

Communication Community & Composting

*A workshop on creating
regenerative communities to
unleash hope under our feet*

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Origin Story

The Denver Compost Challenge

- **Joan Gregerson - Green Team Accelerator Lab**
 - **Tara Tull – Congress Park Green Team:** *Wishes to see increased composting across Denver and dramatic increase in waste diversion*
 - **Jasmin Barco – EcoCycle:** *Wishes to change policy to make it easy for everyone to nourish the soil with compost.*
 - **Elizabeth Walsh & WeCAN Sustainable Neighborhood Team:** *Wish to live in a neighborhood that nourishes us all – neighbors, soil, and farmers.*
 - **Sarah Shaffer – City of Denver Sustainable Neighborhoods:** *Wishes to support Denver's neighborhood leaders in their sustainability efforts.*

Learning Objectives

1. Discover how design of your compost campaign can catalyze regenerative development in your community
2. Understand principles and practices of regenerative design and development
3. Apply replicable activities and tools to design a compost campaign that restores social fabric and soil.
4. Leave equipped with tools and resources to support socially and ecologically regenerative compost campaigns.

The background of the slide features a photograph of a modern building with a distinctive green wall. The wall is composed of horizontal, wavy, metallic-looking panels, and lush green plants are growing from the building's facade. A tree is visible on the left side of the image.

AGENDA

- Opening Exercises
- Regenerative Development Overview
- Additional Resources
- Q+A

Opening Activity: The Ideal World

Close your eyes and imagine... A magic wand has been waved, and all of your dreams for your community have come true. What do you see? What is happening around you? How do you feel?

Opening Activity: The World As It Is

REALITY CHECK!

Think about the world around you, as it is today.
What do you see? What is happening around you?
How do you feel?

Opening Activity

Share time!

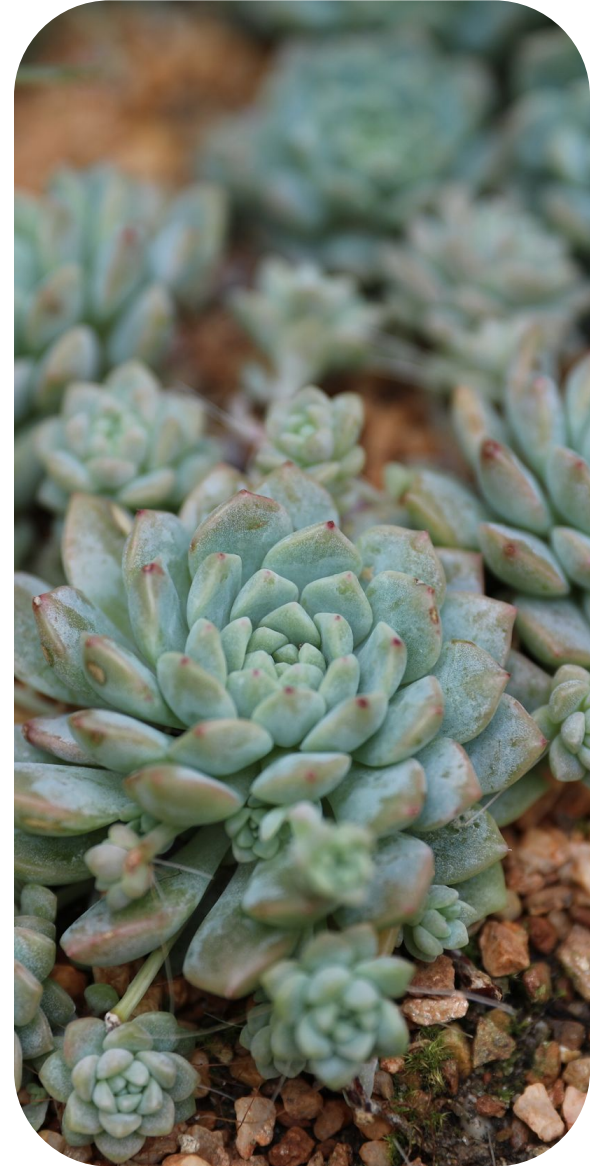
Opening Activity: Positive Relationship

Think about the last time you talked with a dear friend about a challenge you were experiencing, and they genuinely listened. How did you feel? What makes your connection so strong? What values are part of your relationship?

Healthy Relationships

- The bridge between the ideal world and the real world is through healthy relationships
- Healthy relationships are a source of community power and knowledge
- We can use regenerative development techniques to build healthy relationships and thriving communities throughout Denver

Regenerative Development Overview

