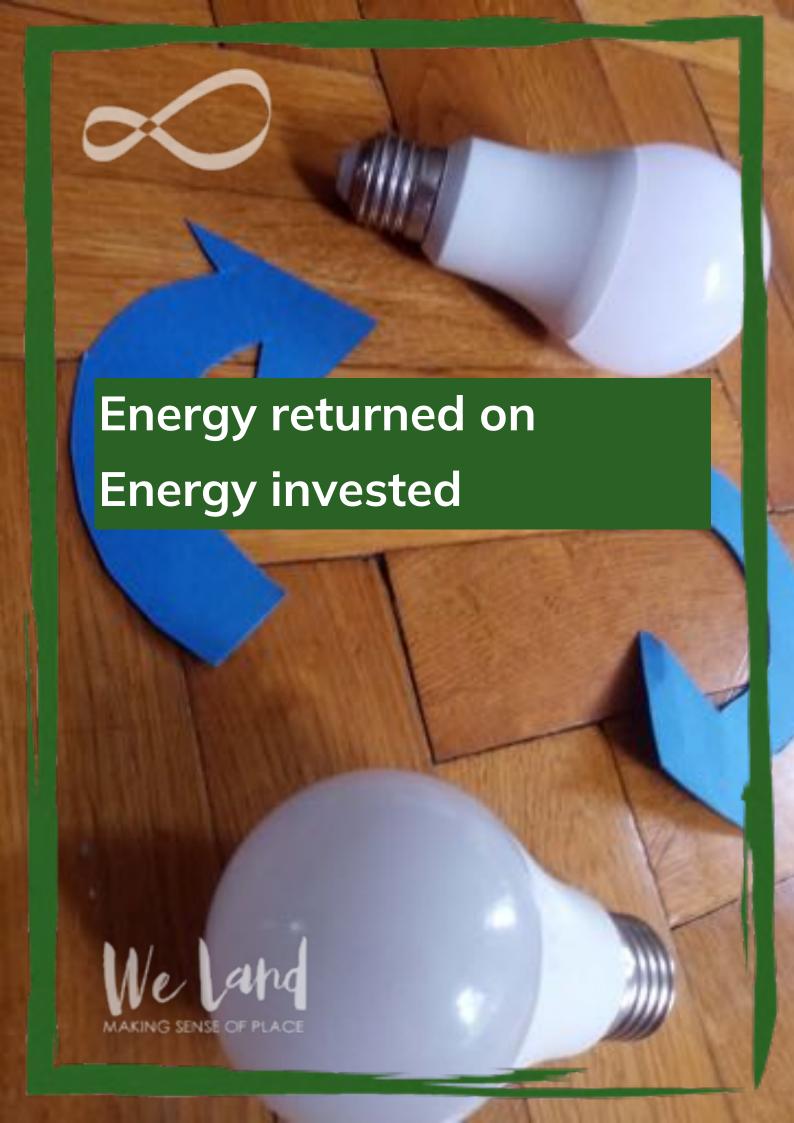"Consult your municipality, regional, national and international territorial planning and legislation data."

What:
Planning and legislation maps, local conditioning rules, reports and information on legislation, ...

Tips:
Know your context well.

Energy returned on Energy invested

Energy returned on Energy invested

Why:

To understand the ecological impact of daily life choices and relate global ecological and social dynamics with our personal lifestyle. To reflect on efficiency at different scales.

How:

To measure the efficiency of a system, use the EROI = Energy Output / Energy Input system of analysis. Look at the instructions from the website and adapt to your local context. Define a scale of analysis (initiative, municipality, bioregion)..and start!
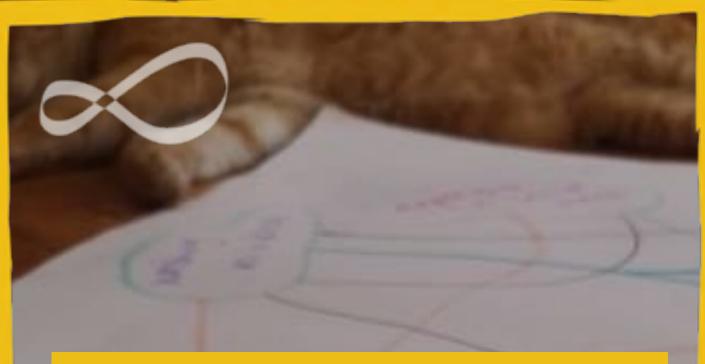
What:

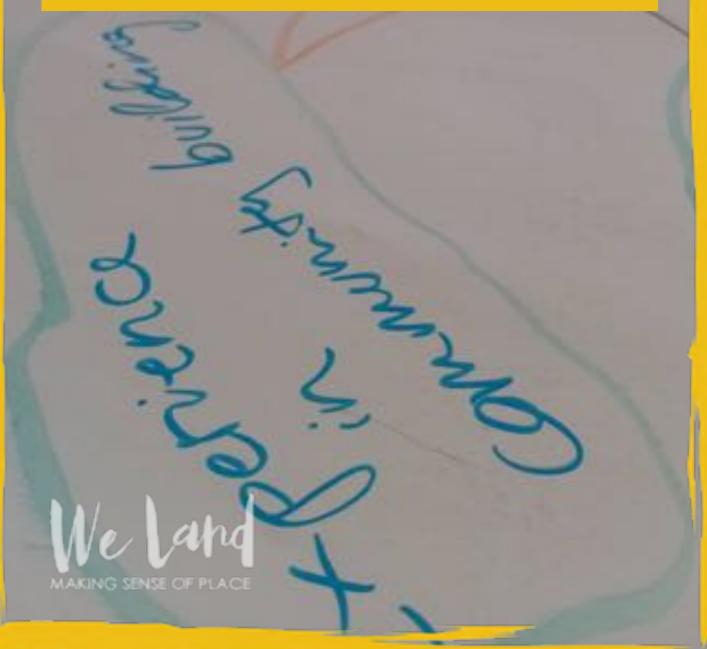"Expert software; consultant.www.euanmearns.com/eroei-for-beginners/"

Tips:

"Try the calculation at different scales and look for solutions that could benefit transversally.Connect with ´Nested Scales´ WePractice green card."

Skills Mapping

We Land
MAKING SENSE OF PLACE

Skills Mapping

Why:

To collect the skill set available within the group, to unfold any skills that might not yet have been mentioned.

How:

"Individually map your skills and share them with the group; the group adds on that by naming other skills that you haven't mentioned but that they identify in you. Harvest all per person, and then as a group, have it around; if new skills are acquired, add them to the map."

What:

To collect the skill set available within the group, to unfold any skills that might not yet have been mentioned.

Tips:

Use art materials and encourage creativity; divide into smaller groups if needed (ex: people from the same organization).

Historical "Social" Timeline

Historical "Social" Timeline

Why:

To map chronographically the civilizational and social trends of a particular place.

How:

"Draw a timeline; collect all relevant events or information that might help you understand current societal patterns in the place you're working with."

What:

Flipcharts, pens, information (computer, books, etc.).

Tips:

Can be used to complement Landscape Continuum Timeline (WePractice Green Card).

One to One Interview

We Land
MAKING SENSE OF PLACE

One to One Interview

Why:

Deepening knowledge, building relationships and collecting relevant information from a diverse network of key people. To assess the level of implementation of SDG´s targets.

How:

"Contact people with wisdom/knowledge/experience about the territory; Schedule an interview; Select relevant SDG targets; ask the interviewee to prioritize them according to the level of equilibrium in the region. Take a picture of the canvas to keep records."

What:

Notebook, pen, digital voice recorder (optional), SDG´s canvas and cards.

Tips:

Ask people to choose a meaningful place in the territory to be interviewed; use the snowball technique (asking the interviewee to propose other people to do interviews).

Name the Actors

We Land
MAKING SENSE OF PLACE

Name the Actors

Why:

To identify possible categories or types of actors/stakeholders present in the region.

How:

"Name the possible types of actors/stakeholders; make little cards or post-its for each type; When going through the WeLand flow, look at what actors would be impacted by or might contribute to your design process."
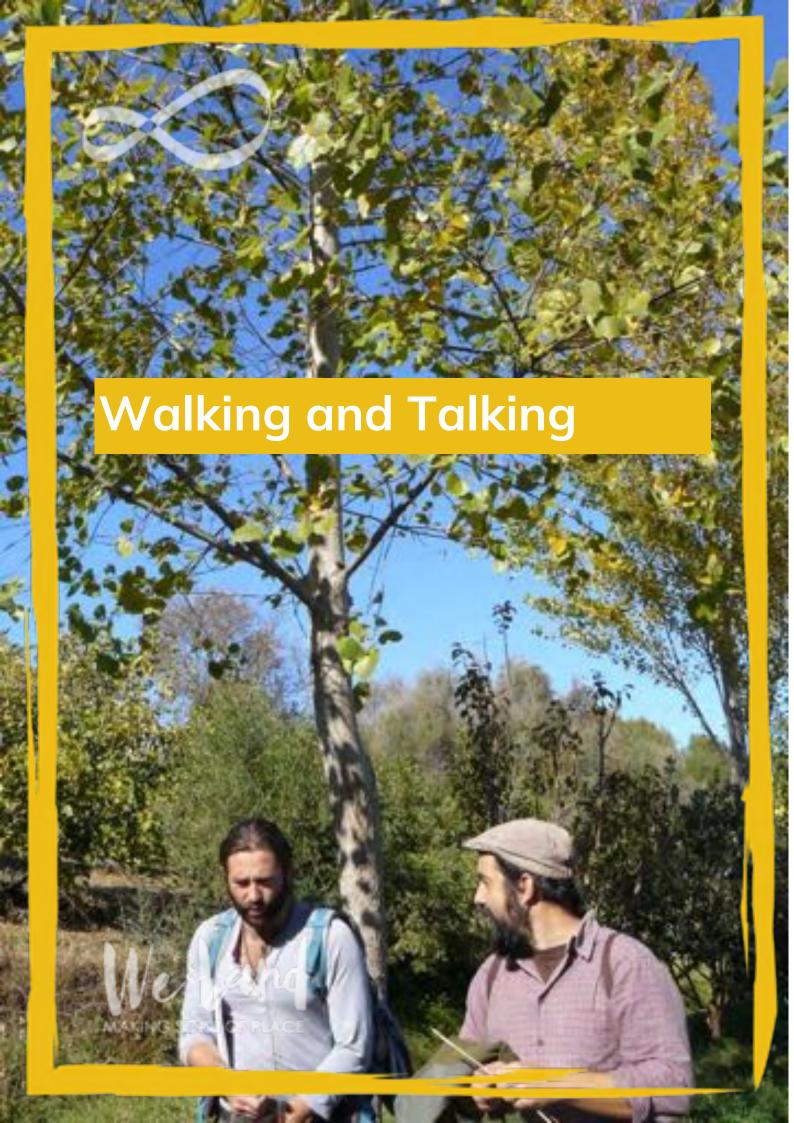
What:

Post-its, paper, pens, etc.

Tips:

Do it on big paper and/or a big wall to later make links between actors; it can be done in brainstorming format with the whole group.

Walking and Talking

Walking and Talking

Why:

To get to know people, one at a time, while walking through the landscape. The fluidity of walking tends to allow for a more spontaneous flow of conversation.

How:

"In pairs, walk the landscape and get to know each other. Make it short or long depending on time availability, then rotate and change pairs. If possible, walk with everyone at least once."
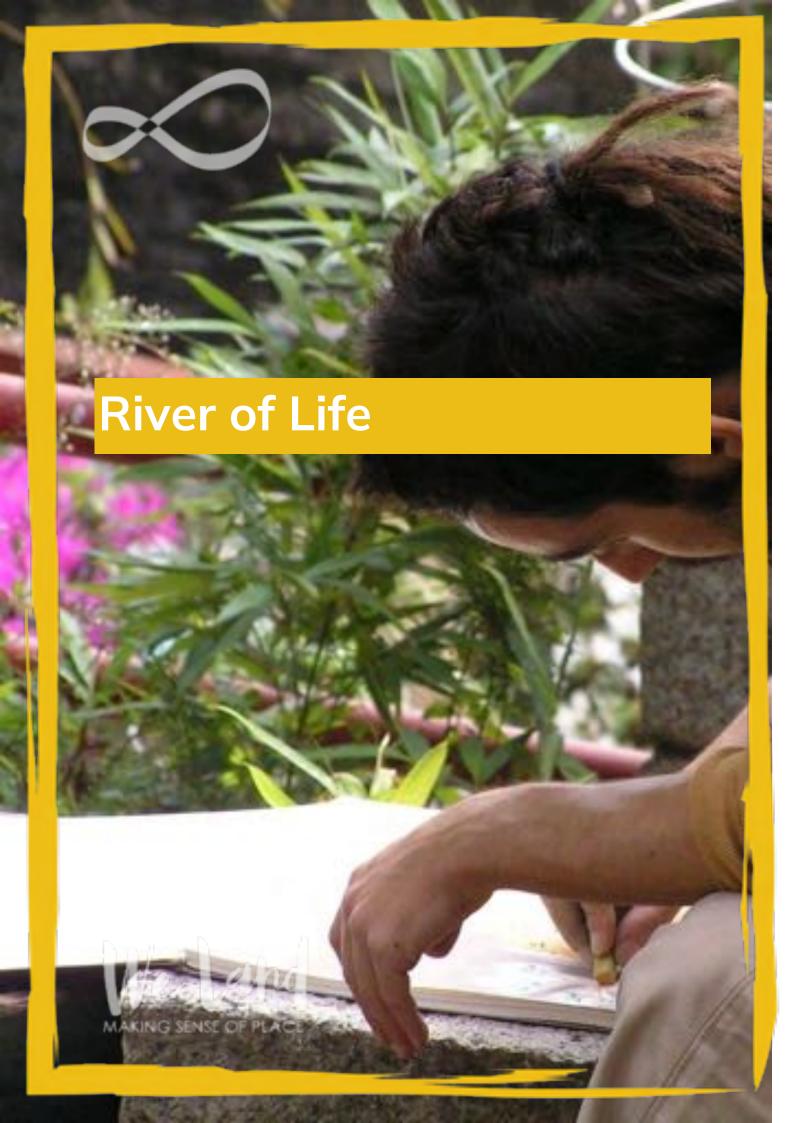
What:

Two people.

Tips:

Try to give a balanced time frame for both to speak and listen.

River of Life

River of Life

Why:

Reflect and share one's personal journey with others and what brings them into the group process.

How:

"While reflecting on relevant moments in your life, draw a river and mark them along the river as a timeline of events that lead you to the current process. Once you finish, share it with others, in pairs or the whole group."

What:

Paper A3, color pencils, markers etc.

Tips:

Take time to remember, to access relevant memories; draw landscapes where events happened; drawing skills are not necessary; encourage people to use drawings, keywords, symbols or whatever feels more comfortable.

Family and Oral History

We Land
MAKING SENSE OF PLACE

Family and Oral History

Why:
To get closer to your family/cultural roots, understand cultural and family-related narratives that may be relevant to your present life.

How:
"Research, ask elders in your family. Ask about traditions, stories, crafts or other practices present in the livelihoods of past generations."

What:
Notebook, pens, digital voice recorder.

Tips:
Ask generative questions like "how was the livelihood of my family members?"; Prepare an interview plan, but don´t stick too rigorously to it; bring objects, photos or other visual records that inform and complement the stories; use them as an intergenerational activity where kids do the research.

Resource Mapping (human, institutional and communal)

Resource Mapping (human, institutional and communal)

Why:

To identify social infrastructure that supports community interactions, from leisure to marketing, to education, to meetings, networking or collaboration. To reinforce a sense of abundance instead of scarcity. To provide goals and a framework for action.

How:

"Organize a group meeting. Collect infrastructural, institutional and communal resources where people meet or where they can fulfil needed services. Map them out, either on a geographical map or a network mindmap."

What:

Geographical Map (ex. Base Map - WePractice Green Card), flipchart papers, canvases, pens. Room for holding the meeting.

Tips:

You can use pre-designed templates and mind-maps to foster visual thinking. May be focused on specific scopes (ex: municipal resources). Look for service providers but also for unforeseen emergent nodes of interaction (garden benches, coffee shops, etc.)

Community Canvas

We Land
MAKING SENSE OF PLACE

Community Canvas

Why:

To help build a community, analyze a community or improve an existing community.

How:

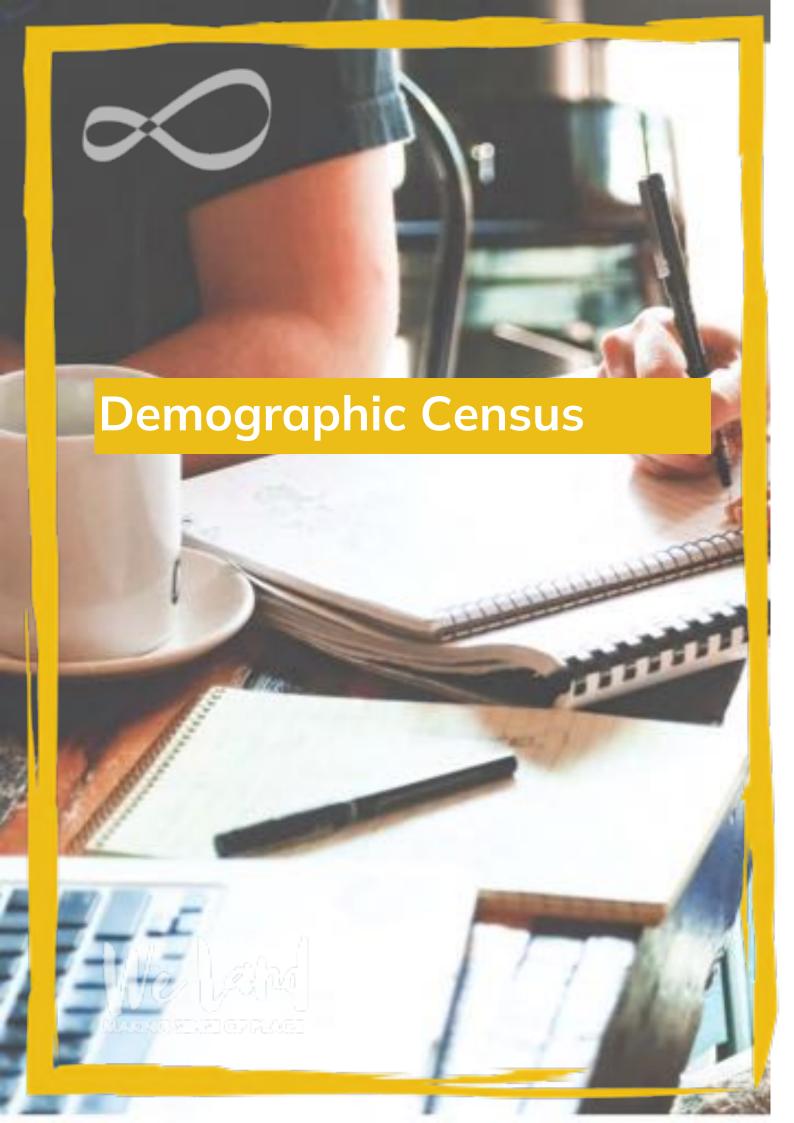"Click the link to read how to use the canvas and download it on: www.community-canvas.org."

What:

Community canvas (online), pens, pencils, crayons, and community members.

Tips:

none.

Demographic Census

Demographic Census

Why:

To quickly access relevant data about the territory´s demography.

How:

"Research online or acquire a printed version of the last census of your region. Collect all relevant data."
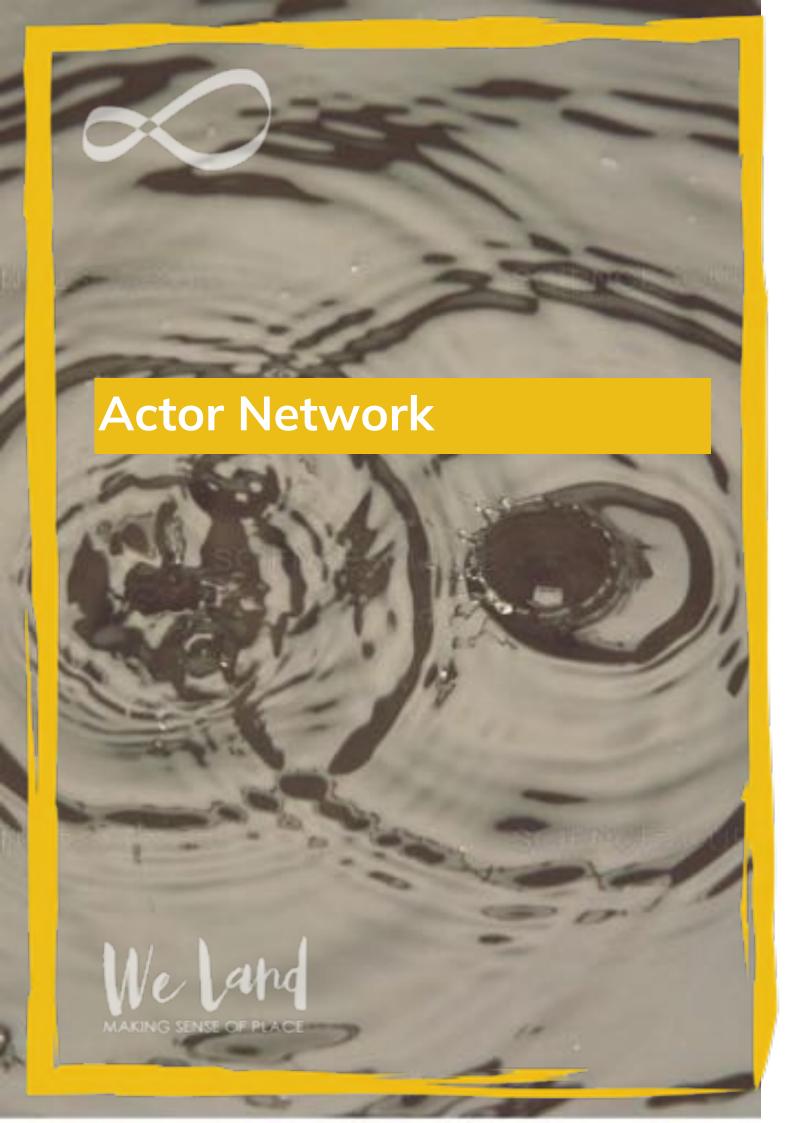
What:

Computer or printed version of last census. Pens and notebook.

Tips:

none.

Actor Network

Actor Network

Why:

To identify connections between actors when wanting to undertake an action or project, showing who the key actors are.

How:

"Write the name of each actor on a piece of cardboard (e.g. Municipality, school, farmer´s market, landfill, farmers, student council, local business, etc.). Define the action (real or theoretical) that you wish to undertake. Using a ball of yarn, the actor ""leading"" the action throws it to the first actor they would have to connect with for support, information or resources. In turn, that actor passes the ball to the next actor they´d need to connect to implement the action. One actor can receive the ball several times"
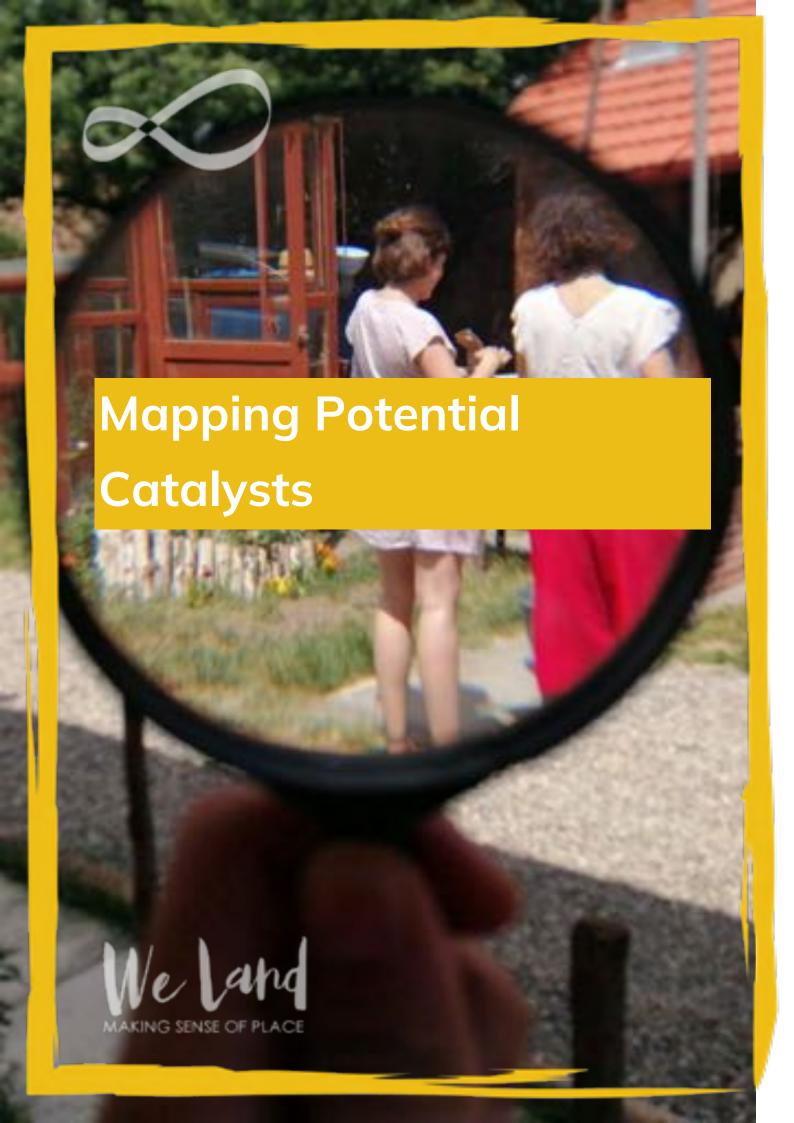
What:

Cardboard, marker pens, ball of yarn (at least 5m).

Tips:

The actor with the most connections is a clear point of contact and intervention.

Mapping Potential Catalysts

Mapping Potential Catalysts

Why:

To identify key people who play an active role in moving towards regenerative cultures.

How:

"Consider the ´Find your Community Catalyst ´ We Guide card of this Toolkit and map their geographical position and their social role in a map of your territory. Map the connections between Catalyst and projects of your territory. Identify those who might have a role in the action/project you want to develop or the connections that might help you reach your purpose."

What:

A map of your territory. Community Catalyst Toolkit We Guide Card. Pens, papers, post-its. Pins and coloured strings to build connections.

Tips:

Connect with other activities like One to One interviews, Resource Mapping, Skills Mapping, and Name the Actors.

Driver Description

Driver Description

Why:
To clarify the situation that is motivating decisions and actions, finding the WHY.

How:
"Describe what's happening and the effect on the group. Identify the need and the expected impact of attending to that need."

What:
Pen and paper.

Tips:
Use with Consent Decision Making (WePractice Brown Card); use it as a reference of common purpose.

Council

Council

Why:
To generate a space of collective deep listening allowing the emergence of vision.

How:
"Sit in a circle for a determined amount of time and listen to each person at a time while speaking from the heart."

What:
Find a comfortable sitting space for a circle where everyone can see everyone else; mindfulness bowl/bell; talking piece.

Tips:
Choose a topic; have a generative question; use an altar.

Scenarios Workshop

We Land
MAKING SENSE OF PLACE

Scenarios Workshop

Why:
To consider and test future pathways of action. To finetune possibilities for future scenarios.

How:
"Imagine three different scenarios for the future, stretching possible directions reality could take. Create a narrative (photos, video, drawings, role-playing...) for each scenario. Discuss which scenarios you are more inclined to act upon and why. Try to create a 4th scenario that could fit all considerations and choices that have been pointed out."

What:
Camera, drawing material, computer, props...

Tips:
Be creative and really try to include diversity in your scenarios.

Seven Why´s

Seven Why´s

Why:
To get a deeper understanding of why someone is involved in a certain action/project/process.

How:
"Ask people to pair up. One person asks the other, ""Why Are You Here?"" After the answer, they ask it again, and again...seven times. Give a timeframe and then change the one who asks and the one who answers."

What:
People in pairs.

Tips:
Invite those who ask to keep silent, neutral and deep listening and those who answer to try to go deeper into each question.

Fish Bowl

Fish Bowl

Why:

To explore the purpose of the collaboration through a participatory conversation while working with big groups, allowing all voices to have a chance to be heard.

How:

"Four to five chairs are arranged in an inner circle. This is the fishbowl. The remaining chairs are arranged in concentric circles outside the fishbowl. A few participants sit inside the fishbowl while the rest of the group sits on the chairs outside. The facilitator reminds us of the purpose, and the participants start discussing it. The audience outside the fishbowl listens to the discussion."

What:

4 to 5 chairs to make the fishbowl, add more seats as needed in a concentric circle outside, and a facilitator.

Tips:

"In an open fishbowl, one chair is left empty, and as someone chooses to sit, someone has to voluntarily leave to the outside circle.In a closed fishbowl, all chairs are filled.Use the Fishbowl in any part of the process, framing it according to the phase and relevant topic."

Children Drawing Contest

We Land
MAKING SENSE OF PLACE

Children Drawing Contest

Why:

To collect new ideas and strengthen diversity. To include the vision and creativity of childhood in the process of creating initiatives, and generating change.

How:

"Organize an event for children or make a call for applications. The topic can be ""My village in the future"", ""My dream community"", or something similar."
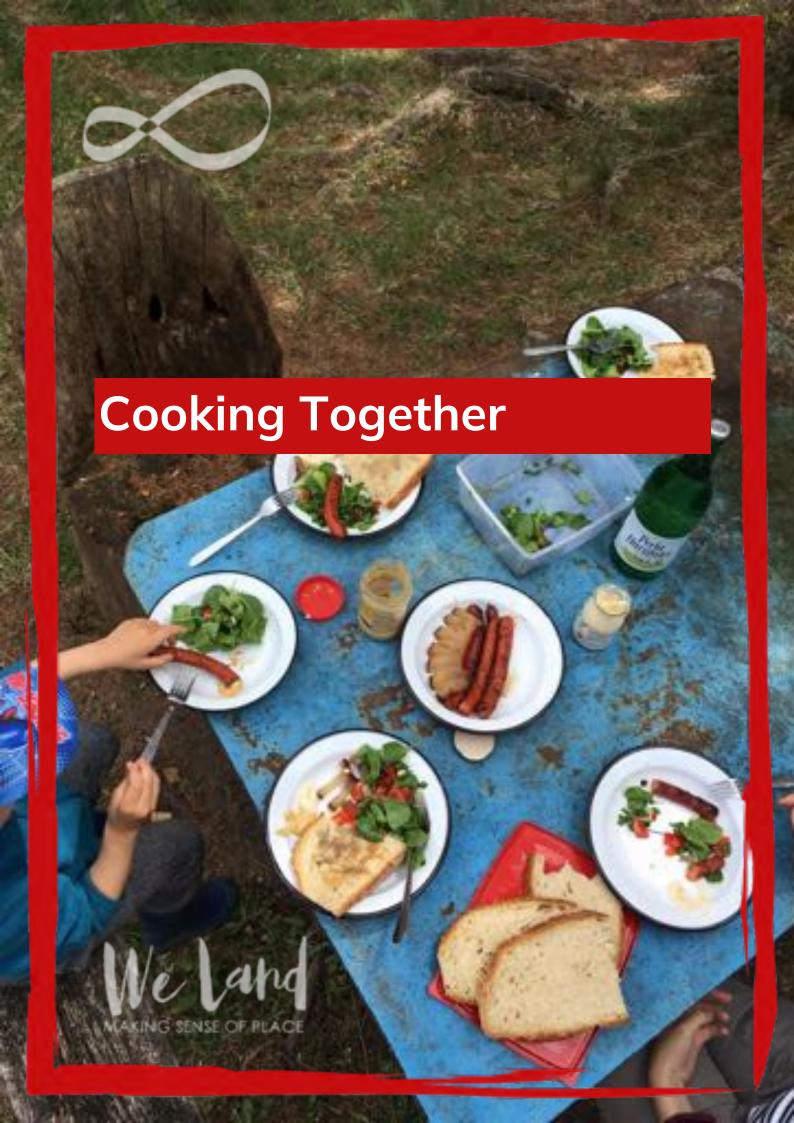
What:

For application: public call, staff for managing and evaluating the applications. Event: room with chairs, tables, drawing papers, pens.

Tips:

Get in contact with schools, kindergartens, and youth clubs. Don´t make it a competition; the goal is to generate openness and positive feelings. For example, give several awards, so everybody can "win".

Cooking Together

Cooking Together

Why:
To connect people through traditional local foods and their stories. To understand the relationship between human traditions, landscape and seasons.

How:
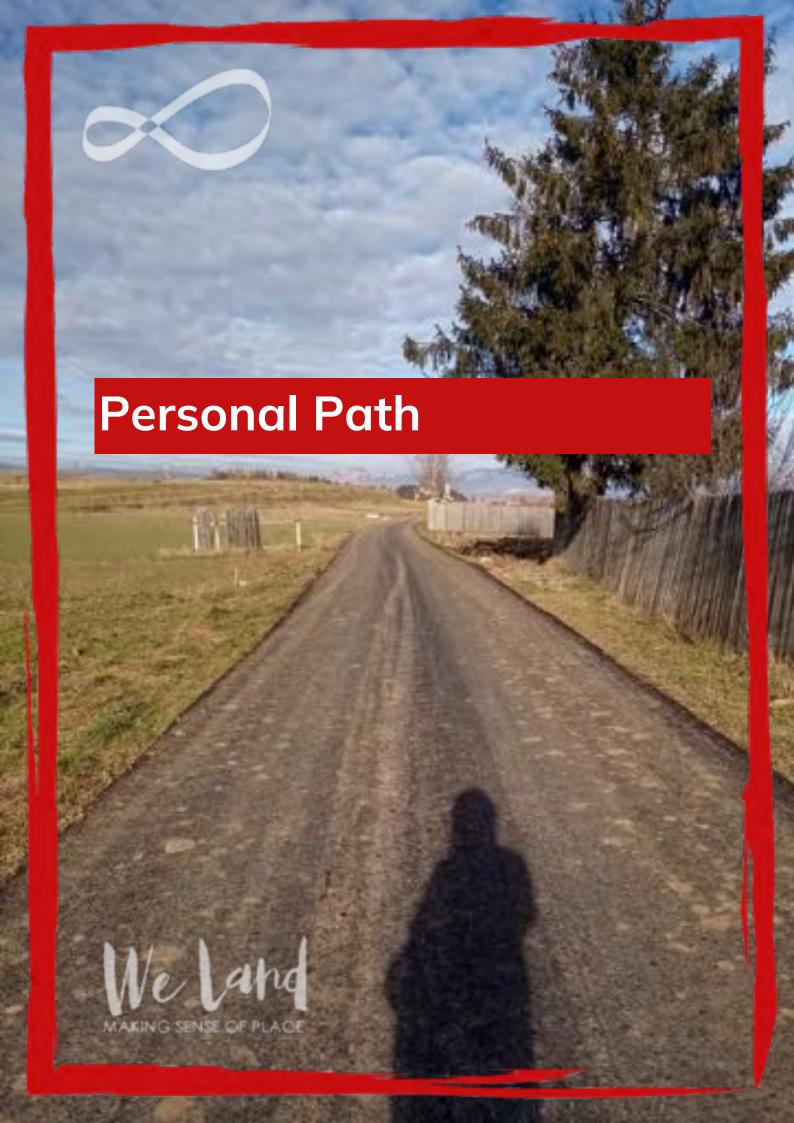"Invite a group to bring local ingredients to cook traditional recipes or prepare some preserves."

What:
Big enough kitchen for the size of the group, kitchen utensils and eating space.

Tips:
Distribute cleaning tasks between participants.

Personal Path

We Land
MAKING SENSE OF PLACE

Personal Path

Why:
To develop empathy and deeper understanding in a group, enhancing mutual support and more effective collaborations.

How:
"Invite participants to reflect on their personal path and ask them to put it on paper in any form they feel comfortable with (writing, drawing, symbols...). Ask them to share and highlight the most meaningful aspects of their current path and growing edges."

What:
Papers, pens, color pencils, a circle for people to sit and share.

Tips:
Give an appropriate time frame for the exercise. Connect with the River of Life (WePractice Yellow Card)

I wish - from place to self and collective

We Land

MAKING SENSE OF PLACE

I wish - from place to self and collective

Why:

"To synthesize the explorations of the territory. To collectively imagine oneself´s role in the territory."

How:

"Use maps of previous exercises. Ask the group to share the findings of previous exercises. Take a break. Ask people to have a walk, first in the room, then in the landscape. While walking, ask participants to imagine their role in the maps. In pairs, share your dreams and draw. Make one or two drawings/mind maps of people's dream roles in the territory.Hang the drawings together with the maps."

What:

"Maps and findings of previous exercises. Papers, color pens."

Tips:

Transition Animal

Transition Animal

Why:
To carry out a qualitative, interactive style of reflection and evaluation. To work on complex concepts and reinforce group cohesion.

How:
"Choose or create an animal representing the group/community/municipality/bioregion. Analyse it as if it was an animal whose parts represent basic elements for its development (Head as vision, Heart as energy and motivation and Legs as activities and projects)."

What:
Paper, drawing pens.

Tips:
Encourage participants to find their own "animal" or "totem" that inspires them.

The Fair(y)Tale Act Change

We Land

MAKING SENSE OF PLACE

The Fair(y)Tale Act Change

Why:

To imagine and represent a world based on equity where all four dimensions are balanced.

How:

"Divide the group into four: Social, Ecological, Economic and Worldview Dimension. Ask each group to envision and share a utopian world or a prefered reality for a real-life circumstance. Choose a narration strategy (theatre performance, comics drawing, video making)."
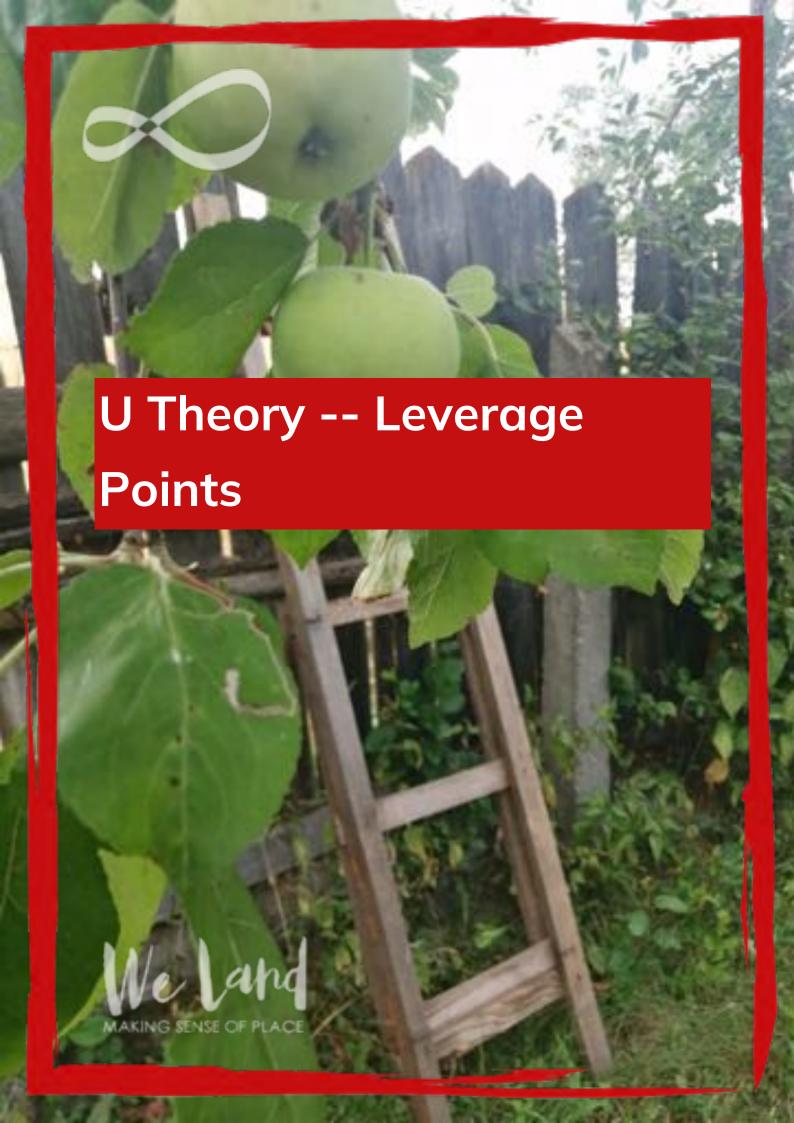
What:

"Depends on narration strategy."

Tips:

Be creative and have fun.

U Theory -- Leverage Points

U Theory -- Leverage Points

Why:
To manage transformation through leverage points and therefore accelerate change creatively.

How:
"By analysing the organisation through different levels in a hierarchy of organizational patterns."
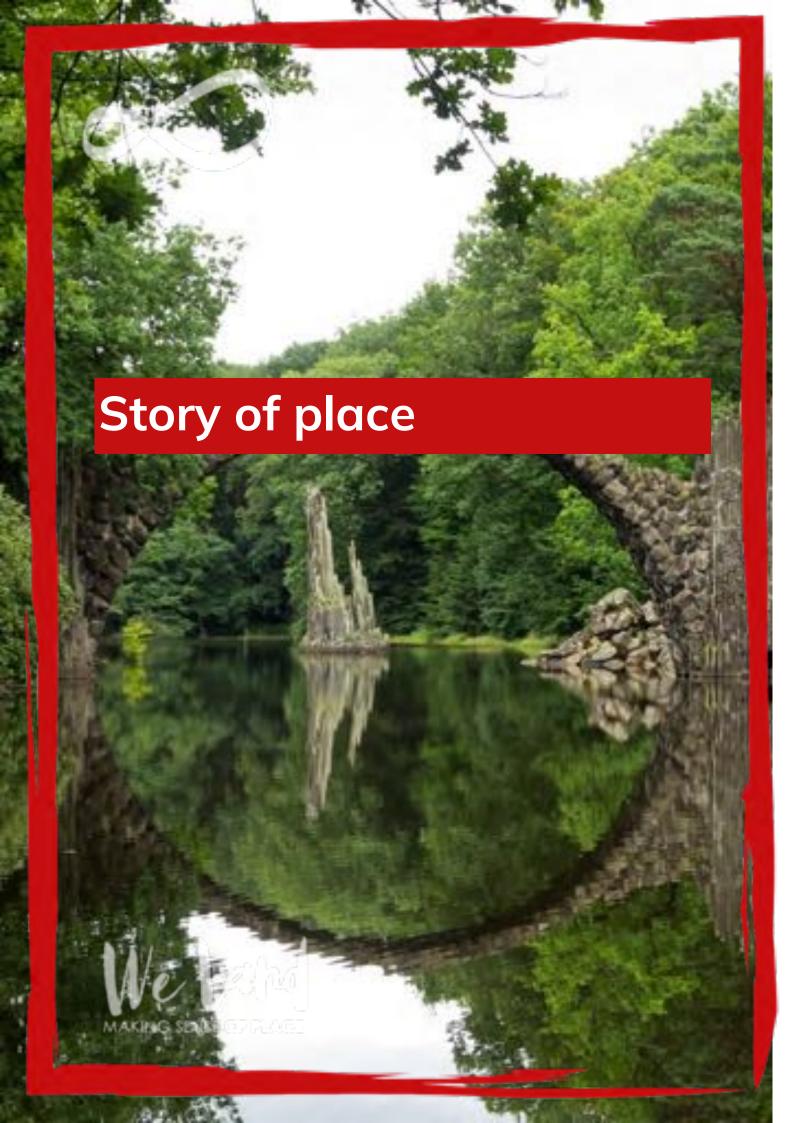
What:
A canvas and a poster on the U theory; the rest depends on the design of the session.

Tips:
It´s essential to understand the U theory and the iceberg model in order to facilitate it.

Story of place

Story of place

Why:
To collectively find the purpose of a territory and orient strategic planning through a common goal.

How:
"Working with systemic facilitation through 5 stages: origin, past, present, future and far future."

What:
Tape posters with the names of the stages and a clear diagnosis of the territory and their intentions.

Tips:
The facilitation needs to be very active and promote dialogue and reconciliation.

Restorative Circle

Restorative Circle

Why:

To support those involved in conflict – those who have acted, those directly impacted and the wider community – within an intentional systemic context. To dialogue as equals.

How:

"Have a facilitator guiding a dialogue with non-blaming and open-ended questions. Guide the process through mutual understanding, self-responsibility and agreed actions."

What:

Facilitator, comfortable neutral space.

Tips:

"Agreements need to be in place before starting the process.Avoid forcing participation."

Common Good Region

Common Good Region

Why:

To promote inter-cooperation among territories.

How:

"Create a participatory process that leads players to identify a common basis for a future bioregion."

What:

Any materials needed for the process you choose.

Tips:

Have general maps of the territory.

Shifting Hats

Shifting Hats

Why:

To be able to see and value others' points of view. To look at the complexity of things. To have a complete vision of the municipal dynamics.

How:

"Place each hat in different chairs. Choose a topic and discuss it for a minimum of 2 minutes. Each participant has to defend the point of view of his/her hat.Then ask participants to change chairs and hats and repeat until everybody has worn all the different hats."
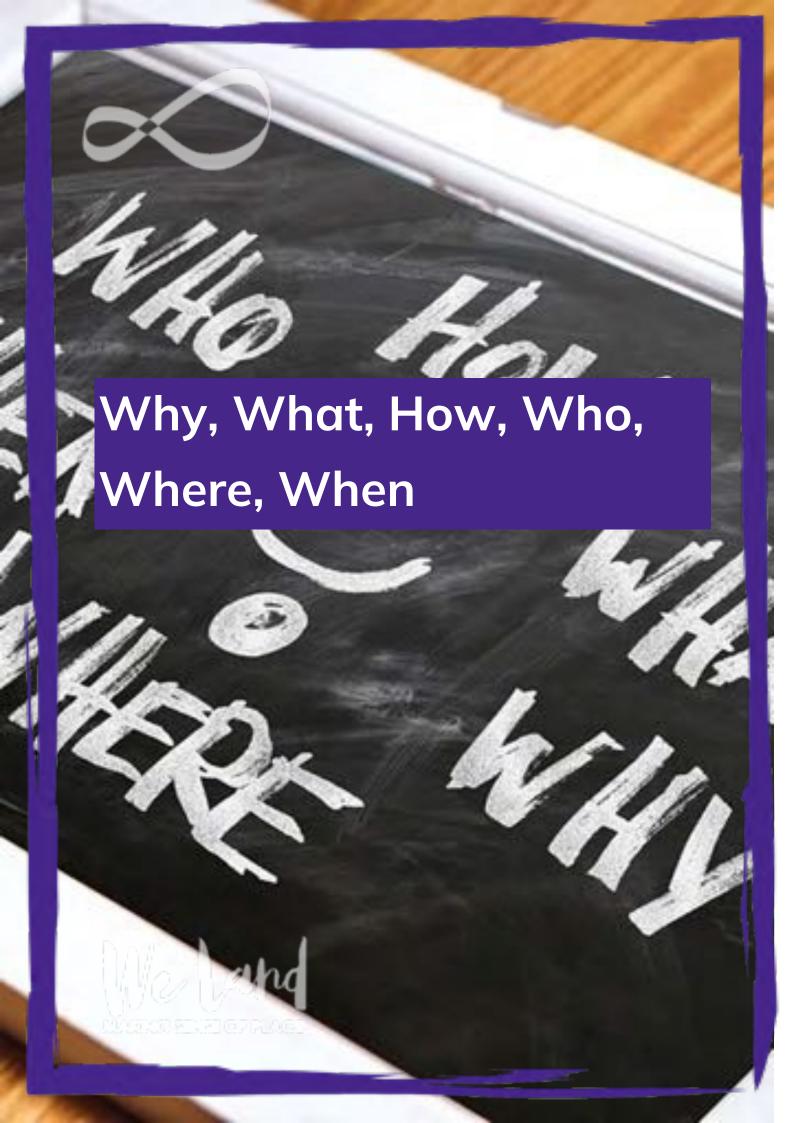
What:

"Prepare hats with coloured paper. Write the role on a hat, with the following criteria: - red hat: local business- blue hat: consumers- yellow hat: tourists- orange hat: the youth- purple hat: local associations- green hat: town council"

Tips:

"It can be a smaller group analyzing a diversity of points of view.Choose other appropriate roles or color codes."

Why, What, How, Who, Where, When

Why, What, How, Who, Where, When

Why:
To synthesize the design brief and generate clarity on the strategy ahead.

How:
"Answer the questions on the title: why we are doing it, what is to be done, how will we do it, who will do it, where will we do it, and when will actions be done."
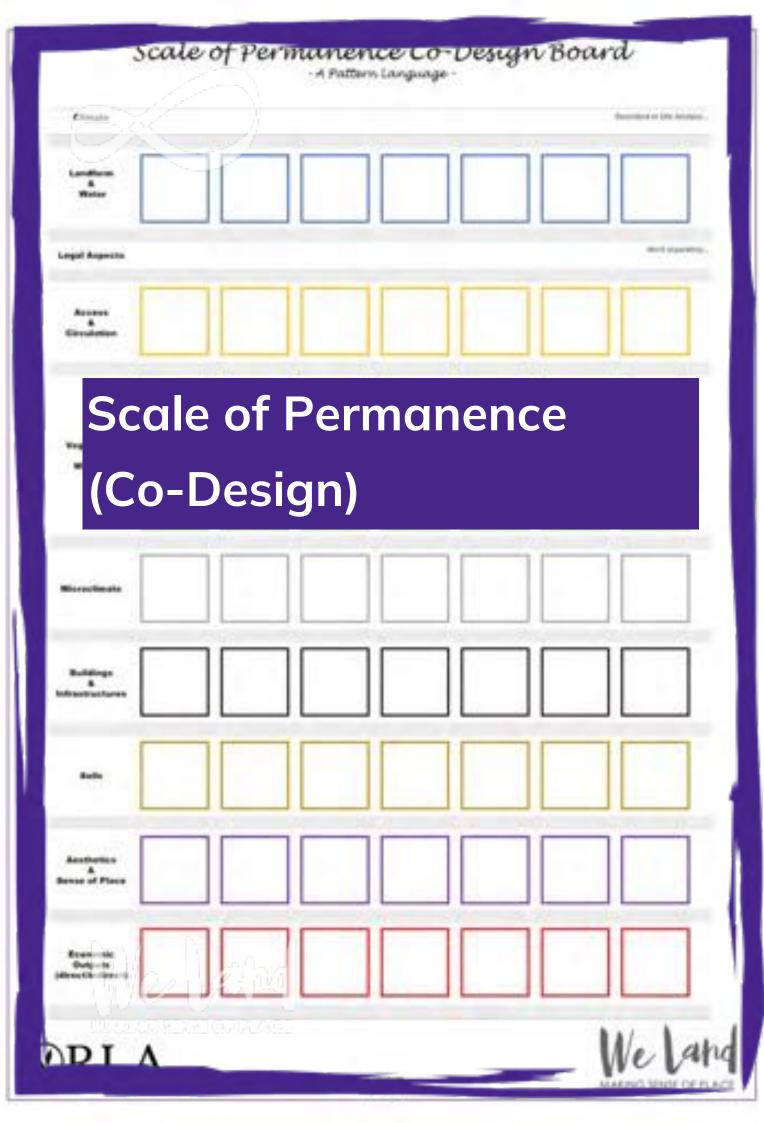
What:
Flipchart, paper, pen, computer.

Tips:
Try to answer in a short paragraph to each of the questions. Put together the insights of previous phases.

Scale of Permanence Co-Design Board
- A Pattern Language -

Climate							Recorded at Site Analysis...
Landform & Water							

Legal Aspects							Work expanding...
Access & Circulation							

Microclimate							
Buildings & Infrastructures							
Soils							
Aesthetics & Sense of Place							
Economic Outputs (direct/indirect)							

Scale of Permanence (Co-Design)

Scale of Permanence (Co-Design)

Why:

To prioritize landscape design and implementation from hardest and more permanent changes to easiest and less impacting interventions.

How:

"Consider different patterns per level of the scale of permanence. Discuss, decide and implement in the appropriate sequence. Use post-its or small cards for each pattern to ease the visualisation of the process."
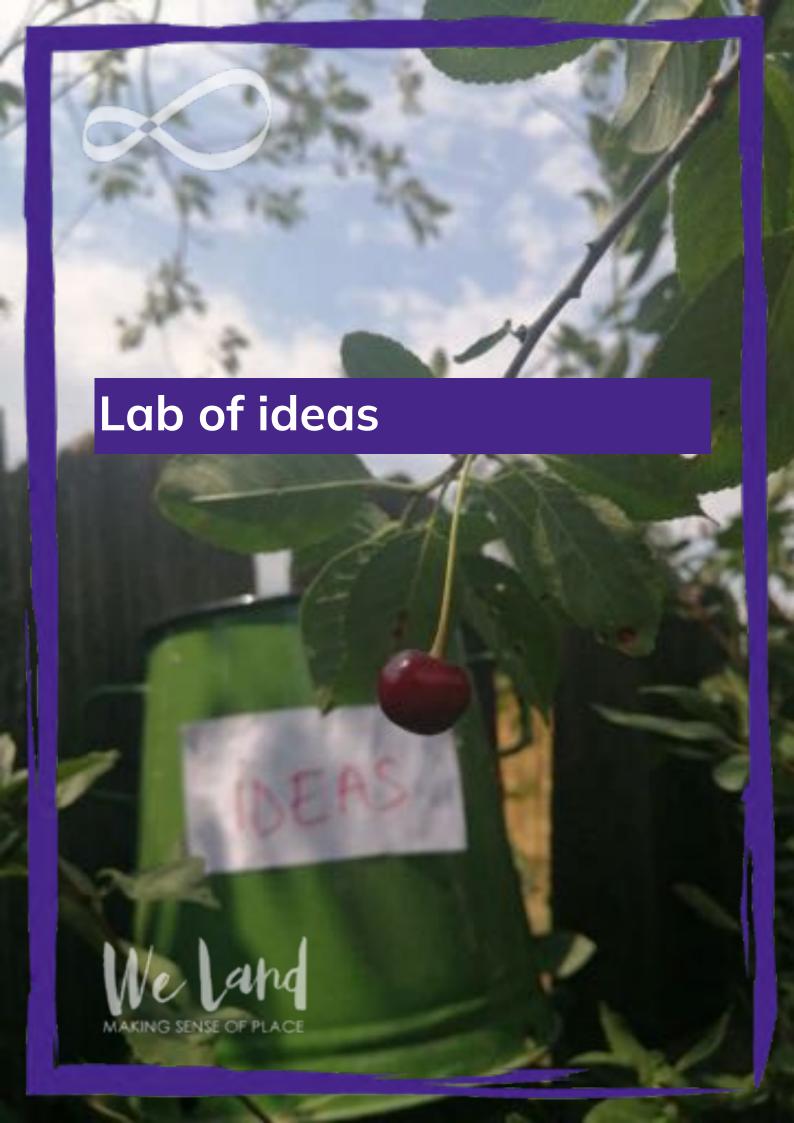
What:

Scale of Permanence (Co-Design) board, pattern cards, post-its, pens, base maps, ...

Tips:

Correlate with the Scale of Permanence (Survey) (WePrectice Green Card).

Lab of ideas

Lab of ideas

Why:

To bring an inclusive creative process to generate ideas and future implementation is crucial for a socially active, thriving collective initiative.

How:

"Organize the call for the event (invite a diversity of actors for them to raise different necessities and/or interests for the territory). Create small workgroups (5 people each is optimal). The process lasts 30 minutes in which the group has to fulfil a canvas (choose one appropriate and relevant to your purpose). The organizing group will then evaluate the ideas and classify them according to importance, impact and feasibility."

What:

Canvas, pens, colored pencils, and other chosen materials.

Tips:

The most successful process comes from a very diverse group of participants.

Affinity Diagram

Affinity Diagram

Why:
Identifying and clustering connections between elements and issues reveals innovative opportunities and linkages.

How:
"Cluster elements according to intuitive relationships such as similarity, proximity, interdependence, connectivity..."

What:
Post-its, paper, pens or pencils, etc.

Tips:
Can be done in silence to allow mindfulness or in a discussion group to highlight the diverse insights.

Landscape Management Model

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Landscape Management Model

Why:

To have explicit strategies, processes and accountabilities in place for clear stewardship of the Land.

How:

"Specify management practices for each landscape unit and roles associated with them. Define group processes, skills needed and communication channels that allow a dynamic co-existence."

What:

GIS software, meetings, base-map, governance records, etc.

Tips:

Use with Landscape Units Map (WePractice Green Card), Scale of Permanence (Co-design), Role Description and Role Selection (WePractice Purple Cards).

Rough Prototyping

Rough Prototyping

Why:
To help explain an idea in front of the other team members. To visualize ideas and a way to be sure that all the members of the team are talking about the same thing. To make the process of design more interactive and concrete.

How:
"Use whatever materials you can find to create a model of your design proposal, be creative, use different scales, and use the model as a trial for the proposal."

What:
Diverse materials, scissors, x-acto knives, colored paper, cardboard, natural elements, etc.

Tips:
Have fun and be creative.

ENERGY BRINGER

PRIMARY DRIVER : when group energy is lower is harder to concentrate. We need someone to support the group to focus better.

KEY RESPONSABILITIES :
- facilitate energizers for the group

Role Description

Con...
- dependent on participants level of engagement

RESOURCES :
- use what's available
- next three days of the course
- love showers

REFERES QUALITIES, SKILLS, EXPERIENCES.
- motivation and moderate experience

EVALUATION CRITERIA :
- level of energy after the exercise (check with thermometer)

Role Description

Why:

To have a clear purpose and understand what's needed to fulfil an evolving role.

How:

"Describe the domain of the role by defining its driver, key responsibilities, constraints and dependencies, resources needed, preferred qualities, skills and experiences, evaluation process and criteria."
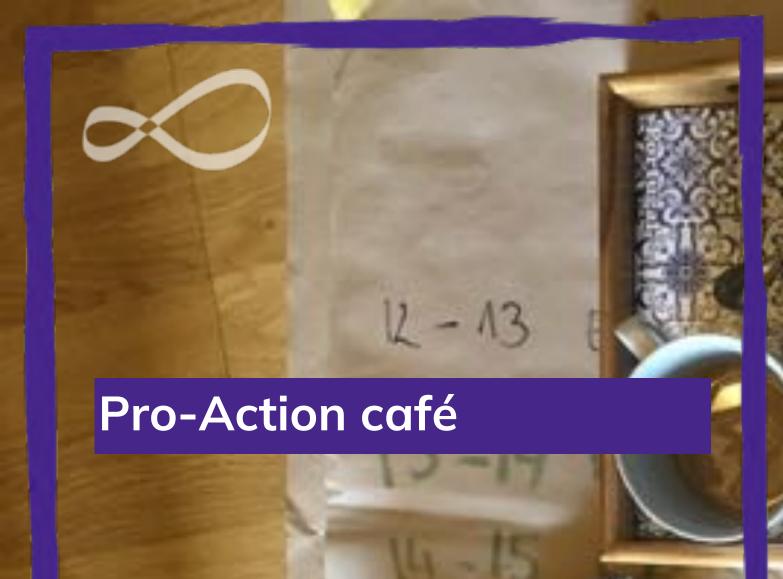
What:

Flipcharts, paper, pens.

Tips:

Check how to describe a driver in Driver Description (WePractice Red Card) and use Role Selection or Consent Decision Making (WePractice Purple Cards) to engage people related to the role.

Pro-Action café

Pro-Action café

Why:
To tap into collective intelligence. To engage in inspirational conversation and informed action. To strengthen motivation for action.

How:
"Invite key people. Bring in a clear topic. The discussion will be in small groups each round. People change tables each round. See details on the link."

What:
Tables, chairs, canvas papers, 2,5 - 3 hours.

Tips:
none.

I can´t see, I can´t talk, I can´t walk

I can´t see, I can´t talk, I can´t walk

Why:

To stimulate empathy and collaboration. To understand that together we are more powerful.

How:

"Prepare an obstacle course based on daily life challenges. (e.g. peel an apple, tie your shoes, eat a soup, light a fire). Divide the group into teams of three. Use a rope to tie players together. Leave out of the rope left player´s left arm and right player´s right arm: -The person in the middle can see but cannot talk;-The person on the left can talk but cannot hear (use headphones);-The person on the right cannot see.Let the race begin!"

What:

Rope, other materials.

Tips:

It can be a race on time or on precision.

The Cynefin Framework

The Cynefin Framework

Why:

To have a more complete understanding of the complexity of the human systems we are working with to gain more awareness of decisions and plans.

How:

"Use the Cynefin framework as a conceptual model for decision-making that helps recognise differences between system types and proposes.Outline five situational domains that are defined by cause-and-effect relationships. They are Obvious. Complicated. Complex. Chaotic. Disorder. Use them as specific decision-making approaches that help make better sense of the situation, and choose the most appropriate way forward."
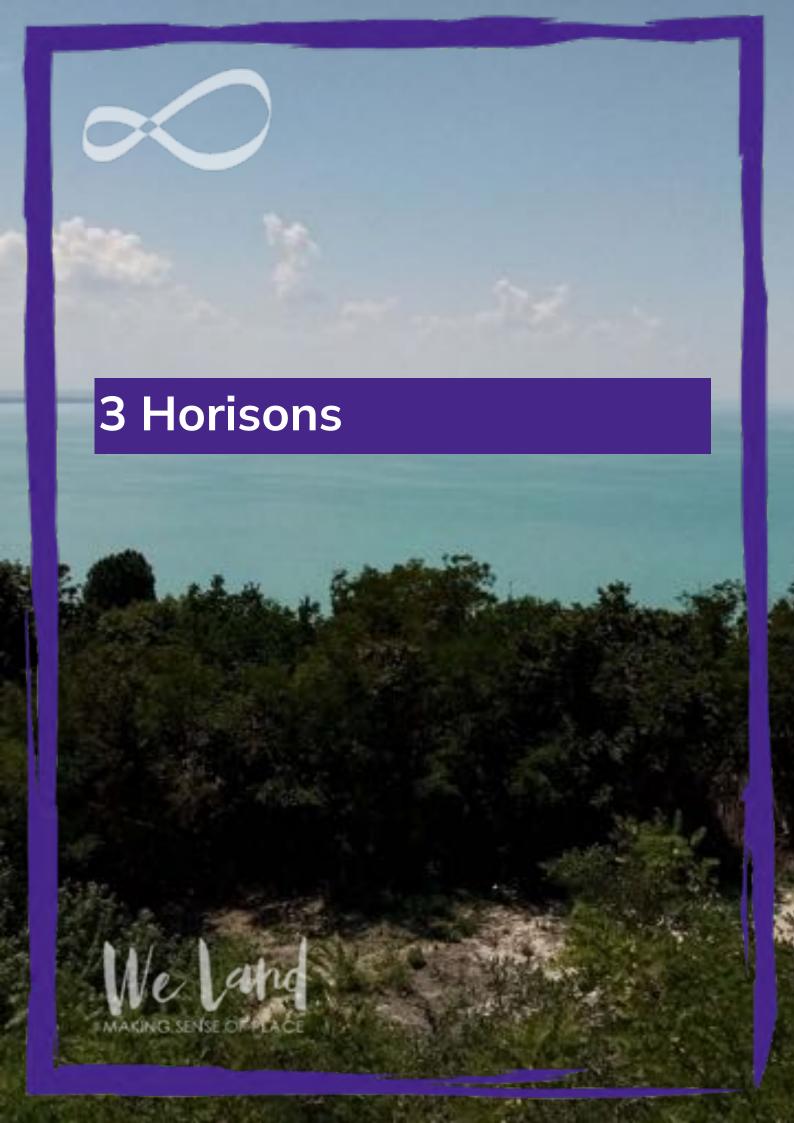
What:

Understanding of the framework.

Tips:

Search for The Cynefin Framework on Youtube and www.mindtools.com

3 Horisons

3 Horisons

Why:
To organize individuals and the group lines of thought when strategizing and referring to different time spans.

How:
"Use three horizons to identify what are long (horizon 3), medium (h2) and short (h1) term objectives of a group or a project."

What:
Meeting space or platform. A way to record and agree.

Tips:
Brainstorm in smaller groups, and put together a proposal to merge with other small groups until you find the big group. Use consent decision-making process.

The gold hunt butterfly effect

The gold hunt butterfly effect

Why:

To gamify the co-design of strategies. To share ideas around the existing resources and place them on a path to reach a goal.

How:

Identify a nugget-goal, write it on a post-it and put it at the top of your playing board. Harvest the existing resources that might be needed to reach the goal, and write each resource on a post-it. Each player builds a piece of the path, connecting the existing resources to reach the goal. While building the path, add the possible unforeseen events where they might arise. Discuss the impacts of each step and write them on post-its.

What:

A colored paper for the nugget-goal and three sets of post-its of different colors: path, resources, unforeseen events, and impact of actions. Playground.

Tips:

"Once you have reached the nugget, place it in the resources set of post-its, identify a new nugget from what emerged from the process, and play again!"

Role Selection

Role Selection

Why:

To choose a person to fulfil a role in a way that brings engagement, accountability and equivalence into collaboration.

How:

"Describe the role, nominate and record the appropriate people to fulfil it, hear reasons and helpful info in rounds, and consent to the nominee on the strength of the reason."

What:

Facilitated process.

Tips:

Consider Role Description (WePractice Purple Card), Skill Mapping (WePractice Yellow Card), and Personal Path (WePractice Red Card).

Proposal Forming

Proposal Forming

Why:
Co-creating a proposal to address a shared driver can benefit from a guided process.

How:
"Facilitate a group process in 8 steps: 1. Consent to Driver, 2. Answer questions about the Driver, 3. Collect considerations as questions (informative and generative), 4. Answer info-gathering questions, 5. Prioritize considerations, 6. Collect ideas, 7. Choose Tuners, 8. Design a proposal."

What:
"Facilitated Process."

Tips:
Connect with Driver Description (WePractice Red Card) to start and use Consent Decision Making (WePractice Purple Card) to find an agreement to the proposal.

Driver Mapping

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Driver Mapping

Why:
To create an organisation from scratch or reorganize an existing one.

How:
"Follow the 10-step group process to answer (1) Why are we here, (2) Who will be impacted, (3) What is needed and (4) How can we respond? Then (5) define domains, (6) populate and define such domains, (7) sort, prioritize needs (drivers) and identify any others missing, (8) connect domains by creating links, (9) ask what else needs to be done and (10) celebrate!"
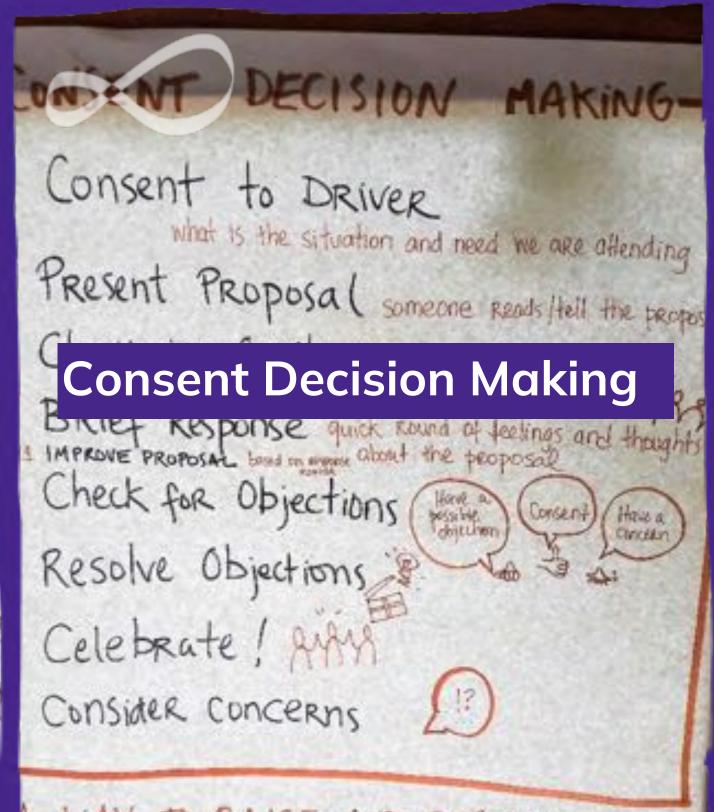
What:
Facilitated Process.

Tips:
Look into Sociocracy 3.0 practical guide and learning resources to learn more about this process. www.sociocracy30.org

CONSENT DECISION MAKING

Consent to Driver — what is the situation and need we are attending

Present Proposal — someone reads/tell the propos[al]

B[rief]... [Feedback]

Brief Response — quick round of feelings and thoughts

1 **IMPROVE PROPOSAL** based on ~~improve~~ about the proposal round

Check for Objections — Have a possible objection — Consent — Have a concern

Resolve Objections

Celebrate !

Consider Concerns

A WAY TO RAISE AND RESOLVE OBJECTIONS* TO DECISIONS AND ACTIONS

*OBJECTIONS ARE REASONS NOT TO DO SOMETHING
— what... do... that... proposal can cause us harm (on fulfilling our drives)
— whe... there is an opportunity to improve the proposal now (of sooner to better fulfill our drives)

Consent Decision Making

Why:

To integrate relevant perspectives into decisions in an effective way.

How:

"Engage people affected by decisions and actions in raising, seeking out and resolving objections to decisions and actions, following an 8-step process:1. Consent to Driver, 2. Present Proposal, 3. Answer Clarifying Questions, 4. Brief Response Round, 5. Check for Objections, 6. Resolve Objections, 7. Celebrate!, 8. Hear Concerns."

What:

Facilitated Process.

Tips:

"Look for the needs beyond decisions and actions to find both and more when there is an objection. Connect with Driver Description (WePractice Red Card), Role Description and Proposal Forming (WePractice Purple Card). Look into www.sociocracy30.org for more learning materials and practical guidance."

Socially Responsible Public Procurement

Socially Responsible Public Procurement

Why:

To use opportunities of EU legislation. To promote processes aligned with the regeneration of territory.

How:

"Learn about strategies and resources within public procurement processes. Design and implement these processes collaboratively so they can bring benefits to small businesses and associations as well as to public administrations."

What:

Specialized Training. Learn more in ec.europa.eu

Tips:

Compost Station

Compost Station

Why:

To create places for collective use. To teach and learn composting. To have a collective composter for those who don´t have the possibility to compost at home.

How:

"Find an appropriate place to implement a compost station. Organise an event where someone explains and shows compost-making methods. Create an agreement with participants for maintenance and distribution of ready-to-use compost."

What:

Wood, tools, straw, food scraps, manure, and others (according to method).

Tips:

Try to use recycled materials for the composter.

Coastal/Landscape Cleanups

Coastal/Landscape Cleanups

Why:

To collectively take responsibility for maintaining certain areas, to raise awareness on trash issues.

How:

"Organize an event to act in area/s of the territory that needs cleaning. Collect trash from habitats and take it to the right trash station."

What:

Rubbish reusable bags, comfortable clothes, gloves, trash delivery strategy.

Tips:

Check if any authorization is needed to enter some areas.

Educational Trail

Educational Trail

Why:
To offer educational pathways to know and value the territory.

How:
"Define theme/s for educational trails with natural, cultural and community knowledge content. Create a leaflet with a map and information."

What:
Maps, paper, pens, photos.

Tips:
"Focus theme/s to directly address Biosphere SDG targets.It can be strategically designed to become an official trail."

Community Orchards/Gardens

Community Orchards/Gardens

Why:
To regenerate abandoned/ neglected spaces. To reconnect people through food production and care for the land.

How:
"Find spaces that can be collectively used. Implement a co-design strategy for community orchards/gardens and how the project will be managed."

What:
Orchards/Gardens Design, collaborative organization tools. All materials needed for implementation.

Tips:
Start small. Engage people who have know-how on the topic.

CSA

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CSA

Why:

To create an alternative socioeconomic model of agriculture and food distribution that allows producers and consumers to share the risks of farming while promoting regenerative agricultural practices.

How:

"It can vary a lot depending on many factors but generally implies: an emphasis on community and/or local organic produce, share subscriptions sold before the season, and weekly deliveries to members/subscribers. See the link for more info."
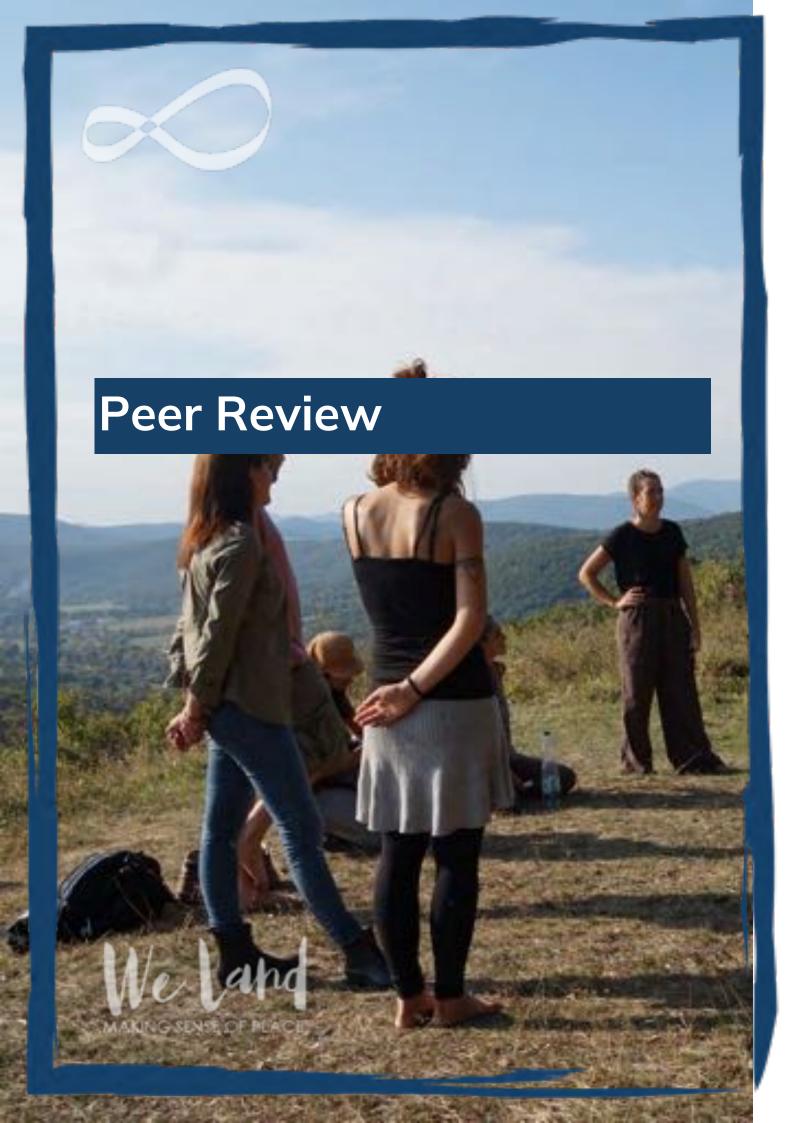
What:

One farmer (minimum), food, boxes, a subscription method, and engaged community members.

Tips:

Be flexible; research CSA models that are more appropriate for your context and adapt them if needed.

Peer Review

Peer Review

Why:
To support each other in personal and professional growth.

How:
"Invite people affected by your role and/or with whom you work and/or live. Start by sharing appreciation about yourself in the position you play, then ask participants to add appreciation to you. Then share improvement suggestions for yourself and ask participants to add their improvements about your work or behaviours. Take this as a moment for self-reflection and the benefit of having a mirror of others for self-development and growth."

What:
You and the people you invite.

Tips:
If in an organizational context, consider the shared perceptions to create a personal development plan to be consented by your delegators (who can be people of the same circle). Relate this with Role Description and Role Selection (WePractice Purple Cards). Learn more about peer development patterns in organizational contexts at www.sociocracy30.org.

Earth Care Skillsharing Initiative

Earth Care Skillsharing Initiative

Why:

To create a network of skill exchanges for regenerative practitioners.

How:

"Find an appropriate platform to create a database (digital or in a shared community space) where people can add what they offer and visit when they need something (ex: gardening, tree pruning, upcycling materials...)"

What:

Meeting space, and appropriate materials (if needed).

Tips:

Organize regular meetings to collect improvement suggestions and to do monitoring and evaluation.

Organic Farmer´s Market

Organic Farmer´s Market

Why:
To provide access to local, seasonal, organic foods and to create direct links between producers and consumers.

How:
"Find a place for the market. Check legal requests. Contact all organic farmer´s in the territory and organize what´s needed to make it happen."

What:
Suitable place; organic farmer´s contacts; meeting space.

Tips:
Use a traditional market building that is no longer active. Involve non-certified farmers that want to transition to certified organic farming.

Dynamic Governance

Why:

To enable effective collaborations in service to community resilience.

How:

"Take decisions and actions with who is close and affected by the reality being addressed and/or towards a common purpose. Have circles that account for distinguished domains; selected representatives make information and influence flow between different domains. Use consent decision-making as a base to navigate via tension as reality unfolds and, as much as possible, tap into the collective intelligence of the group. As soon as possible, delegate accountability, giving autonomy for people to act in their own ways under the agreements made by the affected people."
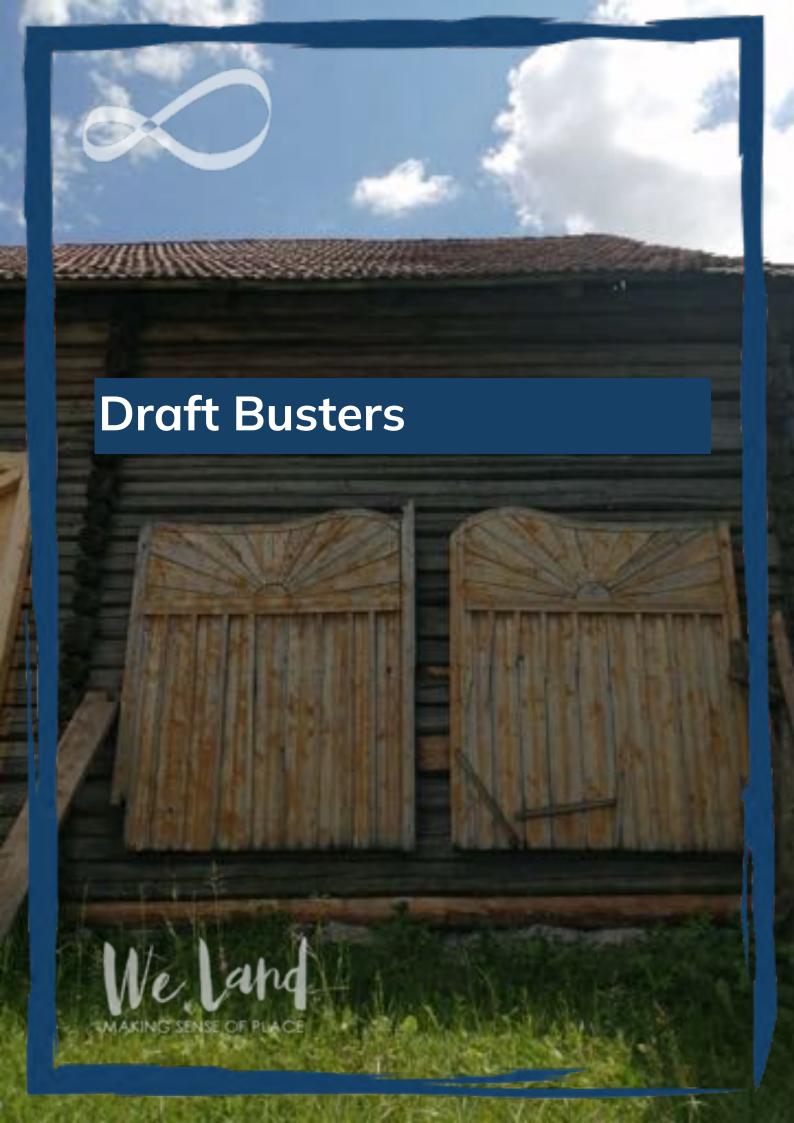
What:

People and common purpose(s).

Tips:

Look for www.sociocracy30.org to find valuable patterns for self-governance and self-organization.

Draft Busters

Draft Busters

Why:

Buildings lose a significant amount of energy through insufficient insulation and air leaks, but in many cases, complete renovations are impossible, particularly for low-income people. Draft Busters are self-organized groups of volunteers helping people in the neighborhood improve house insulation with simple and affordable techniques.

How:

"Organise a group and train yourselves to do easy insulation works DIY style. Create a platform for people to find you. Help people to spot and eliminate drafts, insulate attics, windows, hot water pipes, etc."
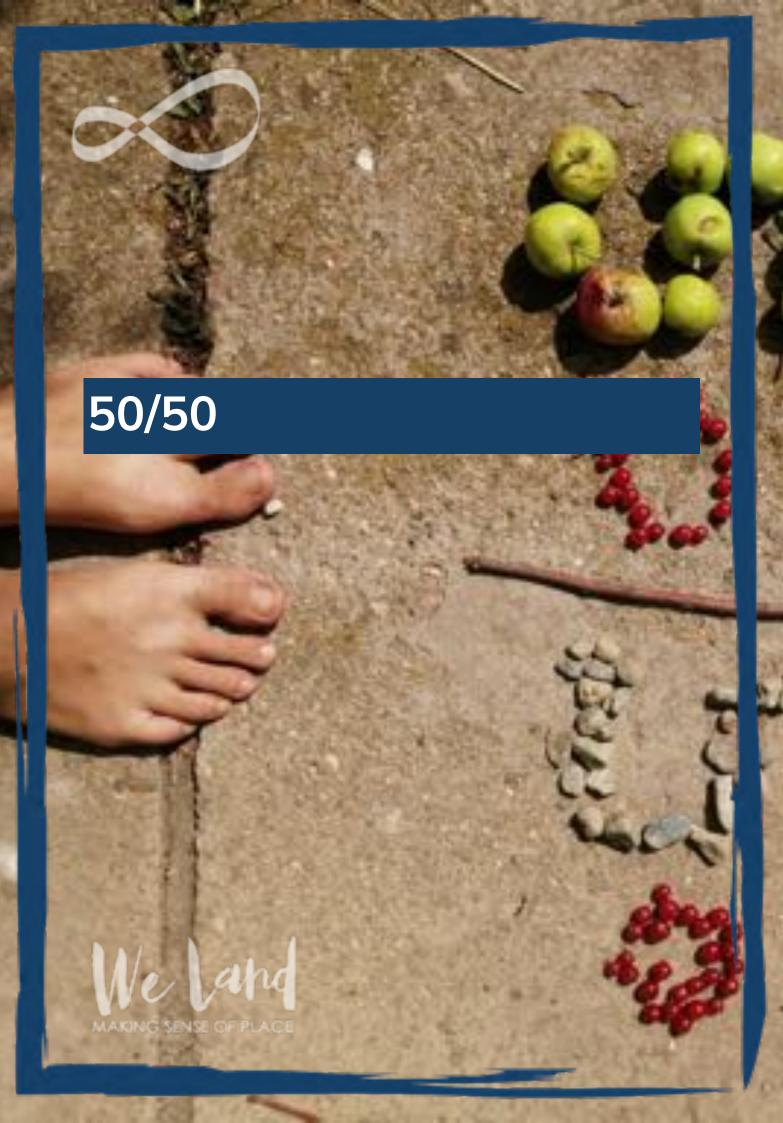
What:

Group of volunteers, technical knowledge, materials and tools.

Tips:

Creating a group that buys materials at lower prices and supports local suppliers can be a nice consequence of this activity.

50/50

50/50

Why:

To promote energy efficiency and raise awareness about energy use and production. To encourage and implement climate change adaptation strategies.

How:

"The municipality implements energy-saving measures in primary schools. 50% of the school savings (compared to the previous three years´ bill) have to be reinvested in energy efficiency measures, choosing the one that generates more savings in terms of energy and money. The other 50% is used freely by the school."

What:

Energy efficiency strategy and implementation plan, funding, school´s database, technicians.

Tips:

Start with a pilot project with one or two schools and then expand.

Inspirational Tour

We Land
MAKING SENSE OF PLACE

Inspirational Tour

Why:

To harness the knowledge of the place of vulnerable groups, such as homeless people.

How:

"Engage the homeless or other vulnerable populations to organize and deliver tourist routes to offer a different perspective of the city/town/place."
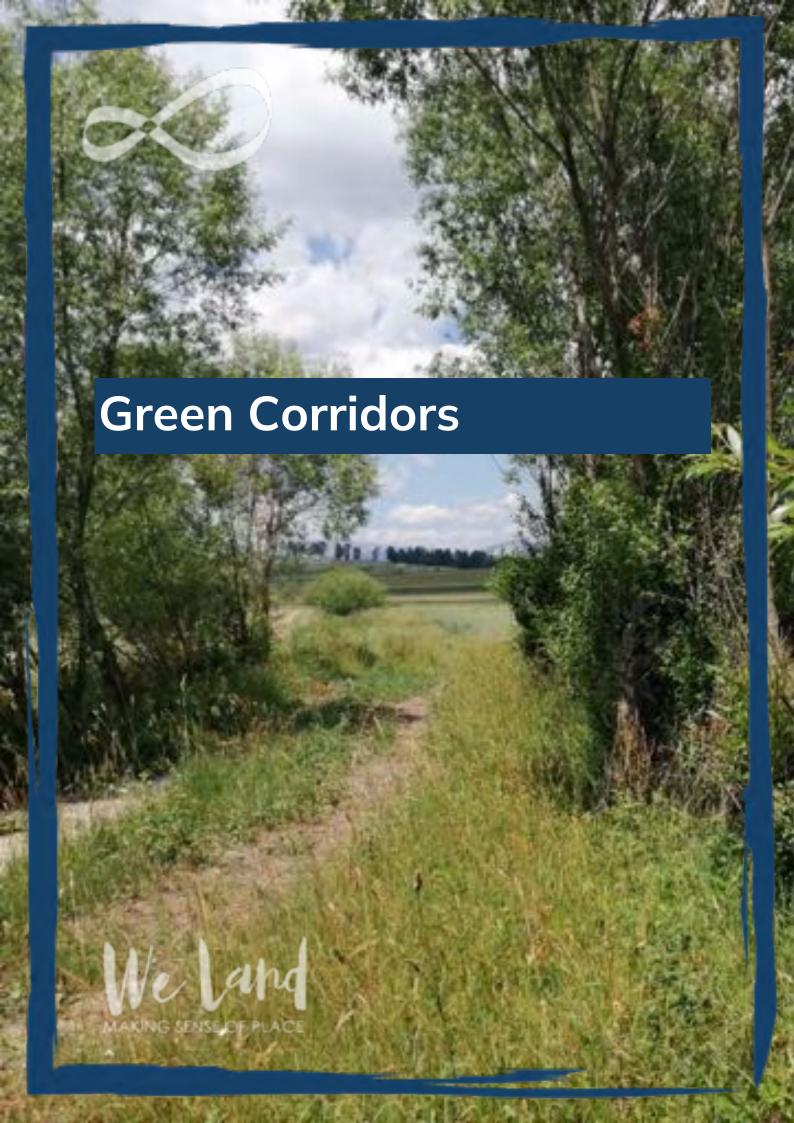
What:

Meeting point, designed routes, maps.

Tips:

A municipality could serve as a "tourist information point", creating a source of income for some people. Learn more at www.hiddencitytours.com.

Green Corridors

Green Corridors

Why:
To support the maintenance of ecosystems´ health.

How:
"Keep and/or create continuous natural ecosystem areas to preserve natural water cycles and wildlife free circulation."
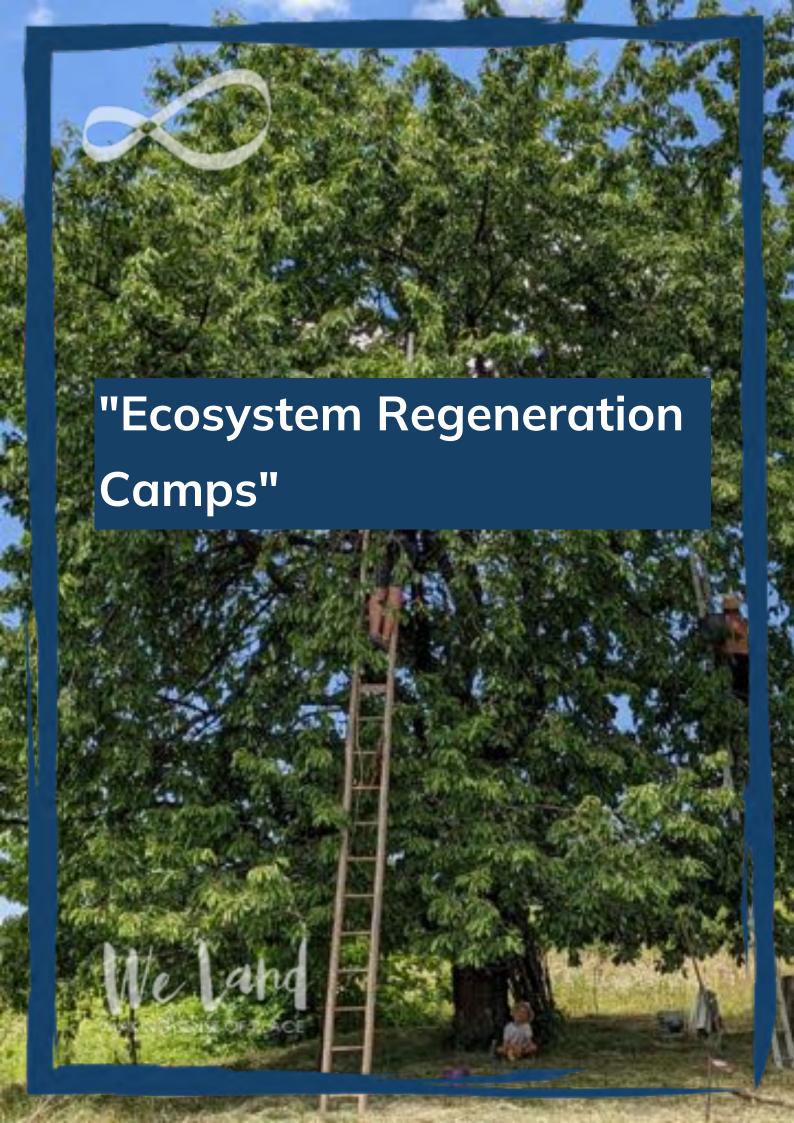
What:
Depending on scale and place, a plan and/or policies are respected by land stewards and/or governmental and non-governmental entities.

Tips:
Know your place and native ecosystem well. Protect what exists and mimic it where there is no such wealth.

"Ecosystem Regeneration Camps"

"Ecosystem Regeneration Camps"

Why:

To support ecosystem restoration while building know-how in motivated people and communities.

How:

"Organize a camp on a piece of land that calls for ecological restoration. Invite people interested in learning ecological restoration strategies and techniques and facilitate the learning while implementing and/or maintaining them."

What:

Land, people, shared purpose.

Tips:

"Do it seasonally to keep the land care and the learning.Find more at www.ecosystemrestorationcamps.org."

Process Purpose

Process Purpose

Why:
It is critical for the engagement of everyone involved in the process to share an understanding of the purpose of doing it.

How:
Reflect and have a conversation about why you need a process like this. Share your current situation and desired outcomes from this learning process. Take the necessary notes.
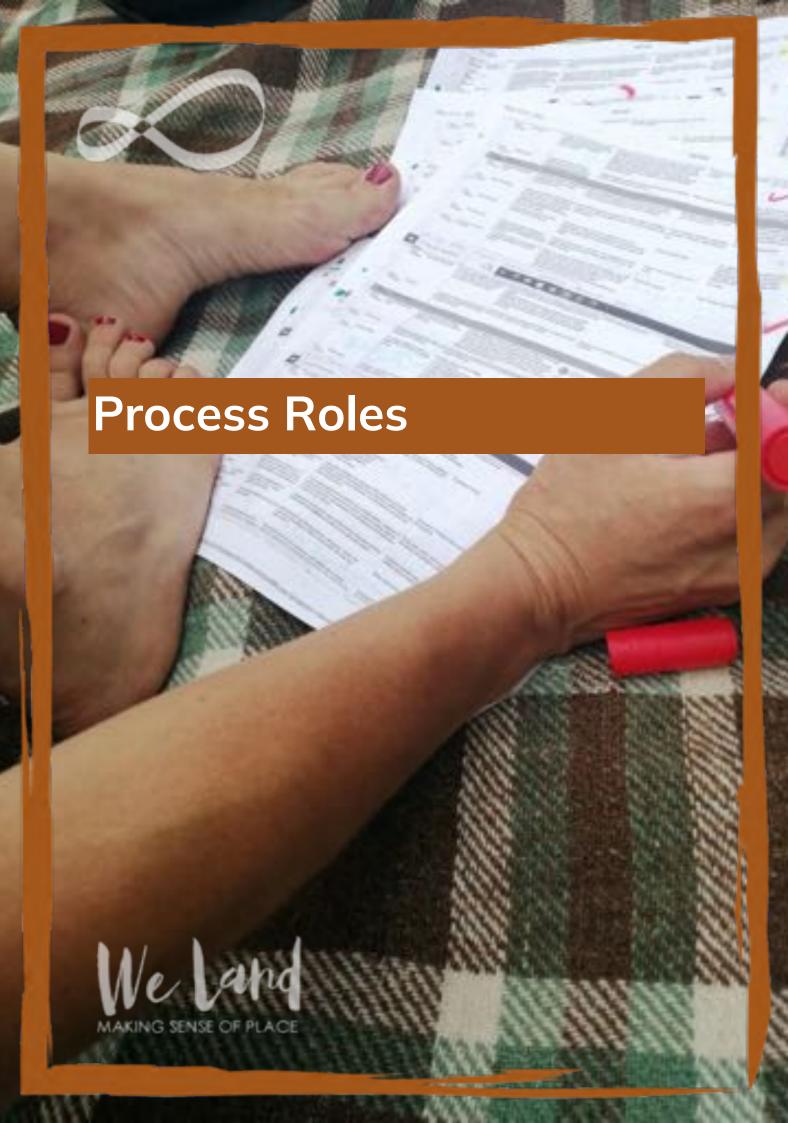
What:
paper, pen

Tips:
Find a way to sythesise and arrive at a common understanding, when relevant. Look for Driver Description (WePractice Red Card) as a structured way to describe a purpose.

Process Roles

Process Roles

Why:
To clarify who is accountable for certain roles in the process helps to keep it and take the best out of it.

How:
"Select, from the group or external, who is accountable to:1. facilitate the entry and exit of the different phases of the process;2. take necessary notes and archive the process;3. keep track of time. "
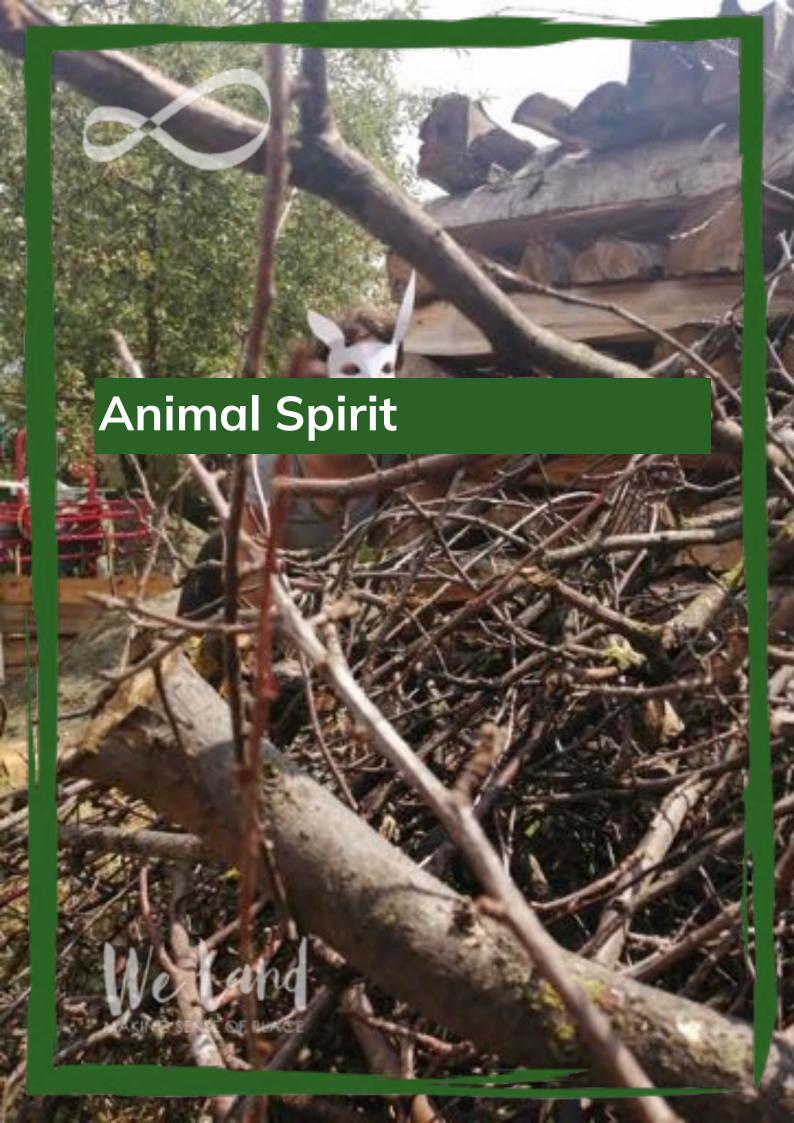
What:
paper, pen

Tips:
In different contexts, these roles can be rotating, shared or irrelevant. Make sure you choose what´s more appropriate in your case.

Animal Spirit

Animal Spirit

Why:

To identify with a guiding animal. To connect with the animal world and the sacredness of spirit. To reflect on the characteristics and the uniqueness of Animal Spirit and find inspiration.

How:

Identify inspiring animals living on Planet Earth. Ask participants to pick an animal they feel represented by. Each participant shares the spiritual/inspiring characteristics of that animal.
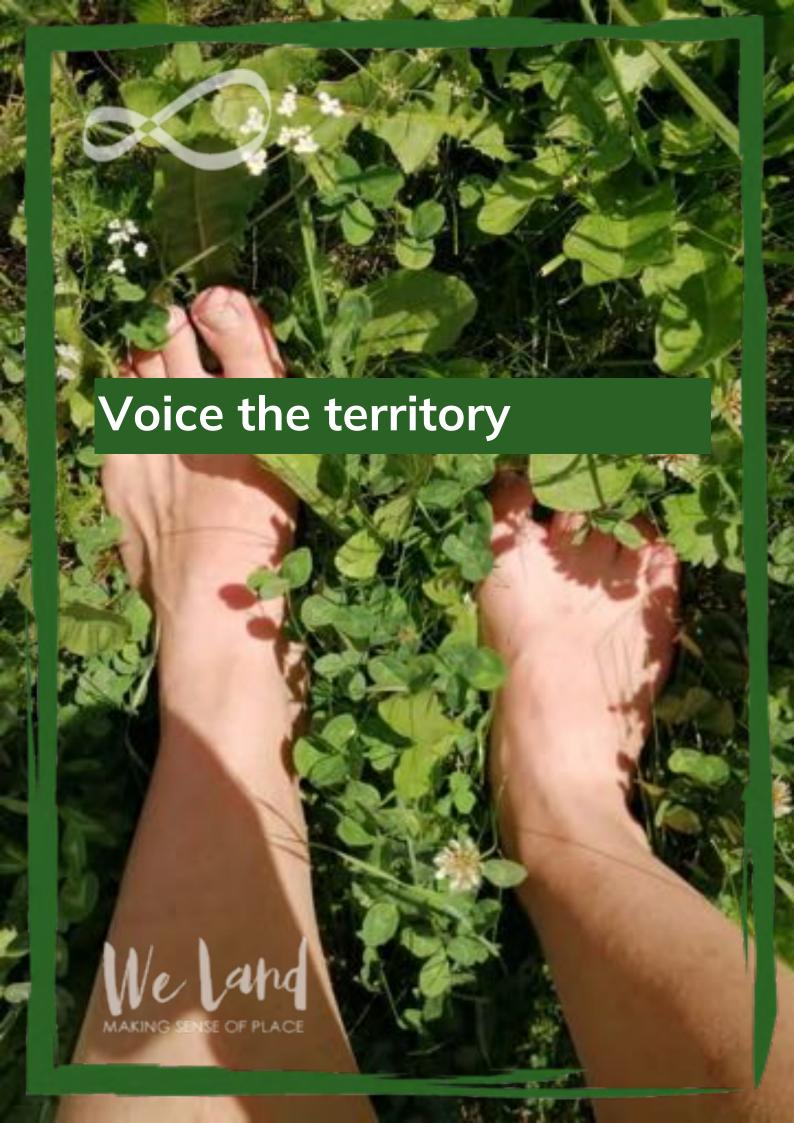
What:

Paper and pen to harvest collective insights. Physical objects relate to animals if the conditions allow for it.

Tips:

Animal Spirits can be used to divide the group into smaller groups if needed in the process.

Voice the territory

We Land
MAKING SENSE OF PLACE

Voice the territory

Why:

To hear and honour the voice of the territory as an entity that holds us.
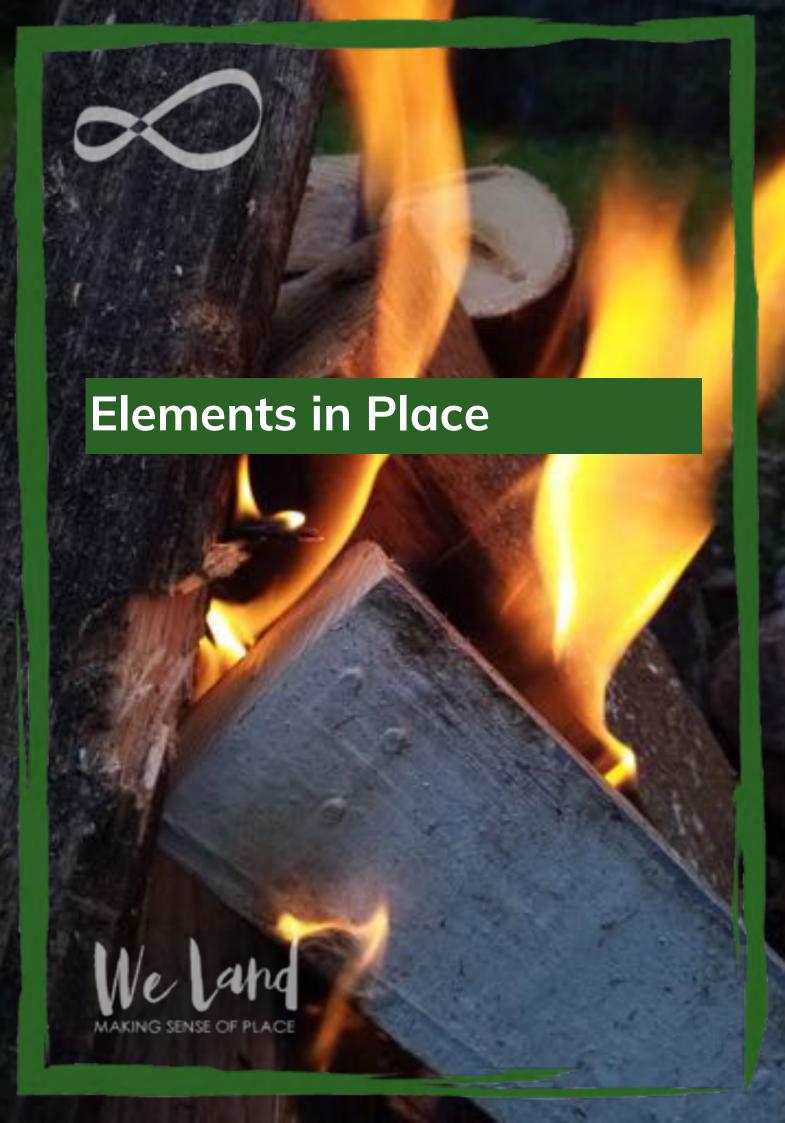
How:

Have a moment in silence in the landscape you are working with. Find a place and stay still for a while. Listen to it, its stories, its needs, the feelings it has, it´s way of expressing as a whole, a call it makes to you. Share the voice of the territory with the group.

What:

Tips:

Have a longer or shorter momento to listen and to share, depending on how long you have for the practice.

Elements in Place

We Land
MAKING SENSE OF PLACE

Elements in Place

Why:
To honour and give visibility to the natural elements. Fire, earth, water and air are ever-present in our landscapes and have many visible or invisible manifestations

How:
Either in plenary or in small groups, identiy the foces, the qualities and the potential risks of each natural element. Then, try to identiy similarities between elements of the process the group is experiencing and foces, qualities and potential risks of the different natural elements.
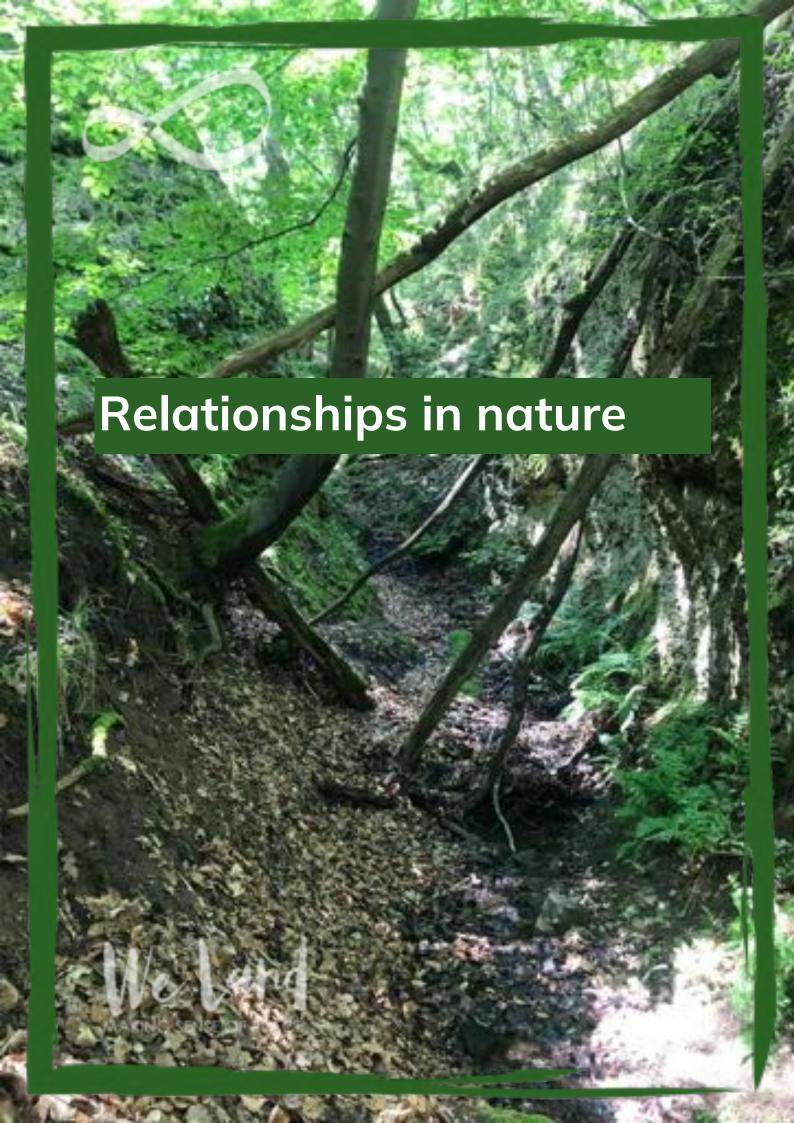
What:
Paper and pen to harvest collective insights. Phisical objects to relate to natural elements, if the conditions allow for it.

Tips:
Try to have participants identify with Natural elements at a personal level by answering the question of ´which quality of which element can I identify in my personality?´. Natural Elements can be used to divide the group into smaller groups if needed in the process.

Relationships in nature

Relationships in nature

Why:

To take inspiration from nature; to observe how natural ecosystems integrate complexity and build connections between elements in the system. To value relationships and interconnectedness between single elements and whole systems.

How:

Walk in the landscape and spot natural ecosystems. Try to answer these questions: how many elements and interactions are visible? How many are invisible? Which kind of relationships are established? How is the equilibrium established? Conclude with a plenary session where each member shares findings to harvest collective learnings.

What:

Pen and paper

Tips:

On a presential activity, it can be a group or individual work. Online collaboration can be a particular exercise where participants relate to their own environments.

Seasoning the calendar (natural)

Seasoning the calendar (natural)

Why:

To connect with relevant cyclic happenings of nature.

How:

Create a calendar based on the year´s four seasons and take notes of weather patterns, regular natural events, crop calendar, etc.
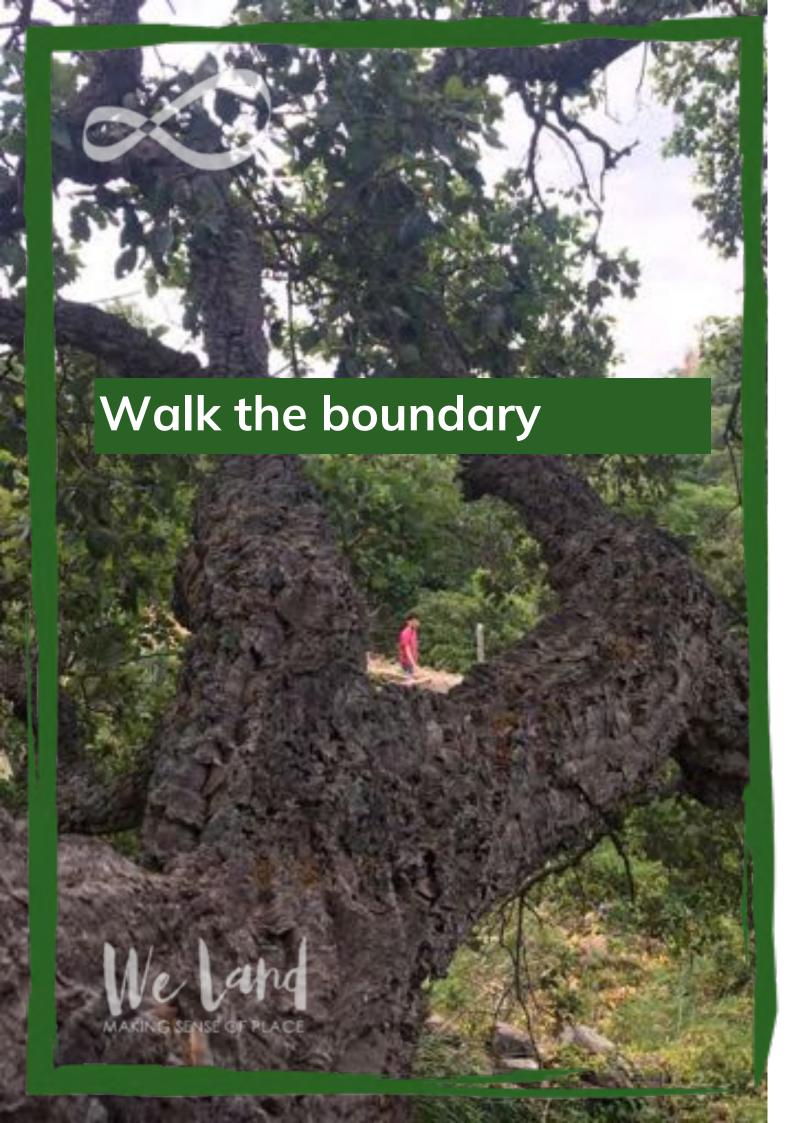
What:

A calendar of the year.

Tips:

Distinguish and complement this map with Seasoning the Calendar (cultural) (We Practice Yellow Card)

Walk the boundary

Walk the boundary

Why:

To get to know the physical boundaries of a landscape unit you are working with.

How:

Choose a point at the boundary of the landscape unit you are working with, and walk all its perimeter until you've reached the place you've started. Observe the edges with neighbour landscapes and look to the inside while you walk the boundary.
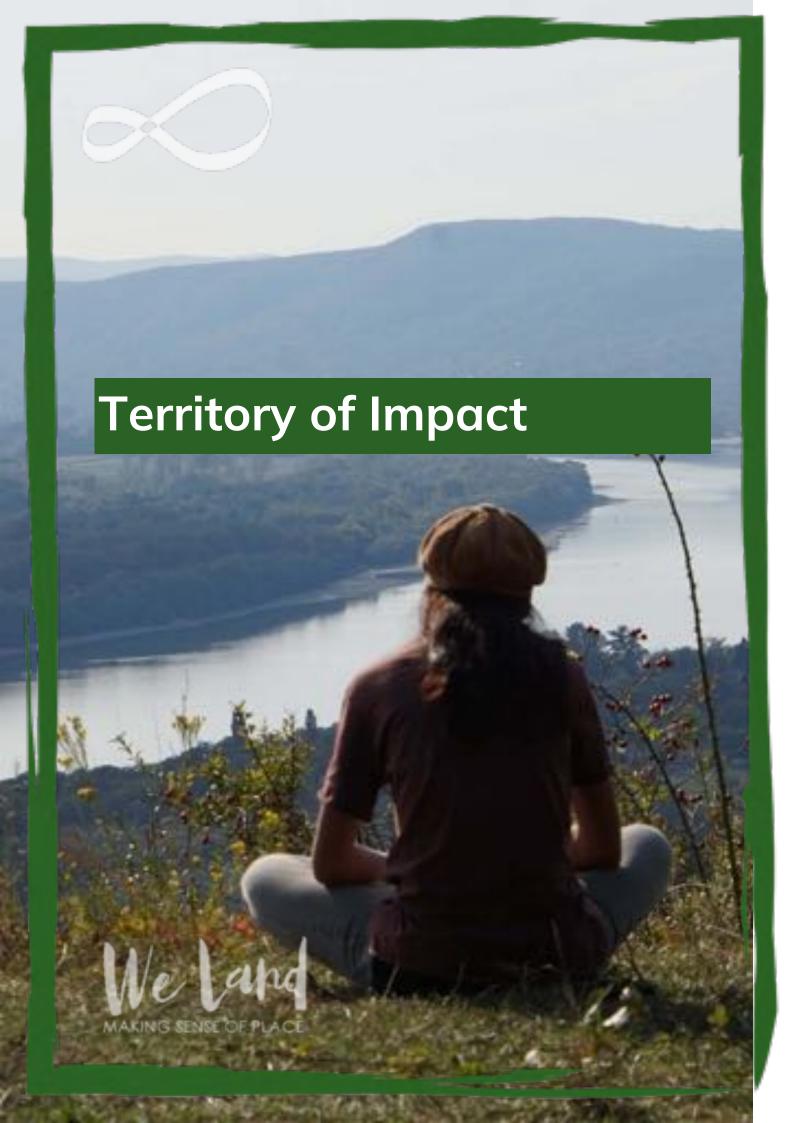
What:

A Map with the limits of the landscape unit and a compass.

Tips:

Reflect on how it feels and share any insights.

Territory of Impact

Territory of Impact

Why:
To identify geographic areas with action in the territory.

How:
Identify and draw the perimeter of action of the initiative(s) and/or catalyst(s) you are working with in a bioregional map.
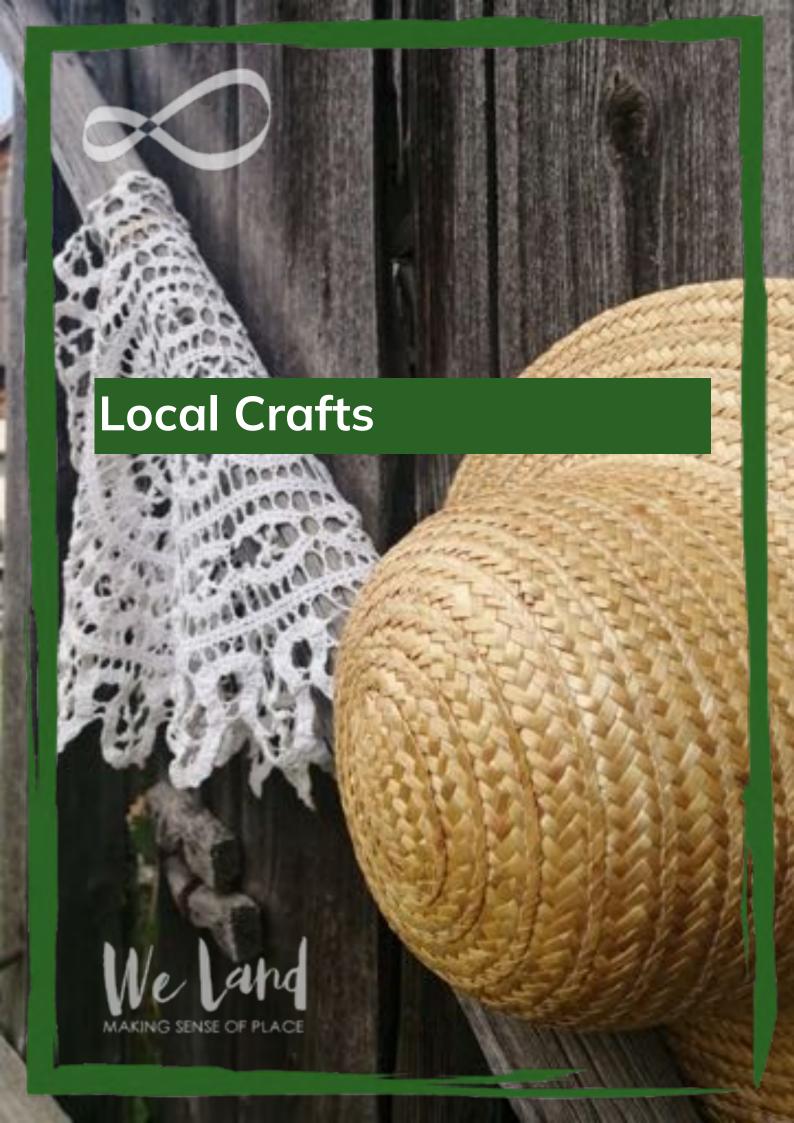
What:
Bioregional Map, marker

Tips:
Focus on the real impact more than on the intentional at this point.

Local Crafts

Local Crafts

Why:

Getting to know traditional local crafts allows us to get in touch with local materials, local traditions, uses and meaning of the landscape.

How:

Make a list of local crafts present in your region. Learn from local craftspeople what the local crafts of the area are, what materials they use, and their stories, and allow their mentorship to be a gateway for your interaction with the landscape.

What:

Material needed per type of craft.

Tips:

Take time to develop the craft that allows you to feel closer to the landscape

Needs Met

WeLand
MAKING SENSE OF PLACE

Needs Met

Why:

To acknowledge the needs-based connection between the people and the initiative they belong to and contribute to.

How:

Each person involved in the initiative/process takes a moment to reflect individually or in conversation with one or two peers about all the needs fulfilled by their engagement with the initiative and make a list of them. Make a second list of needs you would like to meet through your engagement in the initiative. Share these lists with the group and deep listen to everyone´s needs.

What:

pen, paper

Tips:

When reflecting in a group of two or three, make sure each person listens simultaneously.

Ikigai

Ikigai

Why:

To find or strengthen one´s sense of purpose.

How:

Follow the questions about the Ikigai flower until you reach its center. Share the findings with the group and celebrate any new insights about your personal journey.

What:

https://management30.com/blog/redefining-purpose-with-ikigai/

Tips:

Make a drawing in each circle of the flower and/or use keywords as different/more creative or intuitive ways of explorating the questions.

Energy Matrix

Energy Matrix

Why:

To build awareness of power and leadership dynamics in individuals and groups.

How:

Create a space with two lines representing two polarities: power-vulnerability and leading-following. Walk in the exploration of the space´s polarities and answer with your body´s position to a set of questions. (eg. Going to where you feel yourself at the moment, where you have mostly been in the past, what is the role you fulfil, where does the initiative ask you to be, where would you really like to be). Be in your body and observe how it feels in each moment.
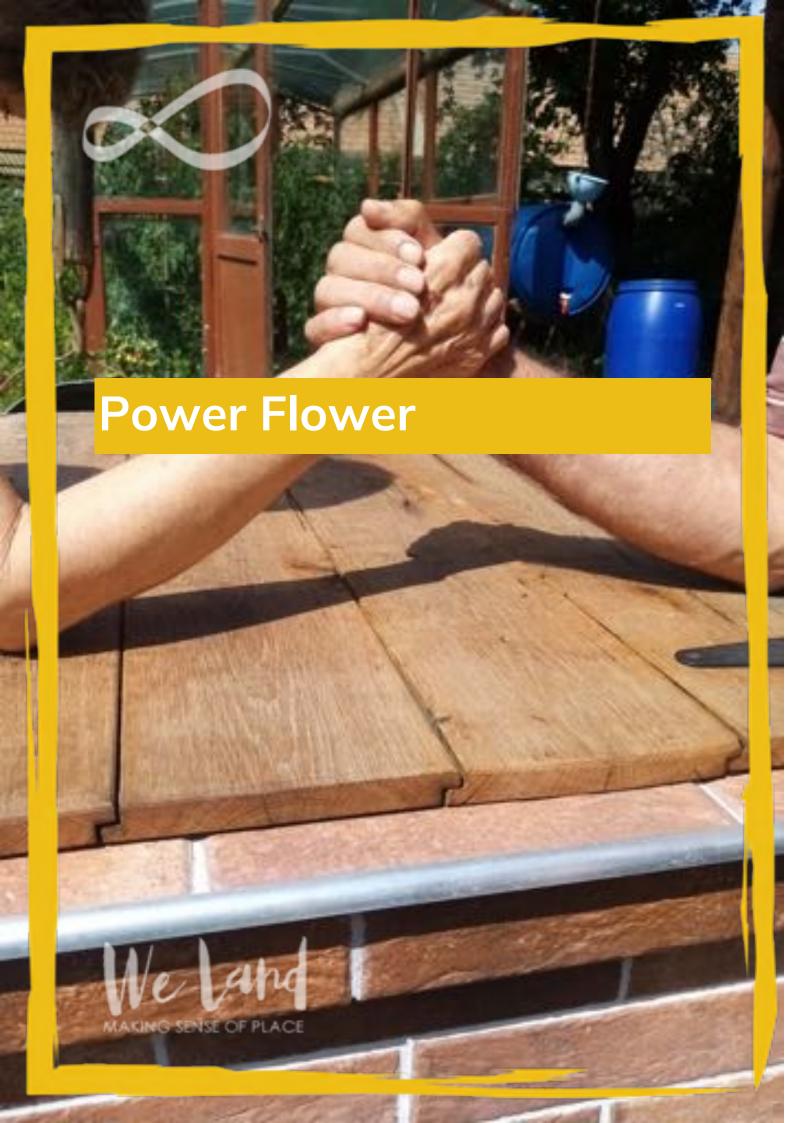
What:

4 words in 4 corners, facilitator, questions

Tips:

Consider having a Council (WePractice red card) to share any meaningful insights.

Power Flower

We Land

MAKING SENSE OF PLACE

Power Flower

Why:

To explore diverse expressions of power and privilege in a group context.

How:

Draw a giant flower with eight outer & eight inner petals. Name each petal with a social identifier (age, race, gender, language, etc.) Participants fill out eight post-its in response to each of the eight identifiers. They place their post-its in the petals that most correspond to how general society perceives their power, with the outer petals representing less power and the inner petals representing more power. E.g. if they identify as male, the participant may put their post-it in the inner petal of "gender", but if they are an ethnic minority, the post-it may go in the outer petal of "ethnicity".

What:

flipchart, markers, pens, post-its, tape

Tips:

During group discussion about their individual and collective power and privilege, you can explore how their diversity can contribute to the construction of more significant equity.

Exisiting Agreements

We Land
MAKING SENSE OF PLACE

Exisiting Agreements

Why:

To acknowledge and honour explicit and implicit agreements the group has.

How:

If you have started one, bring your archive of agreements to the project and review its list. If not, take the chance to list the explicit and implicit agreements the group has under the initiative.
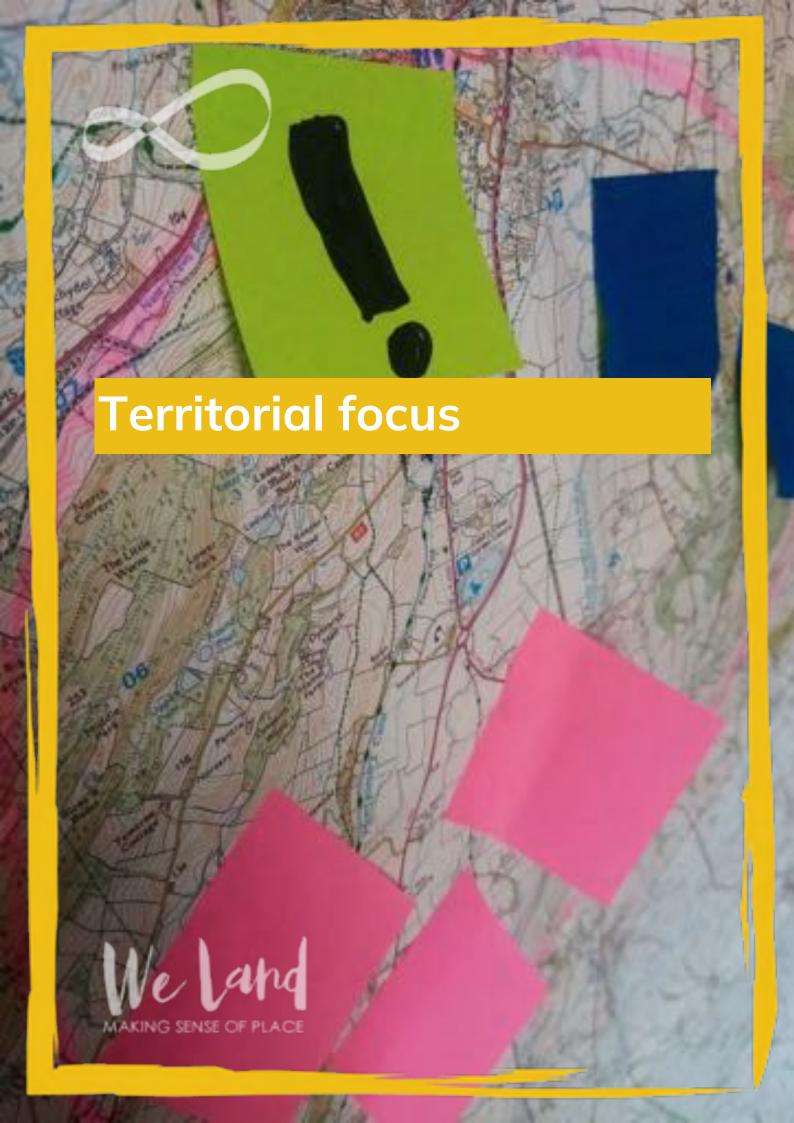
What:

pen, paper

Tips:

Be mindful of potential tensions the conversation might bring around assumptions and take the opportunity to clarify them.

Territorial focus

Territorial focus

Why:

To picture initiatives active in your bioregion, looking at their focus and purpose.

How:

Stickers color code for role play: red stickers for social, green for ecological and blue for economic focus. Start by narrating and naming local initiatives with the group. Assign the role of one initiative to each participant and assign 1 to 3 stickers according to the purpose of local initiatives. Move players in the field, drawing a constellation of the relationships/affinities between initiatives. Then stop, comment, highlight the missing focuses and reflect on the balance between initiatives´ focus of actions and purposes in your bioregion. Which local strategies lead to a reacher balance between a social, ecological, and economic focus?

What:

A group of participants and a space where to move. A set of three stickers per participant. Each set is composed of a red, a green and a blue sticker.

Tips:

Mapping 8 forms of capital

Mapping 8 forms of capital

Why:

To acknowledge the different value types of capital have in the economy of the initiative.

How:

Consider eight forms of capital: social, intellectual, living, material, experiential, cultural, financial and spiritual, and their different forms of currency. List the resources the initiative has and needs for realising its purpose. Identify strengths and weaknesses related to this pool of resources.

What:

Pens, flipchart, spreadsheet

Tips:

Reflect on your own way of giving value to different types of resources.

Social Footprint

Social Footprint

Why:

To highlight the importance of the Social impact of our actions and initiative. To complement the ecological footprint with attention to the human resources behind production processes.

How:

Pick a product or an object. On a poster, highlight the social action necessary for the production of that product/action. Identify the different labours and human input necessary to produce that object. Mark them on a scale of 1 to 3 according to the fairness you can identify: fair (green); unbalanced (yellow); exploitative (red)

What:

Pens, posters and coloured markers.

Tips:

Try to repeat the activity for more objects and challenge your initiative to rely on products that are as green as possible. Link the activity with ´Ecological Footprint Calculation´ and ´Collective Ecological Footprint´ WePractice green card.

ICEBERG MODEL

Iceberg of Leverage Points

Iceberg of Leverage Points

Why:
To analyse the context of an organisation, region or specific issue.

How:
Draw a giant iceberg on the floor, dividing it into five levels. The top layer is Action (above water), followed by Behaviour, Structure, Strategy, and Purpose (all below water), going from lesser to greater systemic, transformative capacity. Invite participants to share orally or on post-its what is most visible about their community and its strengths and challenges. Ask them "why?" each time you go deeper down the Iceberg. Identify the patterns between and within the levels, which will help identify the wicked problems and the possible leverage points to transform them.

What:
Masking tape, pens, post-its

Tips:
Wicked problems and leverage points can only be found at the Structure level and deeper.

Seasoning the calendar (social)

Seasoning the calendar (social)

Why:
To acknowledge the cyclic nature of seasonal social events & celebrations.

How:
Create a calendar based on the year´s four seasons and take notes of cultural patterns, regular social events, celebrations, etc.
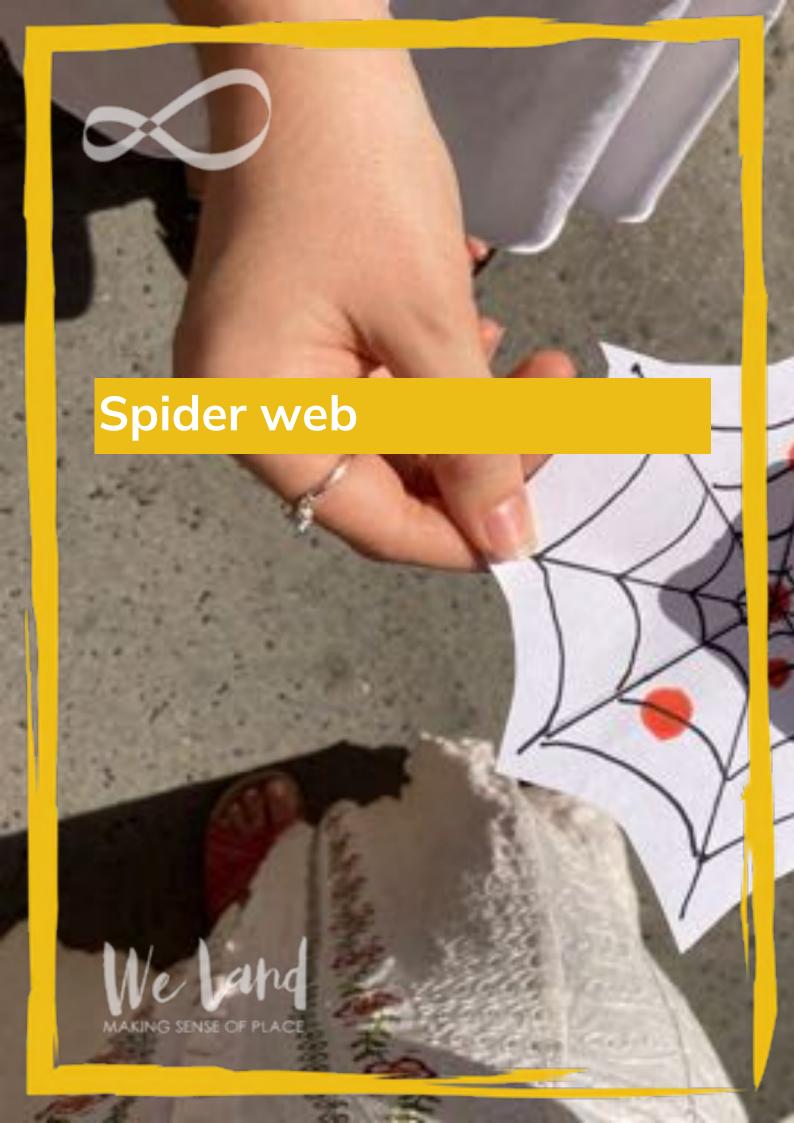
What:
A calendar of the year.

Tips:
Distinguish and complement this map with Seasoning the Calendar (natural) (We Practice Green Card)

Spider web

Spider web

Why:

To identify patterns. To highlight the schemes we unconsciously put in place. To identify patterns, raise our awareness of them and build on the possibility of choosing if we want to perpetuate them or try to embrace change.

How:

Ask each participant to take a moment to reflect on their life path. Ask everybody to draw a dot on a piece of paper. This was when you were born; drawing a spiderweb, write the significant moment of your life until the present, in each peak of the spiderweb. Then, with colours, try to identify patterns.

What:

Pen, papers and coloured markers

Tips:

Try to do the activity at the personal level or experiment to do a collective spider web for the story of the initiative, from when it was first thought to the present moment.

Finding leverage points

We Land
MAKING SENSE OF PLACE

Finding leverage points

Why:

To find directions for accelerating change.

How:

Consider the process so far and the most relevant domains of action, areas of development or main challenges your initiative currently works with. Have them written in a bubble diagram or circle with slices on a big paper. Each person distributes a certain number of points through the areas that will generate the maximum impact with the minimum effort.
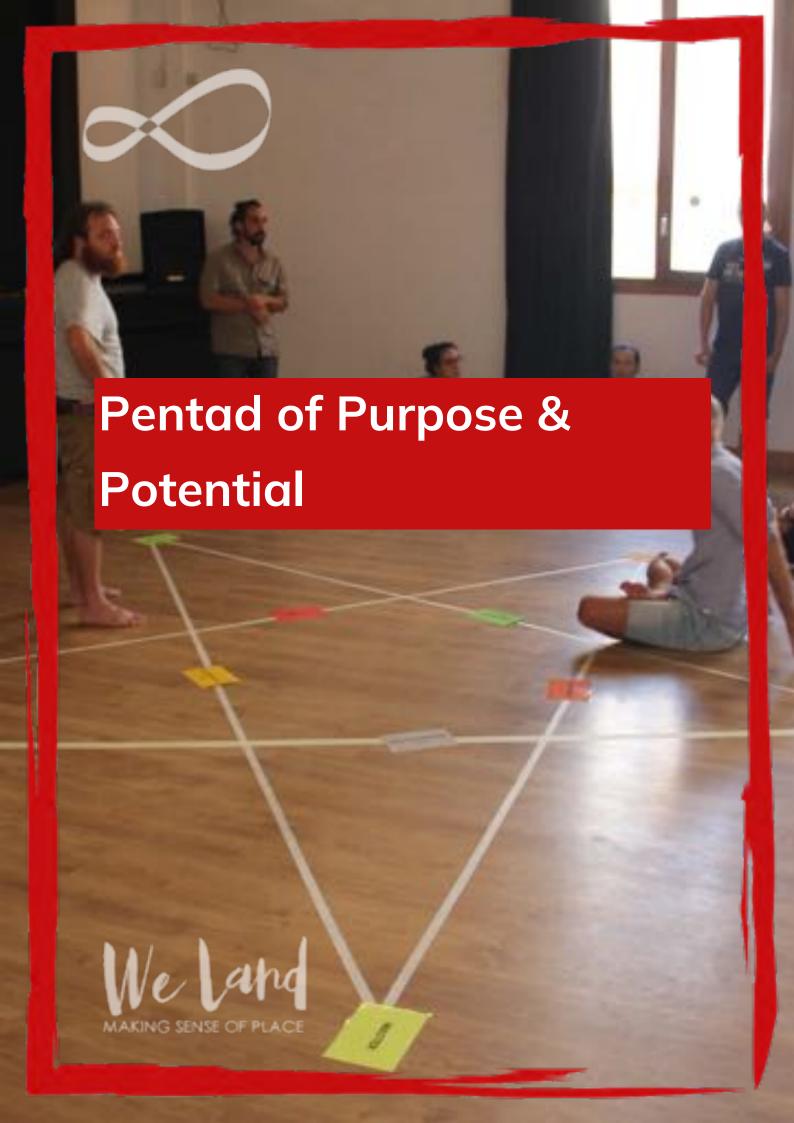
What:

paper, markers

Tips:

Give each person the number of points to distribute around one-fifth to one-third of the total number of areas you have defined as relevant to consider. Use this list in the Co-Design phase to generate strategies that bring significant changes.

Pentad of Purpose & Potential

Pentad of Purpose & Potential

Why:

To identify the potential and emergent purpose of a community, territory or organisation.

How:

Draw a giant star with five stations: Purpose (What is your current purpose?); Singularity (What makes you unique?); Niche (What is your mastery that allows you to be of service to the greater whole?); Needs (What do you need to sustain your niche, in balance with the ecosystem?); Potential (Which capabilities will enable you to express your full potential?). Invite participants to answer the questions and identify patterns at each station, building towards the Emergent Purpose (How does your purpose evolve to catalyse your potential?) when you return to the origin.
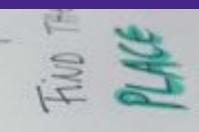
What:

Masking tape, pens, post-its

Tips:

For advanced participants, you can explore the paths that connect each station (see picture)

Timeline

Timeline

Why:
To visualise strategies and actions in time.

How:
Accompany your Co-Design phase exercises with a shared timeline where you can add events and tasks that reflect your strategies and actions. Take into consideration parallel strategies and identify dependencies between actions.
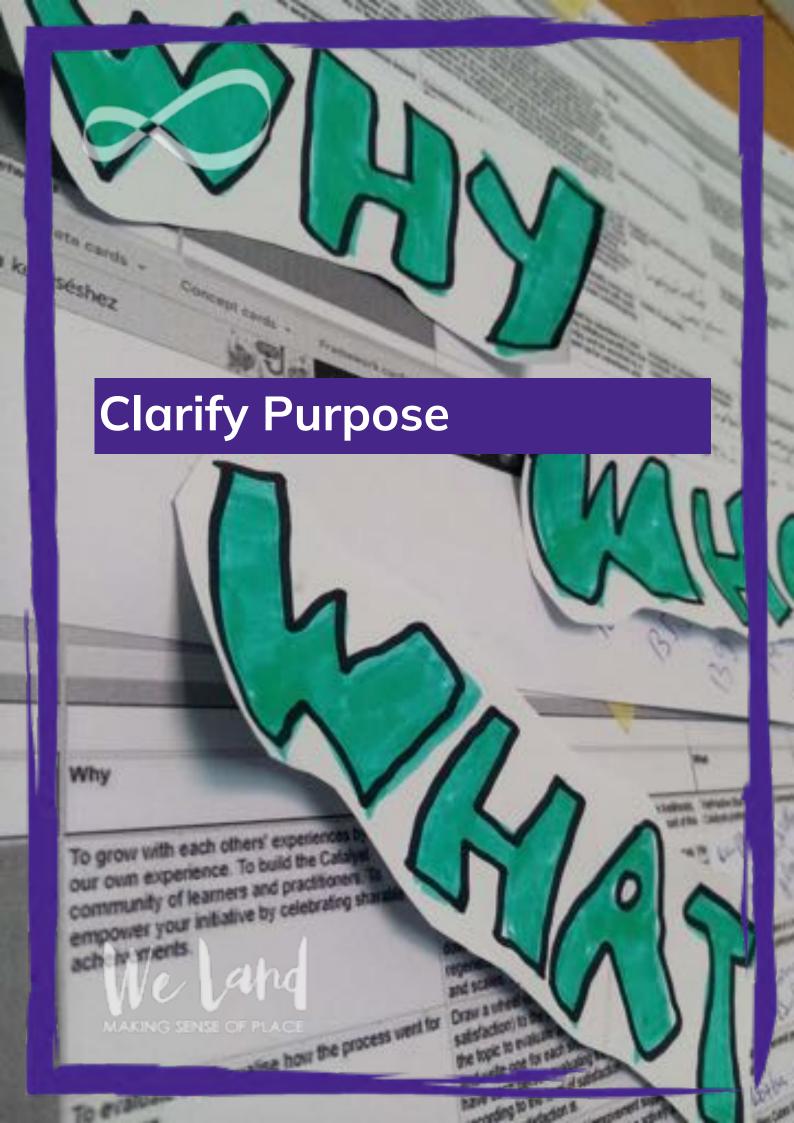
What:
paper, pens, spreadsheet

Tips:
Choose an appropriate timescale according to the scope of your planning.

Clarify Purpose

Why

To grow with each others' experiences by our own experience. To build the Catalyst community of learners and practitioners. To empower your initiative by celebrating shared achievements.

We Land
MAKING SENSE OF PLACE

Clarify Purpose

Why:

To have an explicit purpose that ensures a common understanding about the motive the initiative has for acting, so people can focus and unite efforts on achieving that purpose.

How:

Take a moment to reflect on who the initiative is serving, why, and to what end. Create a description that everyone can relate to, naming the current situation the initiative is addressing and what would be the impact of attending to the needs associated with it.

What:

paper, pens, online document

Tips:

Use Driver Description (WePractice red card) to support the structure of the purpose described. Review the initiative´s Purpose from time to time.

Growing path

Growing path

Why:
To acknowledge personal motivation and encourage mutual support on an individual growing path.

How:
Reflect and share about where your focus has been at present and what are your growing edges. Imagine what your transformational steps will be in developing the qualities you wish to see in yourself and life around you. Draw a path of such growth and share it with peers that can listen and support you along such a path.
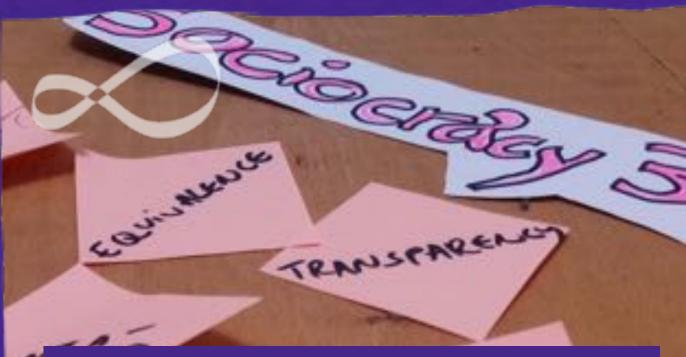
What:
paper, pens, any materials to record

Tips:
Consider the WePractice yellow cards Ikigai, River of Life, Skill Mapping and Needs Met. From WePractice, blue cards take inspiration from Peer Feedback.

Adopt S3 Seven Principles

Adopt S3 Seven Principles

Why:
To find and feed a common collaboration culture.

How:
Consider the seven principles of Sociocracy 3.0: Consent, Equivalence, Transparency, Accountability, Continuous Improvement, Empiricism and Effectiveness. Explore their meaning and how this would manifest in the initiative´s daily life. Formulate a proposal on adopting these principles as guidelines for collaboration. Make explicit what that would practically mean in your context. Find consent to the proposal.

What:
definition of 7 principles by Sociocracy 3.0 (www.sociocracy30.org), logbook

Tips:
Use this card together with Consent Decision Making WePractice brown card

Rough Prototyping

Rough Prototyping

Why:
To better explain an idea in front of the other team members. Visualize ideas and a way to ensure that all team members are talking about the same thing. To make the process of design more interactive and concrete.

How:
"Use whatever materials you can find to create a model of your design proposal, be creative, use different scales, and use the model as a trial for the proposal."
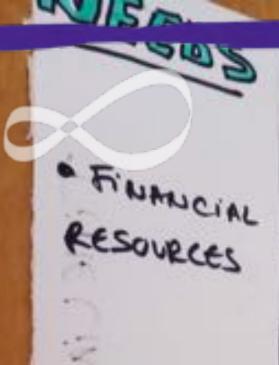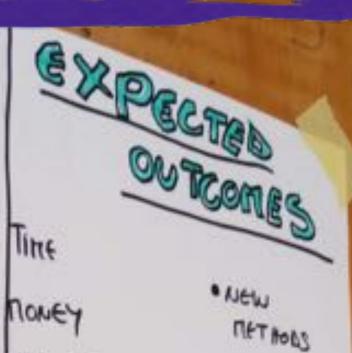
What:
Diverse materials, seizers, x-acto knives, colour paper, cardboard, natural elements, etc.

Tips:
Have fun and be creative

Contract in alignment

Contract in alignment

Why:
To ensure personal alignment of collaborators with the initiative and support individuals in their growth path.

How:
Make sure contracts between individuals and the initiative include what is important for both sides. Consider the needs the initiative is fulfilling with the individual collaborator and the needs that collaborators are fulfilling while involved in the initiative. Write down expected outcomes for this collaboration from both sides´ expectations and a term by when this contract must be reviewed. Consider naming exchanges of time, accountabilities, money, experience, and other types of capital.

What:
Paper, pen, digital record.

Tips:
Consider the framework of Mapping 8 forms of capital (WePractice Yellow card) to consider different types of capital in this exchange. Play with Growing path WePractice purple card and all cards related to personal assessment and your experience in the process so far.

Conscious Recruitment

Conscious Recruitment

Why:

To take care of the entrance of new people into the initiative most clearly and transparently.

How:

Have a clear process to engage new people in the initiative. Be transparent about who is accountable for the recruitment process and its principles. Do it as aligned as possible with the initiative´s purpose, values, operating principles, and needs. Make sure people directly affected by the decision to take in new members are consulted or informed (depending on their level of engagement). Be as clear and transparent as the person that is coming in.

What:

clear agreements

Tips:

Refer to other WePractice purple cards Dynamic Organigram, Adopt S3 Seven Principles, and any relevant information about the initiative.

Business Model Canvas

Business Model Canvas

Why:

To challenge conventional business models with a holistic and systemic approach. To include new perspectives in your strategies and agree on which factors are worth having visibility in the business of your initiative.

How:

Consult the list of canvases and pick the one that resonates more with the initiative or the project you want to develop. Fill in the canvas in a collective way, making sure all voices are heard. Use more canvases to develop different aspects of your business model if needed.
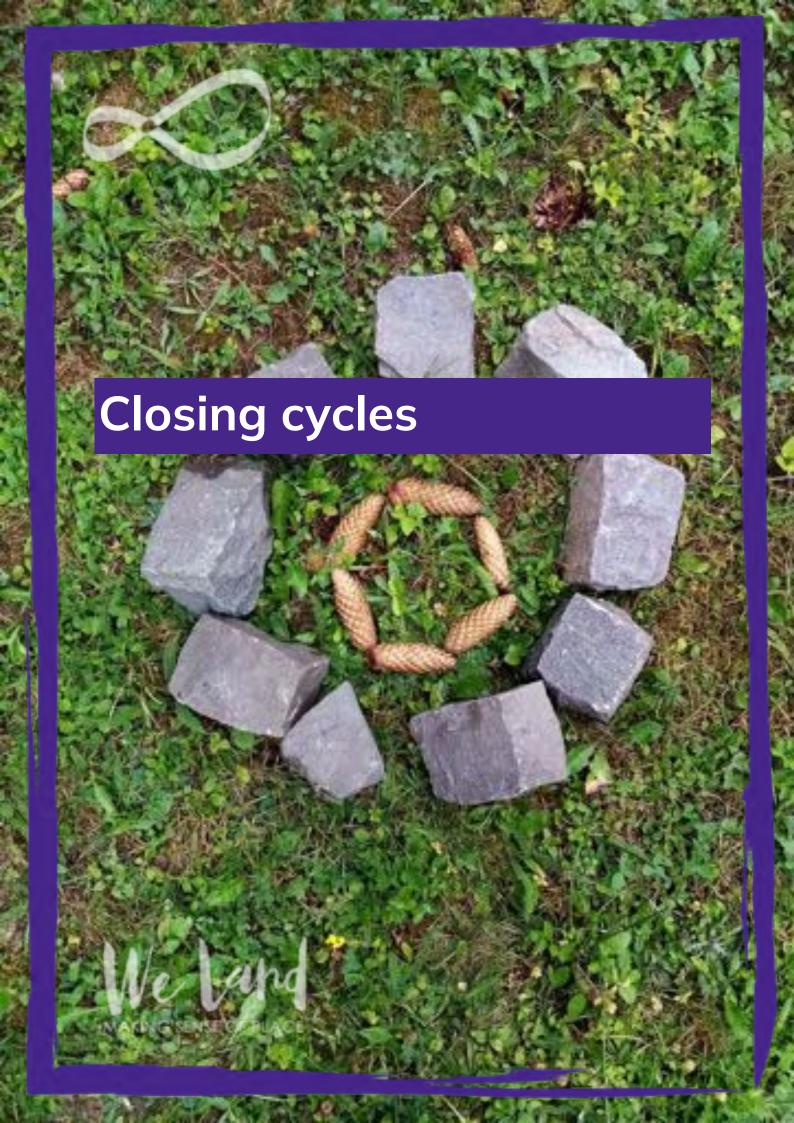
What:

Internet access. Pen and papers

Tips:

Try to use more canvases before choosing the one where to invest more time and develop your business model.

Closing cycles

Closing cycles

Why:

To close cycles of production and resources. To higher the self-sufficiency of the bioregion. To identify missing bits in the cycles and transform them into implementing new activities.

How:

Do the ´Cycles map´ exercise and focus on what is missing to close each cycle. Identify specific actions/resources/infrastructure that might be needed and enter into a co-design process to implement the missing actions, and bring the missing resources or infrastructure.

What:

Flipchart, pens, papers and colored markers.

Tips:

Connect with ´Cycles map´ WePractice green card

Spotting Alivelihoods

We Land
MAKING SENSE OF PLACE

Spotting Alivelihoods

Why:
To move towards developing local resilience based on local resources and lifestyle.

How:
Considering the diagnosis about the place (landscape and people) and the process so far, open space for dialogue about what livelihoods are viable and regenerative for the initiative in its scale and context. Think of local resources and natural and social capital and other forms of capital available. Make a list or a bubble diagram while identifying different livelihoods. Group them according to the kind of resource they rely on and/or activities they include. Let individuals relate to this list for a moment and position themselves in what brings joy.
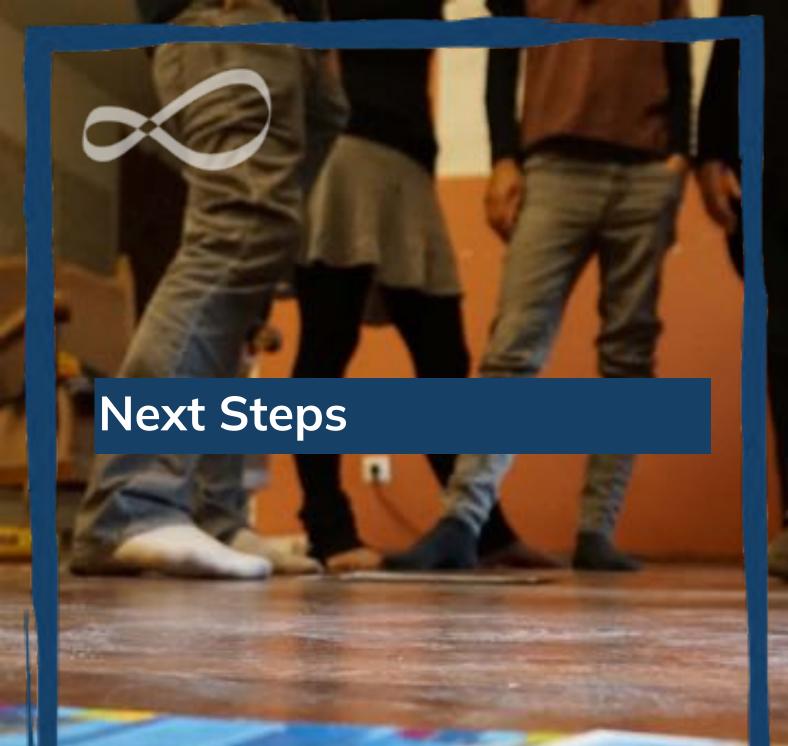
What:
Flipchart, pens, papers and coloured markers.

Tips:
Use other exercises to strategise the livelihoods you´ve identified.

Next Steps

We Land

MAKING SENSE OF PLACE

Next Steps

Why:

To firm a sense of alignment and focus. To ensure cloning of the design process. To agree on where the individual/collective intelligence will have to focus on implementing the designed process.

How:

After concluding a more extensive planning exercise, briefly name the next steps of each individual or working group. Do it in a round with each person´s name its next step or by a representative of each working group.
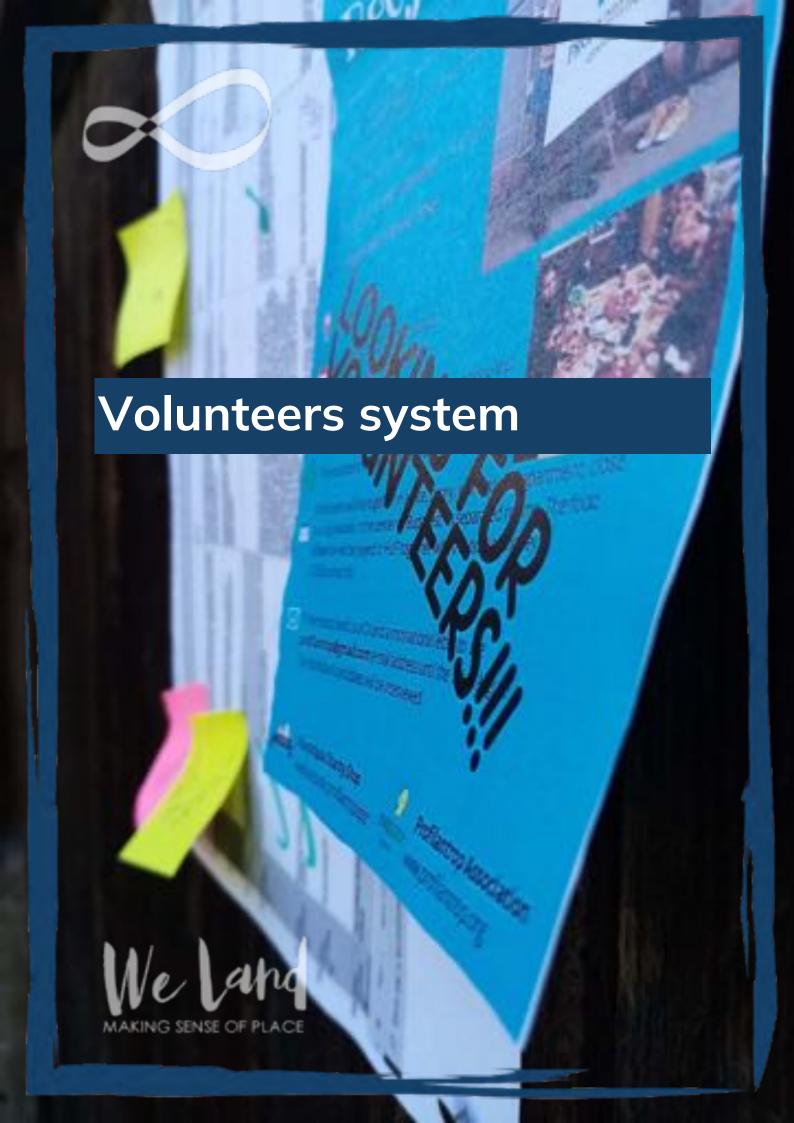
What:

Notes, if apropriate.

Tips:

Focus on imediate next actions.

Volunteers system

Volunteers system

Why:
To make your initiative more open, host volunteers and create the space for a mutualistic learning experience.

How:
Brainstorm the tasks that volunteers could perform in your initiative. Answer the questions: how could my initiative benefit from the help of volunteers? How shall a volunteer enjoy and be enriched by a volunteering experience in my initiative? Open up for volunteers and start the experience!
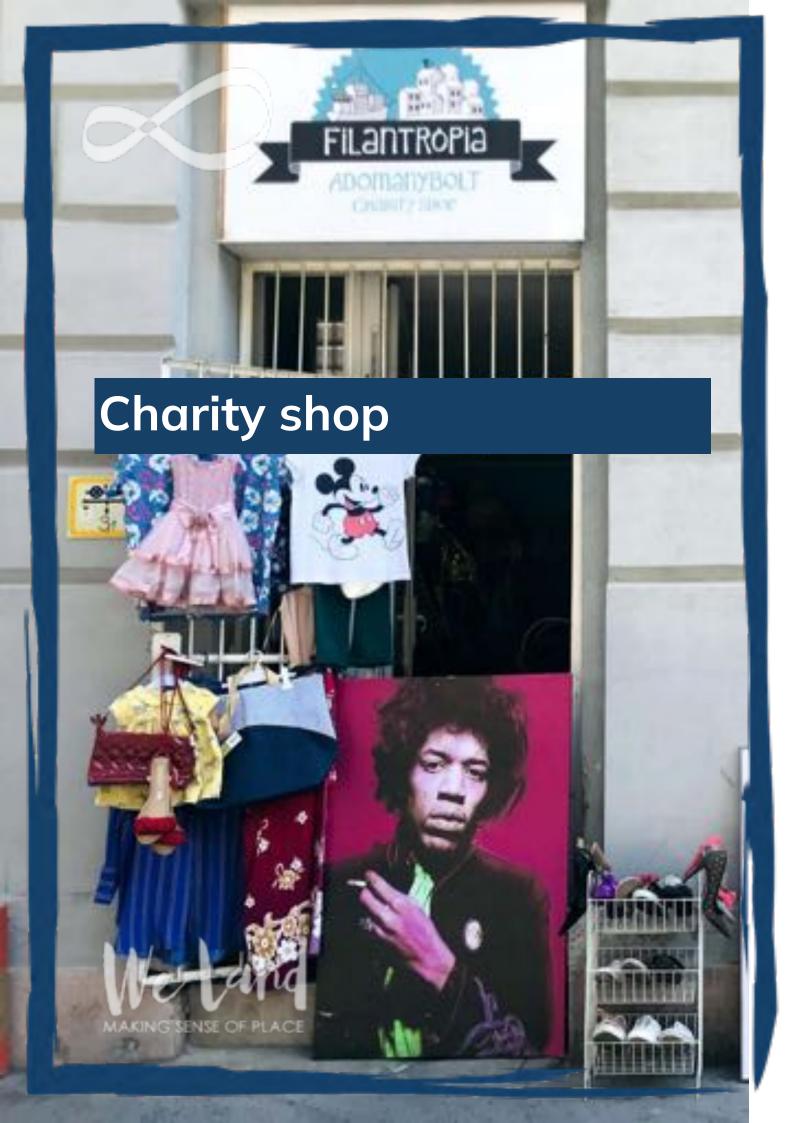
What:
Accounts on volunteering networks like WWOOF, Workaway, or the European Solidarity Corps Program.

Tips:
Look for informal volunteer networks in your bioregion.

Charity shop

Charity shop

Why:

To help your community to reduce waste and overconsumption. To be part of the recycling cycle, to make your initiative visible. To create a safe communicational space of solidarity. To involve more youngsters and volunteers in your work, and to regenerate the eco-system.

How:

Find a place which can be reached by car, public transport, or bike, and has no stairs, so elders, parents with a baby car can access, even with big donations. Create a friendly, welcoming, designed place where any age-or social group can feel comfortable. Create a plan about donation, and reuse, find contact with reuse places, initiatives, animal shelters, homeless orgnaizations, etc. Be creative! Learn about your local selective trash policies. Set up the goal of your charity shop.

What:

It is nice to have a chatting corner. Decorate your place with posters and infographics of your project. Prepare yourself for a lot of physical and social work.

Tips:

Use social media. Involve volunteers in your work.

Mutual Aid networks

We Land
MAKING SENSE OF PLACE

Mutual Aid networks

Why:

To build local relations of mutualistic support. To create a moment of collective work and include new members of the community.

How:

Set up a group of people that live close and share practices. Organize a monthly event where all participants visit an initiative to do a day of work for that project. Repeat each month visiting different projects.

What:

The hosting project has to prepare in advance the tasks for the group. Try to identify activities that are difficult to carry out at the individual/initiative scale to take advantage of and honour the collective efforts. Set a list of tools needed- A collective communication channel might help the logistic

Tips:

Each moment of collective work bring a potential for new ideas to emerge and be shared. It can also be a moment of exchange of goods/local products.

Community of Practice

Community of Practice

Why:
To broaden individual and collective learnings and capacity and develop a sense of belonging.

How:
We meet people with common purposes, share good practices and inspirations, life experiences and learnings and reflect together on common challenges and possible regenerative responses. Name the community of practice, bring it legitimacy and foster mutualistic understanding.

What:
Spaces and communication channels appropriate to the scale of the community.

Tips:
Follow your convictions and believe that there are people who share your concerns.

Peers certification

We Land

MAKING SENSE OF PLACE

Peers certification

Why:
To raise awareness around the products and the production processes in the territory, and incentivize local exchanges based on transparency.

How:
Brainstorm transformative economies initiatives in your territory and arrange a community meeting. Allow a space for producers to share their production process choices and challenges and for consumers to share their needs and preferences. Reach a consensus on the criteria of certification and the process it requires. Certificate productions and organize moments of exchange.
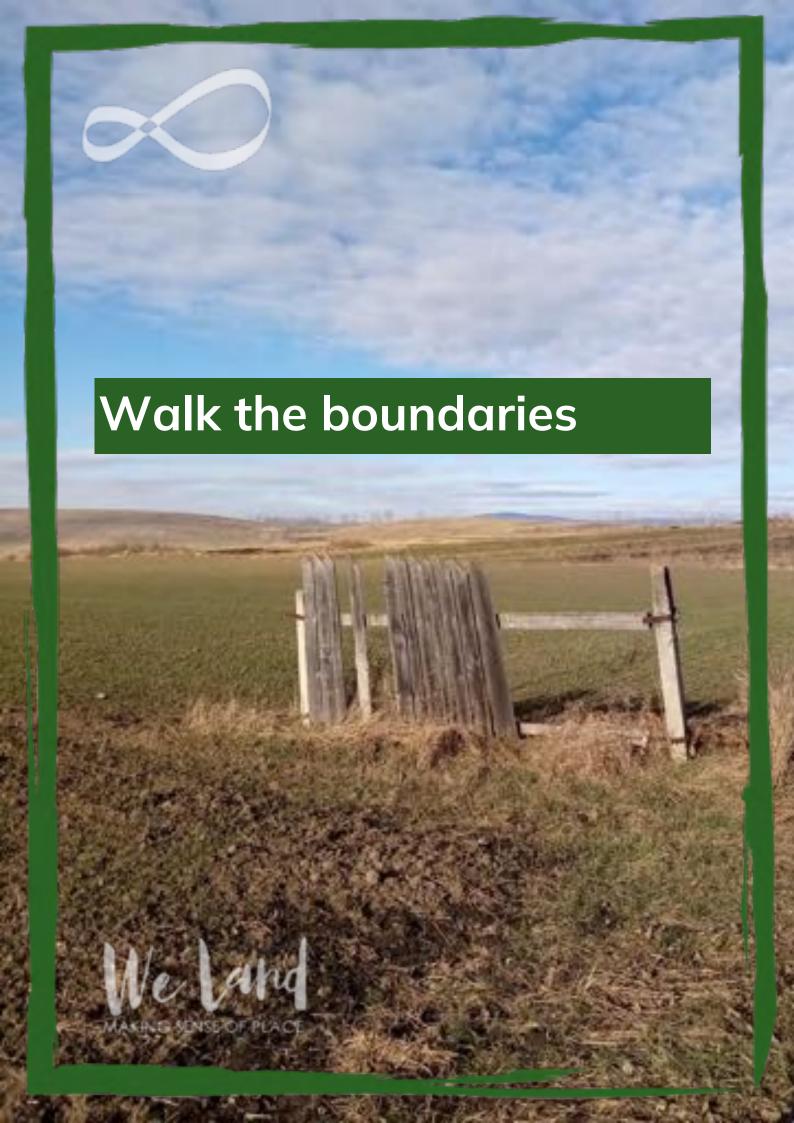
What:
Meeting point, facilitation tools, digital records.

Tips:
Take track of the process and produce documents that can be accessible to consumers, e.g. purpose statement and a form for the certification.

Walk the boundaries

We Land

MAKING SENSE OF PLACE

Walk the boundaries

Why:

To get to know the landscape unit through its boundaries, observing what lies inside and understanding the neighbouring land.

How:

Choose a point at the boundary of the landscape unit, and walk all its perimeter till you've reached the place you've started.
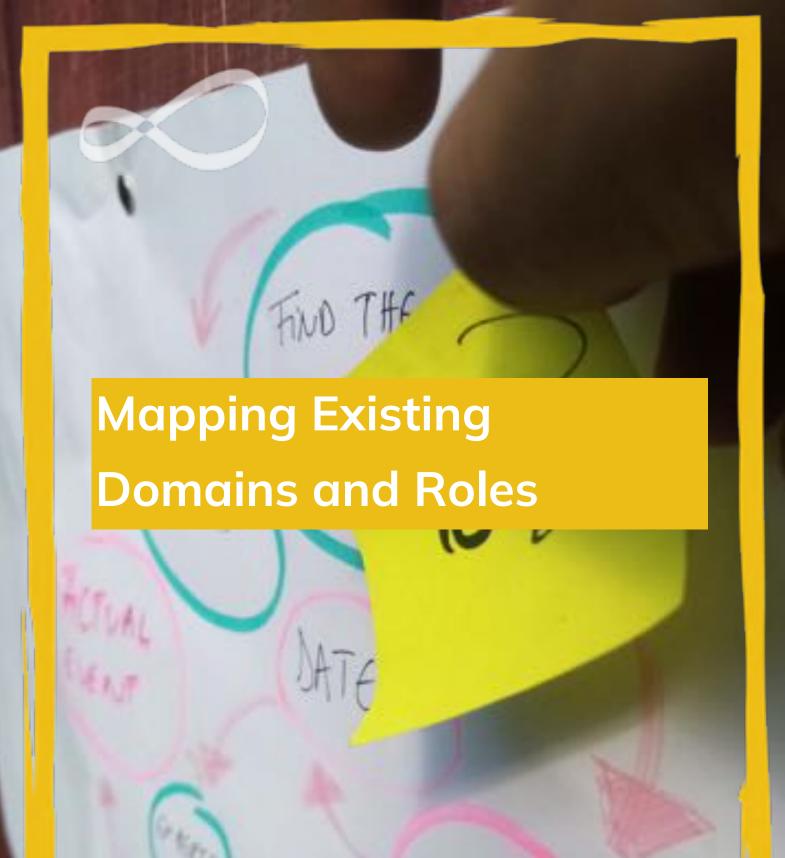
What:

A Map with the limits of the landscape unit, and a compass.

Tips:

Try to Walk in silence and be mindful of all your senses.

Mapping Existing Domains and Roles

Mapping Existing Domains and Roles

Why:

To acknowledge and visualize what are all the domains and roles active at the moment in the initiative.

How:

Make a bubble diagram that reflects as close to reality as possible what are distinct areas of activities and decision-making (domains) active in the initiative and people accountable for those (roles). Discuss what is done where and by whom until you find a common understanding of existing domains and roles. Reflect also on dependencies between domains and spot the areas that need more assistance or those that have more than needed, if that´s the case.
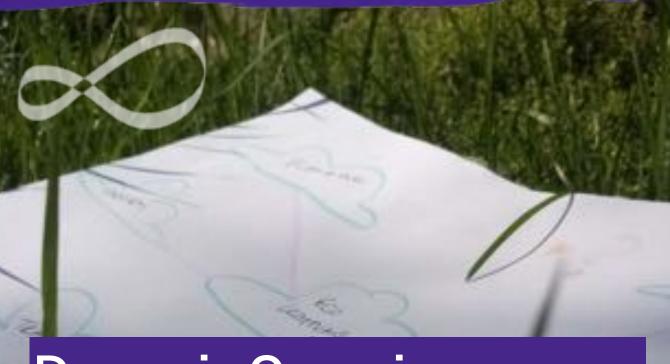
What:

Filp-chart, pens.

Tips:

Be aware of the invisible roles an organization usually has and honor them.

Dynamic Organigram

Dynamic Organigram

Why:

To continuously visualize and evolve the way of organizing the work and make governance.

How:

Based on a map of existing domains/departments and roles or working groups people are taking in the initiative, have an interactive map of the organization to which you can refer when making governance or organising work. Draw it according to the strategy that is emerging in this process and use it to update or clarify boundaries between domains or roles and dependencies between them.

What:

Analogic or digital interactive mind-mapping tools. Logbook.

Tips:

Use Driver Mapping WePractice purple card to create organizational structure from scratch.

Jump of Commitment

We Land
MAKING SENSE OF PLACE

Jump of Commitment

Why:
To create a sense of commitment and motivation in the transition from studio to fieldwork. To embody commitment and share it with the rest of the group.

How:
After the co-design phase and before going for action, take a moment to individually celebrate collective alignment and name your individual actionable intentions standing at a higher level from the ground. Firm your commitment by jumping to the ground and embodying the attitude you want to have when going for action.
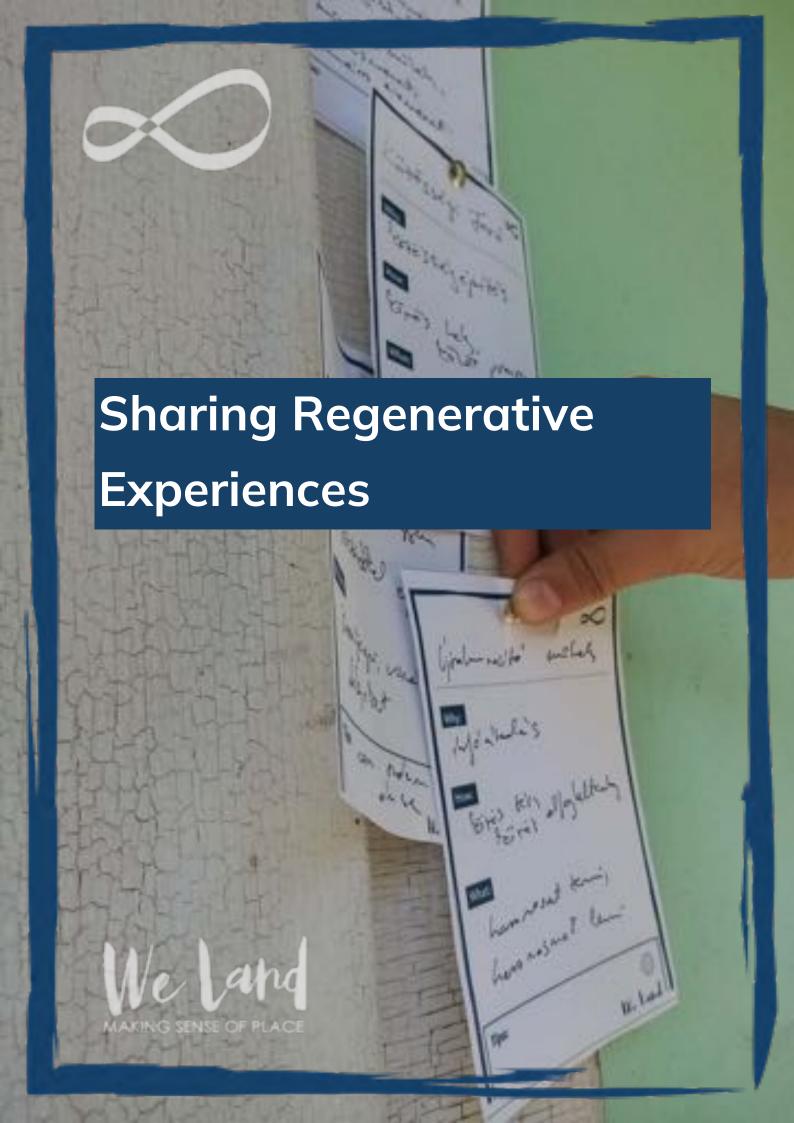
What:
A step, a stable box or chair where you can stand.

Tips:
Do this with joy and support each other to affirm its own power.

Sharing Regenerative Experiences

We Land
MAKING SENSE OF PLACE

Sharing Regenerative Experiences

Why:

To grow with each others´ experiences by sharing our own experience. To build the Catalyst community of learners and practitioners. To empower your initiative by celebrating sharable acheivements.

How:

While implementing co-created strategies for regenerative livelihoods, we ask ourselves "What Regenerative Livelihoods are now part of this place?" and take notes of experiences that come out of the collaborative design process are regenerative for us, for our places. We use WePractice blue empty cards to add these experiences to a pool of experiences that are shared among Community Catalysts. We write down the Why, How and What we need to make these experiences regenerative, doing it in a way that can be applicable to other contexts and scales. We share it in the Community Catalysts platform.
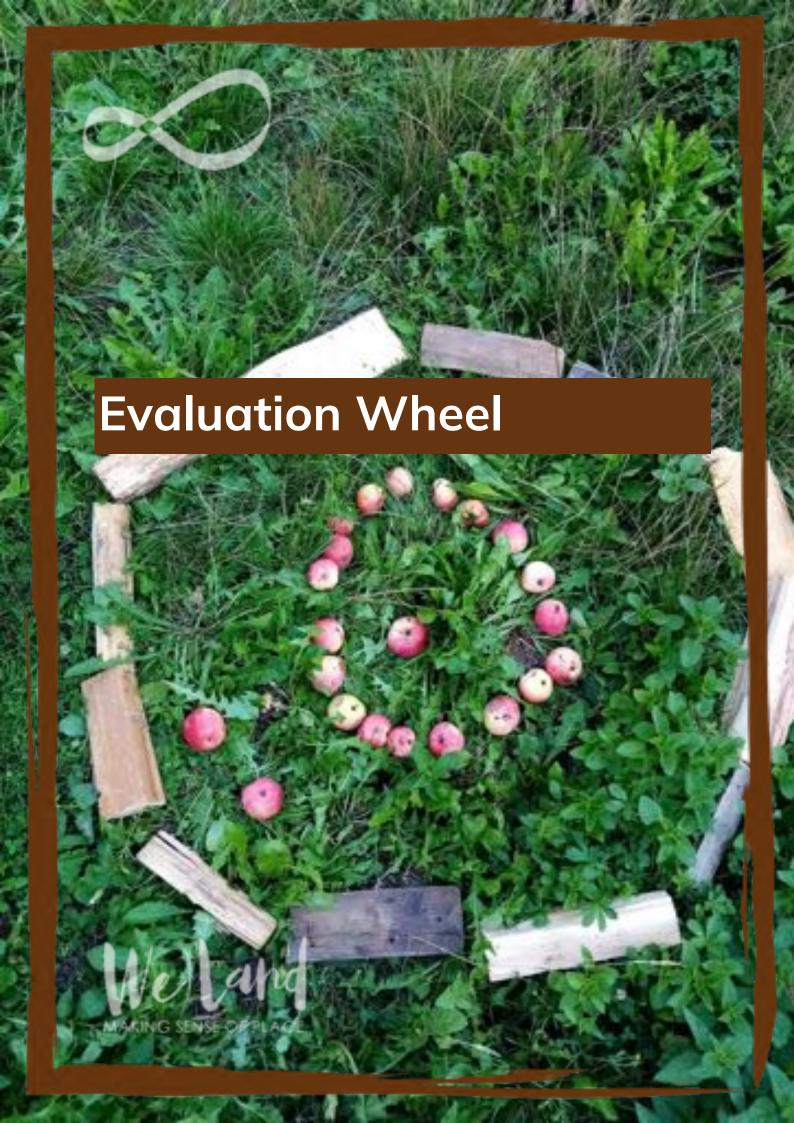
What:

WePractive Blue blank card. Community Catalysts platform sign-in.

Tips:

Don´t be afraid to share! Remember that sharing is caring.

Evaluation Wheel

Evaluation Wheel

Why:
To evaluate and visualise how the process went for the group.

How:
Draw a wheel with several slices and a scale from the centre (highest satisfaction) to the periphery of the circle (lowest satisfaction). Define the topic to evaluate according to the initial objectives of the process and write one for each slice. Take a moment to look at the wheel, and have each person evaluate the process by placing a dot on each slice according to the level of satisfaction. The points cloud shows how the collective satisfaction is.

What:
Flipchart, several pens or a digital board. Dot-stickers for all participants.

Tips:
Conduct other evaluation exercises simultaneously to add perspectives to the process evaluation and invite people to move around the space.

Feedback to the Process

Feedback to the Process

Why:

To gather feedback in order to evolve the collaborative design and learning processes.

How:

Collect appreciations and improvement suggestions from all the people who participated in the process. Listen actively and integrate the feedback in the design of future processes.

What:

Flipchart, several pens or a digital board or survey.

Tips:

Take feedback as a gift for personal development and of a collaborative culture.

Imaginable Stories

Imaginable Stories

Why:
To bring randomness and storytelling to the design process and allow "out of the box" thinking. To empower participants´ personal experiences and to allow a space for more inspiration to come.

How:
Use dice with different symbols for storytelling. Each person, one after the other, rolls the dice and tells a story based on the elements that come up with the dice, starting and developing in the context you are designing with. One after the other, each player adds to the story that has been told and explores random outputs.

What:
Story Cubes (dice).

Tips:
Use more than one round to expand possibilities a follow different options. Be ok with getting stuck, looking for creative solutions or starting a new round.

In peace with conflict

We Land
MAKING SENSE OF PLACE

In peace with conflict

Why:
To find and establish a conflict resolution culture within the initiative.

How:
Open space with the stakeholders of the initiative to explore the question: how do we wish to work with conflict when it arises between collaborators in the context of the initiatives? Deep listen to each one´s voice and find effective ways of dealing with conflict that incorporate a bigger variety of pathways. Consider different levels and intensity of conflict, situations where people in conflict have the means to find ways to grow with the tension or when mediation or delegation is needed. Create an agreement that serves everyone involved and follow it. Review and change it as needed.

What:
Logbook.

Tips:
Start solving conflicts amongst the people involved and go for mediation or delegation when resolution is not found in the first level.

Intercooperation Structures

Intercooperation Structures

Why:

To facilitate inter cooperation in multi-initiative ecosystems.

How:

Draw an organigram that reflects the structure that best serves the partnership emerging in this process. Bring in the purpose of the partnership and design coherent domains according to the needs of the partnership and effective levels of autonomy and dependencies. Design links between domains according to those levels. Agree to change it as the partnership evolves.

What:

https://patterns.sociocracy30.org/patterns.html. Analogic or digital interactive mind-mapping tools.

Tips:

Use Sociocracy 3.0 to build organizations and organizational structure patterns. Use Role Description pattern (WePractice purple card) to define domains and Driver Mapping WePractice purple card design an organisational structure from scratch. Be creative.

Permaculture ZONES

Permaculture ZONES

Why:

To maximise energy efficiency. Activities are put in different zones, depending on the frequency and/or duration of use, maintenance, visits etc.

How:

Start by creating six concentric zones starting from zone 0 (house or settlement) and organize elements in relation to how many times you need them or they need you. Adapt to topography and other landscape features to reshape the form of those zones.
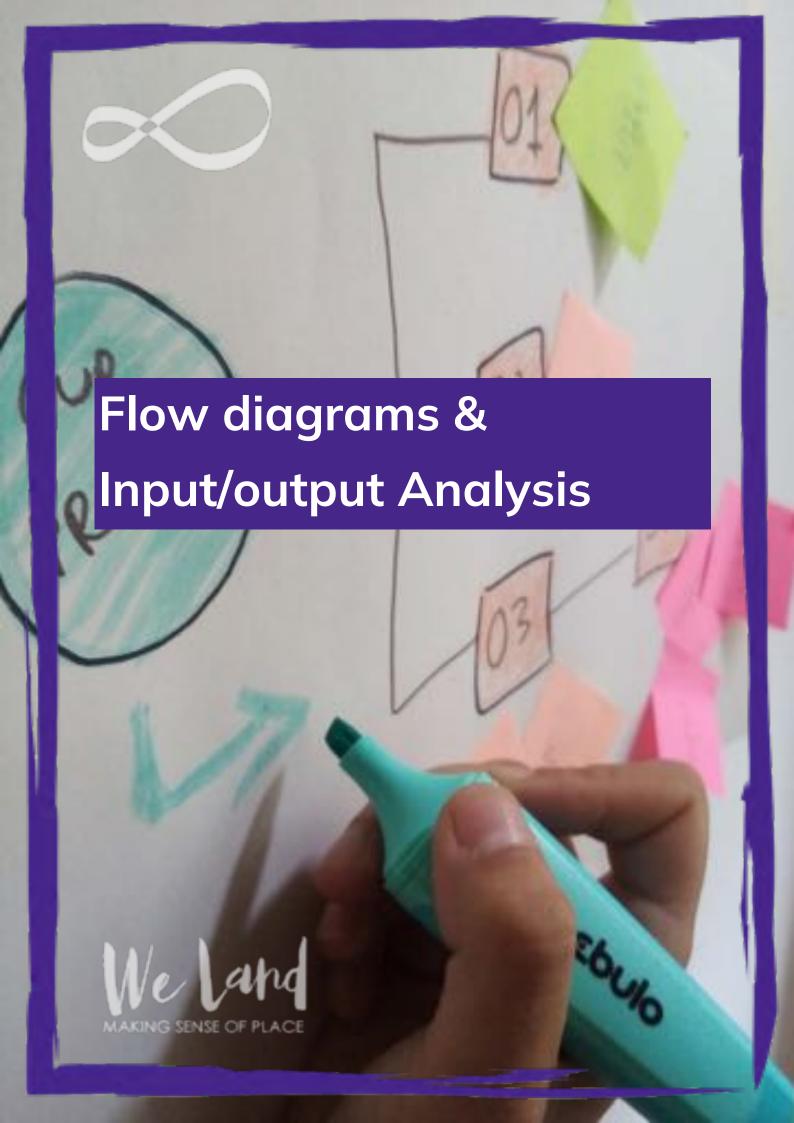
What:

Basemap, tracing paper, paper, markers...

Tips:

If using broader landscapes, communities and villages, adapt by redefining zone 0 as the centre or multiple centres of most activity.

Flow diagrams & Input/output Analysis

We Land
MAKING SENSE OF PLACE

Flow diagrams & Input/output Analysis

Why:
To maximize outputs of an element/system as inputs of another and circle energy and resources efficiently through the system.

How:
Name all elements of the system and describe their inputs, outputs and intrinsic characteristics. Then try to match as many outputs with required inputs within your system
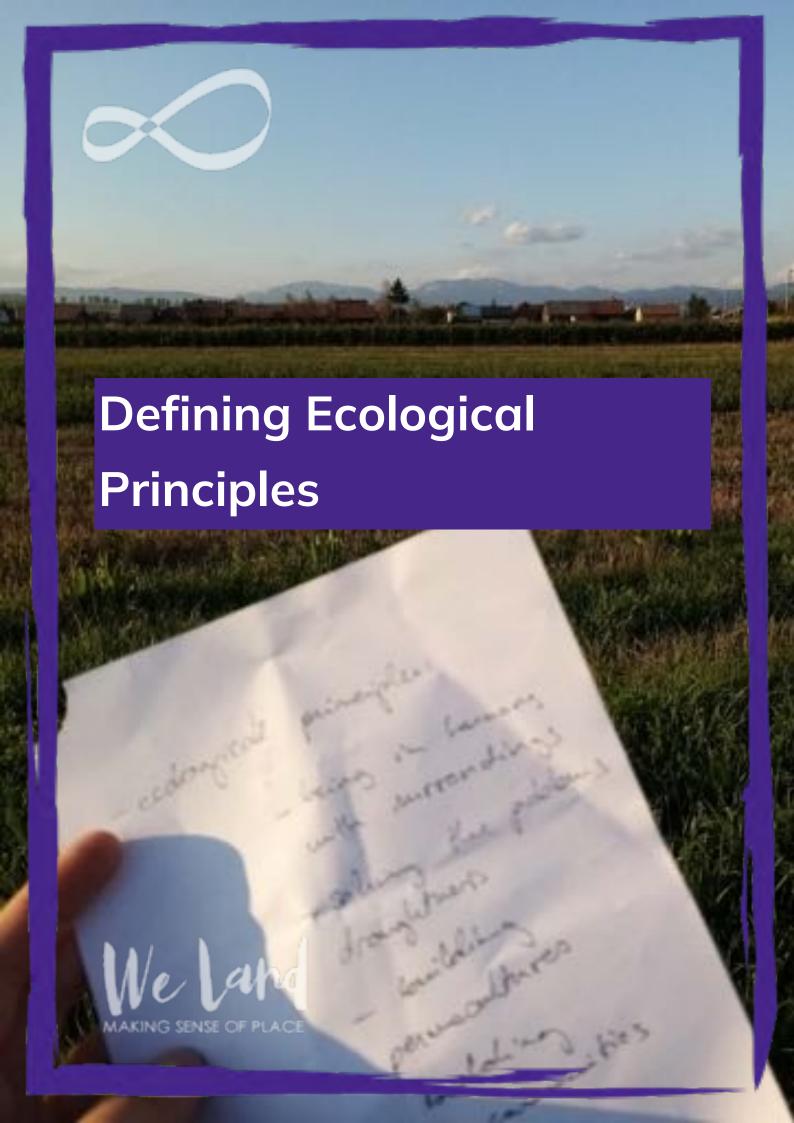
What:
Small pieces of paper for each element, bigger paper and marker, computer software

Tips:
Other factors come into place when positioning elements in a system, used as an analysis tool

Defining Ecological Principles

Defining Ecological Principles

Why:

To find common alignment in ecological practices and approaches to the principles, one wishes to see guiding one´s actions.

How:

Have a brainstorm about what are the ecological principles that are important to follow when planning and implementing ecological interventions. Arrive at a list of coherent principles that apply to your place, from more general to more specific. Make this list a proposal to be consented to and used to guide further plans and actions. Review it as needed.

What:

Flipchart, pens, agreements archive.

Tips:

Use the Scale of Permanence (WePractice Purple card) as a structure to organise your ecological principles. Use Consent Decision Making (WePractice Purple Card) to arrive at a final agreement.

We are co-creating

We Land
MAKING SENSE OF PLACE

We are co-creating

Why:

To open up for intuitive and creative ways of co-creating. To bring playfulness to the design process and allow for a more relaxed time within the vortex. To collectively find new pathways for common dreams and actions.

How:

Remember the process so far and create a piece of art together. Connect with the essence of the landscape and with the essence of the community. Be aware of what is willing to emerge. Imagine how your actions manifest. What will be our shape and colours? What will be your rhythm and melodies? How will you move and grow? How will you show up? Choose a way of expressing: drawing, painting, sculpture, music, dance, performance, poetry, or writing. Set a time and space as a container for this activity and improvise as a group allowing creativity and unpredictable results to emerge.
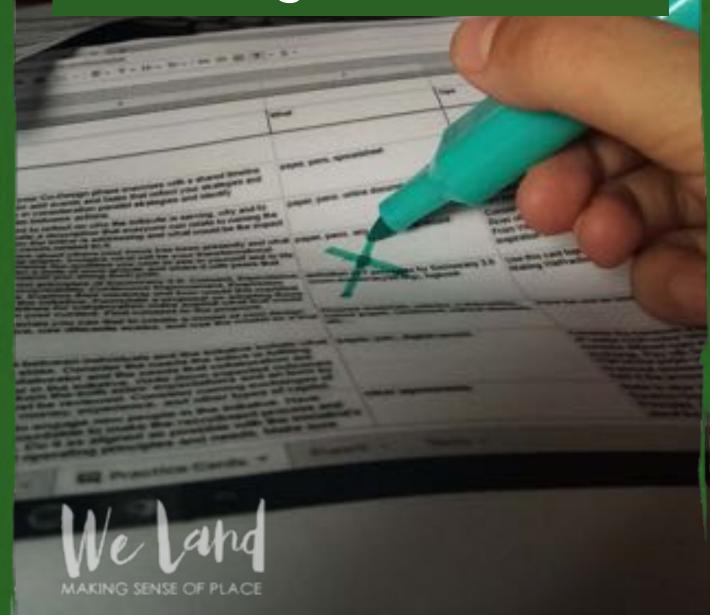
What:

Art materials

Tips:

Decide how specific you want to be with this exercise. Allow yourself to dream. Do it as freely as possible.

SGDs Diagnosis

SGDs Diagnosis

Why:

To use the SDG as a lens to analyse, assess and reflect on the challenges of your bioregion and acknowledge and celebrate the actions implemented in the direction of meeting the goals. To support building local strategies to meet the SDGs at the local level.

How:

Use the SDGs Community Catalyst Canvas and cards to drive your inquiry. Pick an SDG card and look at the target goals. Debate and decide where to position each target according to a ´balance´ ´unbalanced´ or ´emergency´ state. Brainstorm on actions done and actions needed for each target goal.

What:

SDGs Community Catalyst Canvas and goals cards. Target cards per each SDG to be downloaded from www.globalgoals.org

Tips:

Interview local catalysers and technicians to harvest information about the state of the SDGs at the local level. Connect with the ´One to One Interview´ WePractice yellow card.

Mapping Regenerative Processes

Mapping Regenerative Processes

Why:

To acknowledge and make visible regenerative processes happening in the territory.

How:

Choose a geographical scale and name events or sequences of events of a regenerative quality. Discuss and take note of the impacts and ongoing transformations.

What:

Paper, markers, maps.

Tips:

Review the Regenerative Spiral to have in mind what a regenerative process is about. Associate this mapping with Nested Scales (WePractice green card).

Voice of emotions

We Land
MAKING SENSE OF PLACE

Voice of emotions

Why:

To give visibility to emotions, care and cures. To allow a safe space to share emotions outside of judgment.

How:

In groups of 3, each person makes a list of all the emotions they feel at that moment, spontaneously and without rationalizing the words. From the list, we take each of the above feelings or emotions and form a sentence that expands its meaning. Draw your feelings and share. While one person is trying the exercise, the other two accompany the process with deep listening. Then change turn and repeat.

What:

Pen, paper.

Tips:

Construct sentences in relation to the needs of the person, and do not judge the behaviour, the needs or the emotions. Colors might help with expressing emotions.

Reproductive work value

Reproductive work value

Why:

To make visible the needs that lead us to the regeneration of life, what they are, how to work with them and the importance and conflicts that generate these needs inherent in human beings that allow it. Safe and trustworthy spaces that will enable people to explore them collectively.

How:

For a week, each participant writes down where they spend their time 24 hours a day, using a 20-minutes unit of time. Then the results are presented to the group. Which tasks are paid and which are not? Who performs the most paid tasks? Which tasks are visible and which are not? Is it generally women or men that perform each of these tasks?
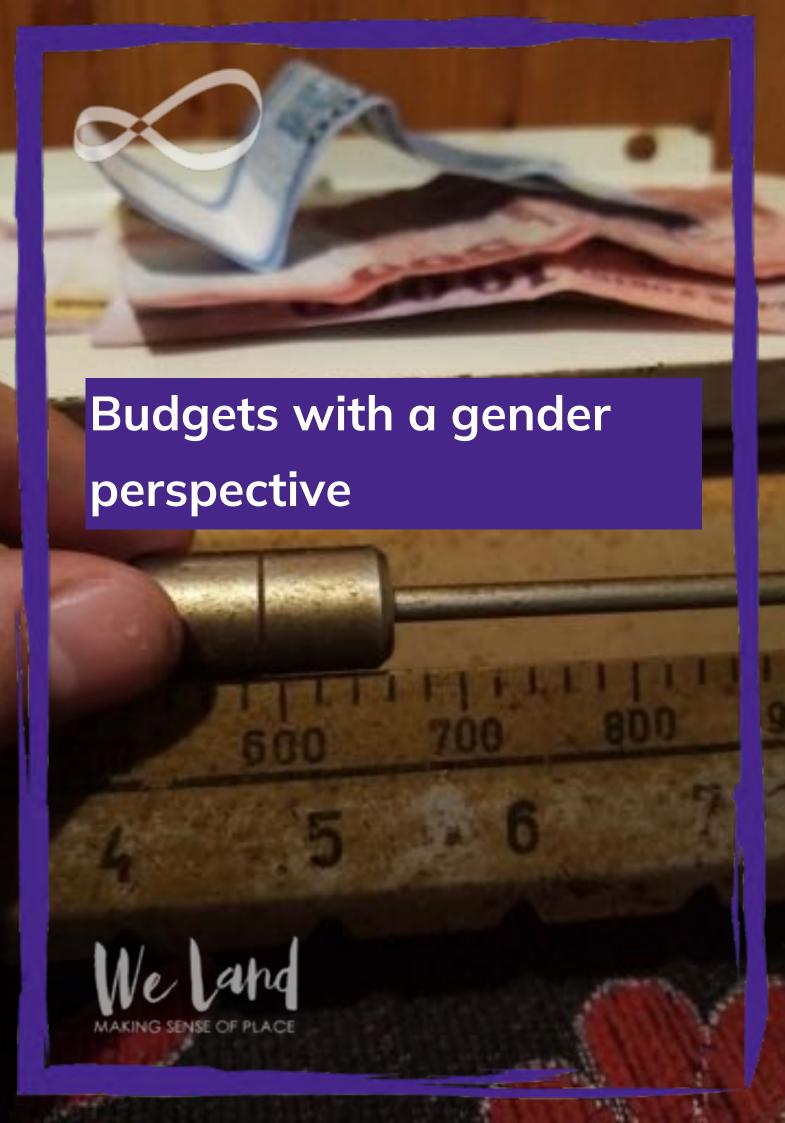
What:

Individual time to take notes. Flip chart and markers to share/present to the group. Colors to mark the different tasks during the collective reflection while answering questions.

Tips:

Try to play with symbols and visuals during the exercise

Budgets with a gender perspective

Budgets with a gender perspective

Why:

To incorporate a gender perspective at all levels of the budget process and restructure revenues and expenditures to promote gender equality.

How:

Use Participatory Budget to include a gender perspective in the budget process. Take your budget and, together with the people involved in the budget, answer the following questions: Is care/reproductive work included in the business model? Are revenues distributed equally according to visible and invisible workloads? Are expenditures channelled toward initiatives that work with a gender inclusion approach? What can the initiative do to integrate these reflections into the budget and build toward gender equality at all scales? Take notes on improvements to the budget and define a strategy for their implementation.

What:

The budget of the initiative. Pens, paper and post-its.

Tips:

Connect with the ´Business Model Cavas´ WePractice purple card.

Women and roles in power

Women and roles in power

Why:

To contribute to understanding gender parity at the political and societal level. To make visible gendered dynamics and the different relations to power according to gender.

How:

Participants walk around the room with four posters on the floor that are upside down. Each person walks on the floor between the posters and stops where they feel is their place to stand. The facilitator turns the posters and unveils four concepts; Legitimacy - Visibility - Security - Limits. Each person senses and shares with the group from its gender identity the following generative question: How do I feel occupying spaces of power/leadership in society regarding where I stand and the concept of the poster?

What:

Posters with the keywords written, blank posters and markers. Space and time to go through the exercise

Tips:

Ask participants to explore other gender perspectives. Write more keywords allocating new posters on the floor if needed.

Collective ecological footprint

Collective ecological footprint

Why:

To generate a regenerative or zero impact of our activity on the planet, it is important to become aware of it. One tool is the calculation of the ecological footprint. It is an indicator that estimates the minimum planetary surface area needed to supply the matter and energy required by a given population or activity.

How:

"There are many tools to calculate footprint at the personal and at the collective level (developed for business impact calculation). Try the exercise thinking of your initiative/group/collective impact using these websites 1. Easier: https://www.brightest.io/carbon-footprint-calculator-business/ 2. More complex: https://greenfeet.com/product/"

What:

Internet access, pens and paper to take notes.

Tips:

"Take note of the actions/transformations you can implement to lower the impact on your collective actions and strategize how. Connect with ´Ecological footprint Calculation´ WePractice green card."

Collective Energy Transition

Collective Energy Transition

Why:

To make a collective commitment to the energy transition. To set achievable goals, among the participants and for the collective, both from a technical and an economic point of view. To focus on reduction and efficiency to reach multiple solutions: from promoting a Local Energy Community to changing work habits.

How:

"On a poster, cluster the different energy consumption of the initiative in three visual categories: light bulb = essential / Sun = other solutions / Moon = not necessary. It has to be everything! Make the group prioritize the goals by having each participant put three stickers next to the goals. Try to reach three moons to delete, two suns to transform, and a light bulb to reduce. "

What:

Poster and colored markers. Small stickers (3 for each participant of the activity).

Tips:

To reach small and big goals, set a time of 45 minutes for the activity.

Repeat the exercise as goals are met.

Catalyzing local economy networks

We Land
MAKING SENSE OF PLACE

Catalyzing local economy networks

Why:

To encourage social and local market: using services or purchasing products between the different transformation-oriented initiatives.

How:

"Make a list of transformative products/services in the bioregion. List consumers/initiatives that are interested in transformative economies. Organize a meeting of producers and consumers. Have producers present their products and production processes, and consumers reflect on: which needs can be satisfied locally? Which of these products can be bought collectively? Then reflect on: how production processes can be more interrelated. Which needs of producers can be answered by the collective? Which products are missing/which needs can not be satisfied locally? Try to investigate strategies for their local production/supply"

What:

Pen, papers.

Tips:

"Try non-monetary exchanges!Connect with ´Peers Certification´ and ´CSA´ WePractice blue cards."

Shopping group

Shopping group

Why:

To create a community of practice that collaborates to satisfy household supply needs.

How:

Arrange a group of consumers interested in buying locally. Contact local producers, peasants and initiatives of transformative economies. List the products available and share the list amongst consumers. For the products not available from the territory, look for fair trade markets and consider collective buying of stocks of products.
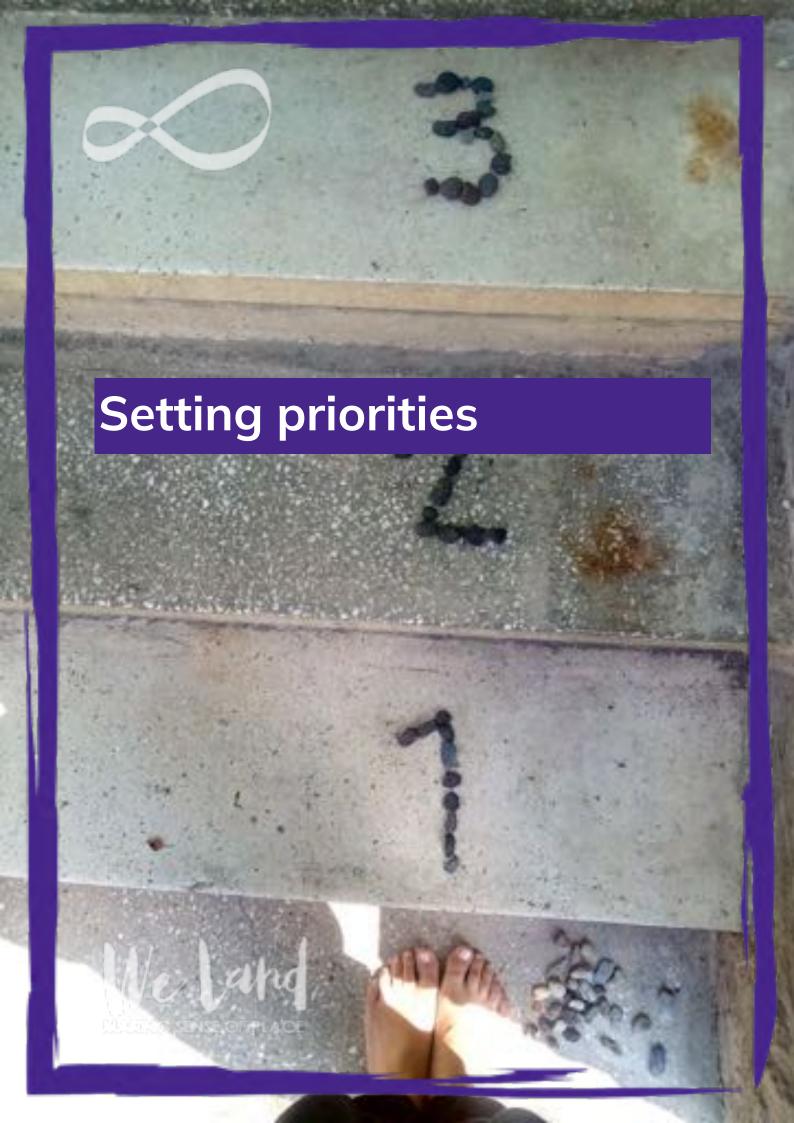
What:

A group of consumers and a group of producers.

Tips:

Collaborate on logistics aspects and costs. Arrange a fixed day in the week to organize the delivery of products.

Setting priorities

Setting priorities

Why:

To understand that efficiency is not only related to the speed of an action but to its planning. To highlight the importance of agreeing on a collective and individual time and tasks.

How:

Draw a table for classifying the urgency and importance of tasks and their timing. Write five columns: important/not urgent, important/urgent, not important/not urgent, in process and fact. At the beginning of the week, detail each task (be specific) that can practically be started and finished when you start; indicate the time required. Rank the tasks among the five columns, sorted in turn by their priority. You can also do the exercise on a virtual tool (e.g. Trello).

What:

Poster, colored marker and post-it.

Tips:

If a new task arises, incorporate it into the board, relocating the remaining tasks previously written.

Project rooting

Project rooting

Why:

In order to be aware of the rooting of our projects in our environment, we suggest you identify the elements that link us to other projects, entities and groups.

How:

Review your initiative´s entire agenda from the previous week to identify which external relations had that link with other projects, entities and groups in your immediate environment. Divide them into three columns according to how often you have this relationship beyond that particular week.

What:

Paper, pen, colored markers.

Tips:

First, outline a weekly calendar and then three columns from less to more relationship. Connect his card with the We Practice purple card ´Stepping into intercooperation.´

Stepping into intercooperation

We Land

MAKING SENSE OF PLACE

Stepping into intercooperation

Why:

To foster intercooperation, as a key element of rooting in the environment. A useful element to build toward inter cooperation is to identify, highlight and value collective/joint workspaces.

How:

Map the spaces of collective work. Think of two projects on those spaces that you can do together with other cooperatives or entities in your area. Bring this proposal to the collective/joint workspaces.

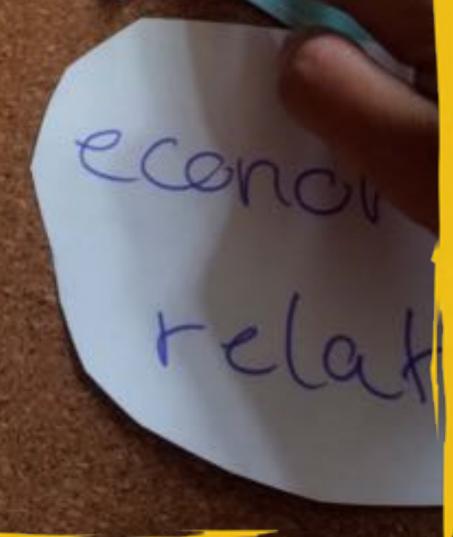## What:

A map of your area of work, post-its, pens and paper

Tips:

Connect this card with the WePractice ´Project Rooting´ yellow card.

The role of public administrations

We Land
MAKING SENSE OF PLACE

The role of public administrations

Why:

To reflect on the work that your initiative carries out jointly with the administrations or that they intervene with human, economic or material resources. To highlight autonomy and interdependency spaces and to let possible collaboration emerge.

How:

"Draw your lines of work and paint them in three columns with different colors according to: -they have anything to do with the public administration; -they only have an economic relationship; -there is a relationship that is not only economical, regardless of whether this also occurs. Brainstorm the work your initiative does and position them on the chart. Which areas of work are carried out in collaboration with the public administration? Where could more support be useful? Which collaborations can emerge, and in which field of work?"

What:

Paper, pen, 3 different colors

Tips:

"Use visual facilitation to make your reflections clear.If possible, invite a representative from the public administration to join the exercise!"

Amplifying change

Amplifying change

Why:

To scale up the initiative´s capacity to promote change while directing to stronger transformative and synergistic partnerships.

How:

With your team, look at your initiative from the outside. Reflect on which elements and aspects of systemic transformation are key to bringing regeneration to your context. After highlighting those elements and aspects, identify which other initiatives you could collaborate with to work for the desired changes with a wider impact in focus.

What:

Pens, paper and coloured markers

Tips:

Connect this exercise with ´Nested Scales´ WePractice green card and with the ´Leverage points´ WePractice red card.

Transparency in meetings

We Land
MAKING SENSE OF PLACE

Transparency in meetings

Why:

To make information accessible and transparent in order to generate trust and a positive perception within the project. Transparency improves management and efficiency, and internal and external trust; it makes participation and dialogue possible on equal terms and facilitates good governance and performance.

How:

"Agree on a clear structure for team meetings:1. Emotional round (everyone explains how they feel)2. General topics (informative)3. Space for inquiry (extensive debate on a topic)4. Decision making5. Celebration "
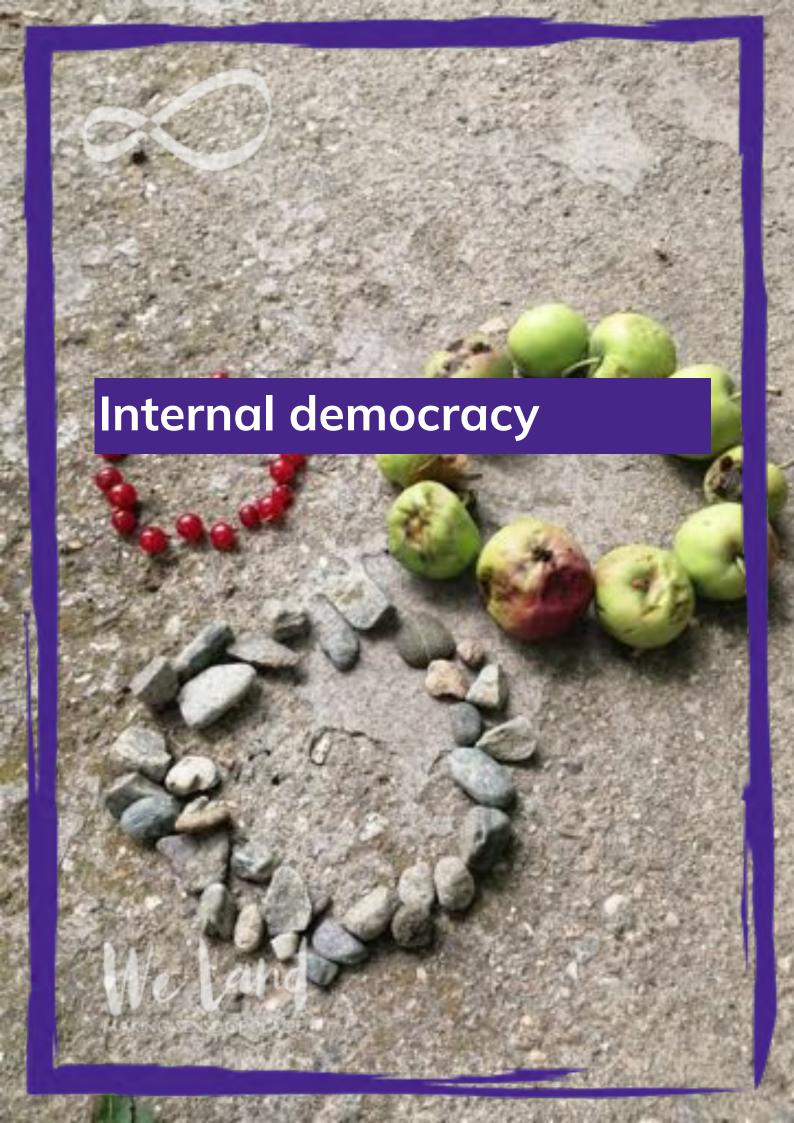
What:

Pens, papers

Tips:

Explore the WePractice ´Creating the soil´ set of brown cards.

Internal democracy

Why:
It is as important for members to be able to participate and take control of the activity as it is for these people to share ownership of the project.

How:
Consider Sociocracy as a governance system, just like democracy or corporate governance methods. It's suited for organizations that want to self-govern based on the values of equality. Explore the sociocratic model and highlight the concepts that you find useful to the process www.sociocracyforall.org/sociocracy/
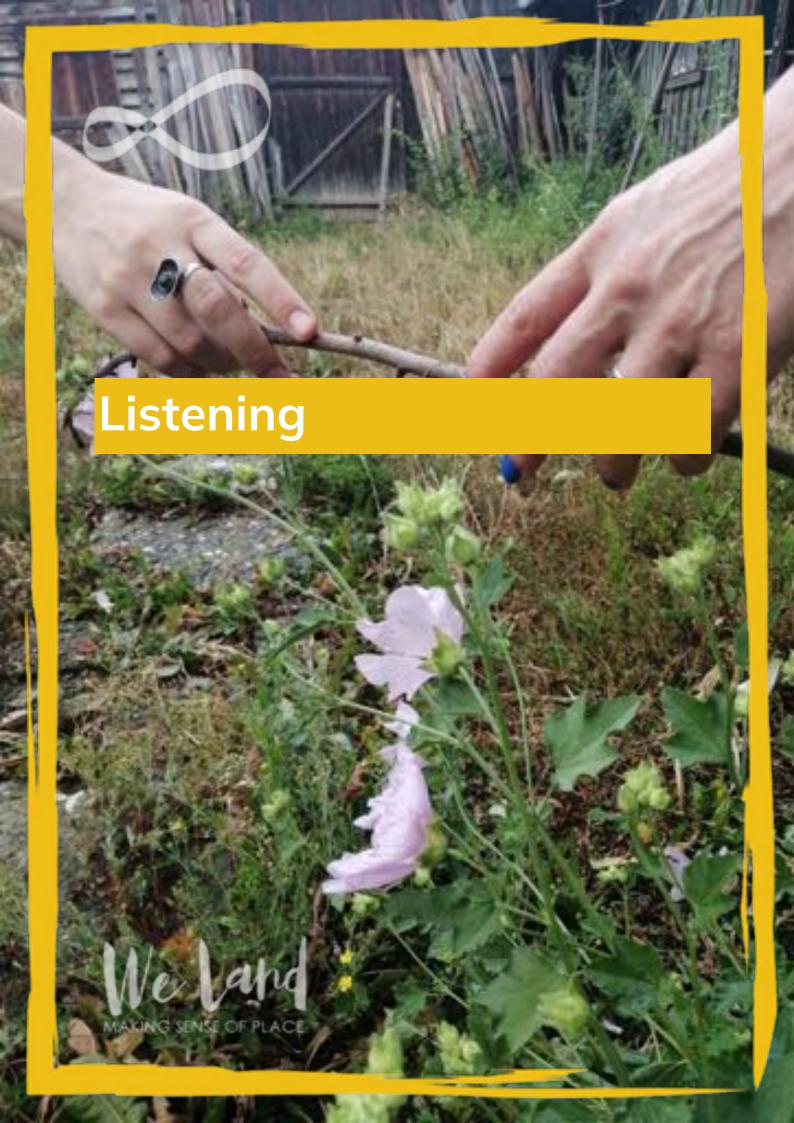
What:
Flipchart, post-it, coloured markers

Tips:
Use ´Driver Mapping´ WePractice purple card to go deeper in

co-creating a structure for your organization.

Listening

We Land
MAKING SENSE OF PLACE

Listening

Why:

To diversify decision-making spaces and give them autonomy so that power is distributed and does not fall fully to the standard organs. Listening is a key element of communication.

How:

Listening to our interior: thoughts, sensations, and emotions; listening to our exterior: from person to person and with respect to the Earth. Stop, make a circle; one person starts to talk, while the others are silent without interrupting, deep listening.

What:

A stick

Tips:

Use a ´talking stick´ to pass the word from one member to the other.

Conflict transformation

Conflict transformation

Why:
To make conflict an element that enhances the growth and evolution of the group, to manage it with the necessary care, tools and time.

How:
Non-violent communication: 1. Put on a panel / cardboard where to agree on a sentence that describes in the most objective way the facts should be analyzed. 2. Explain and involve the other person by saying how the episode described in the previous step made him feel. 3. Express the need that has been broken in this episode. 4. Make a formal and specific request as a plan of action and commitment

What:
Flipchart papers, canvases, pens.

Tips:
Check the ´Restorative circle´ WePractice red card and the work on Non-Violent Communication done by Marshall Rosenberg.

Race of Privilege

Race of Privilege

Why:

To name power dynamics sense and embody privilege at the societal level and amongst participants.

How:

Draw a line for participants to stand at the beginning of the race. Read a list of situations/questions. Every time participants can answer "yes/true" to the situation, step forward. If the answer is ´no/false´, step backwards. Read the situations one by one. Pause to give people time to look at and acknowledge other participants´ positions. Who advanced in the race and why? In the circle, have participants share how they felt while stepping.
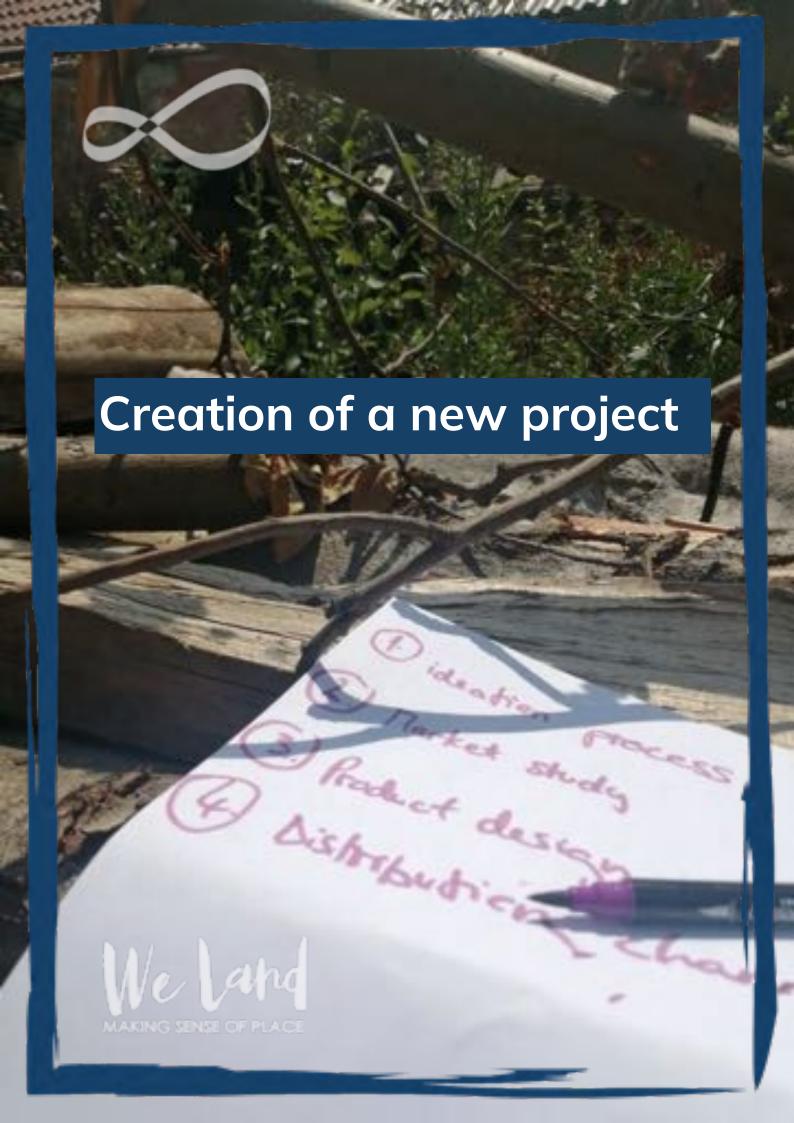
What:

"Search online and use the suggested question or additional links to make up the list of questions more adequate to your context. Use pens, papers and tape to build the play area on the floor"

Tips:

"Ask participants if there are more situations to be walked by the group.Connect with ´Power Dynamics´ WePractice yellow card."

Creation of a new project

1. ideation process
2. Market study
3. Product design
4. Distribution chain

Creation of a new project

Why:

"Creating a new initiative is an exciting adventure but can also be stressful. Having the right accompaniment and following a few guidelines will help reduce complexity."

How:

"First, seek professional accompaniment as that will save you a lot of time and continuous mistakes. Secondly, follow these seven steps to design your new initiative.1. Ideation process2. Market study3. Product design4. Distribution channels5. Alliances6. Economic viability7. Financing"

What:

Find Canvases to define the 1 to 7 steps. Use the Community Catalyst Toolkit to accompany the process.

Tips:

Experiment with Dragon Dreaming and other frames to picture your collective dream.

A Cooperative

A Cooperative

Why:

"Cooperatives are people-centred enterprises owned, controlled and run by and for their members to realise their common economic, social, and cultural needs and aspirations.Cooperatives bring people together in a democratic and equal way. Whether the members are the customers, employees, users or residents, cooperatives are democratically managed by the ´one member, one vote rule. Members share equal voting rights regardless of the amount of capital they put into the enterprise."

How:

"Check on the different stories about cooperatives that can inspire you: https://stories.coop/Visit local cooperatives to seek inspiration and experience-based knoledge."

What:

Look for the current legislation in your country. And most importantly, seek accompaniment in the constitution process, as it will reduce time and mistakes.

Tips:

Make sure the vision is clear and shared. Use frameworks and facilitation tools to support the process.

Non-profit association

We Land

Non-profit association

Why:

An association is a group of people who decide to join voluntarily, freely and in solidarity to achieve a common purpose of general or particular interest, non-profit. To do so, they undertake to share their knowledge, activities or financial resources on a temporary or indefinite basis.

How:

Associations can function (depending on the legality of each country) as an intermediate stage between the informal economy and the cooperative. It is an ideal legal way to start economic activity and check its viability. Look for the current legislation in your country and seek accompaniment in the constitution process.
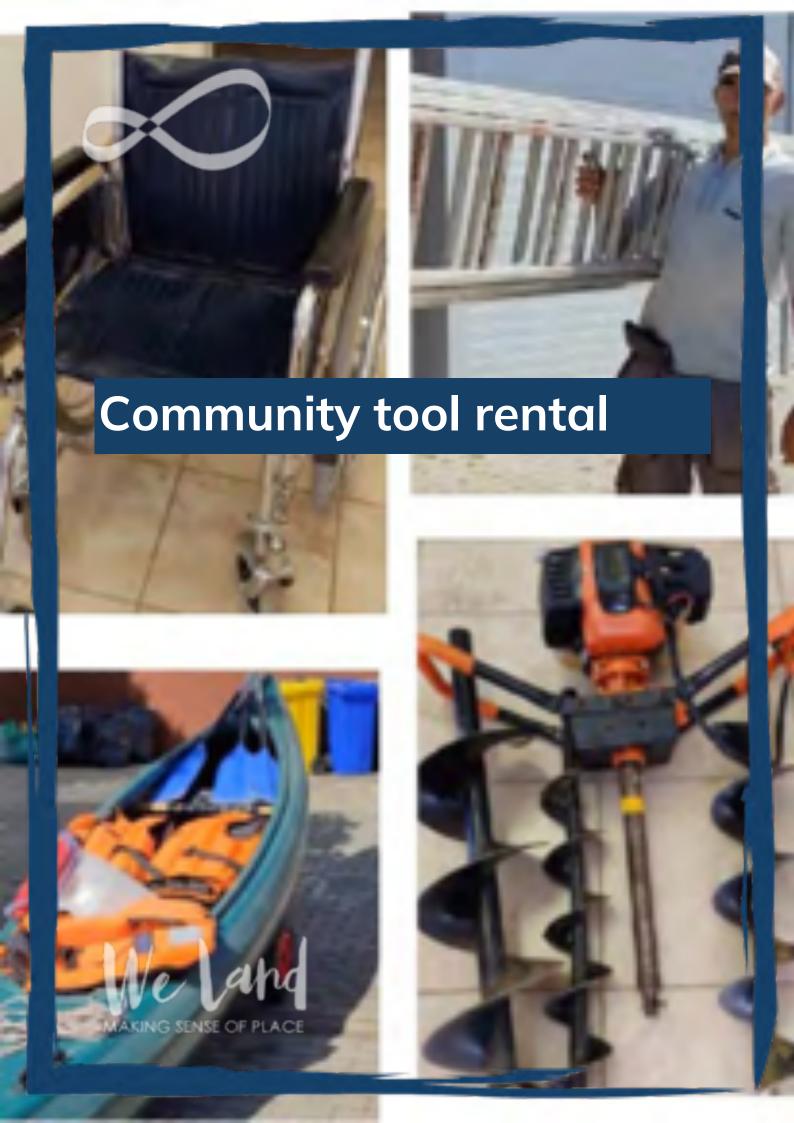
What:

A clear vision and a purpose. Frameworks and tools to accompany the process.

Tips:

Experiment with Dragon Dreaming and other frames to picture your collective dream.

Community tool rental

Community tool rental

Why:

To reduce consumption, strengthen the local community, share tools and knowledge, and provide opportunities for the people with fewer opportunities.

How:

Put together a collection of tools, devices, and equipment that are needed occasionally by the community members but are too expensive or unnecessary to be bought by everyone. Give publicity in the community for the opportunity that people can rent them. Create a system to manage the rentals and maintenance of the tools.

What:

Construction tools (from ladders to concrete mixers, scaffolding, machines, etc.), sports equipment (canoes, bicycles, etc.), medical equipment, garden tools, etc. A storage place for the tools.

Tips:

A municipality usually owns a set of tools; this can be a good base for the tool rental. Develop the collection of tools according to the local needs.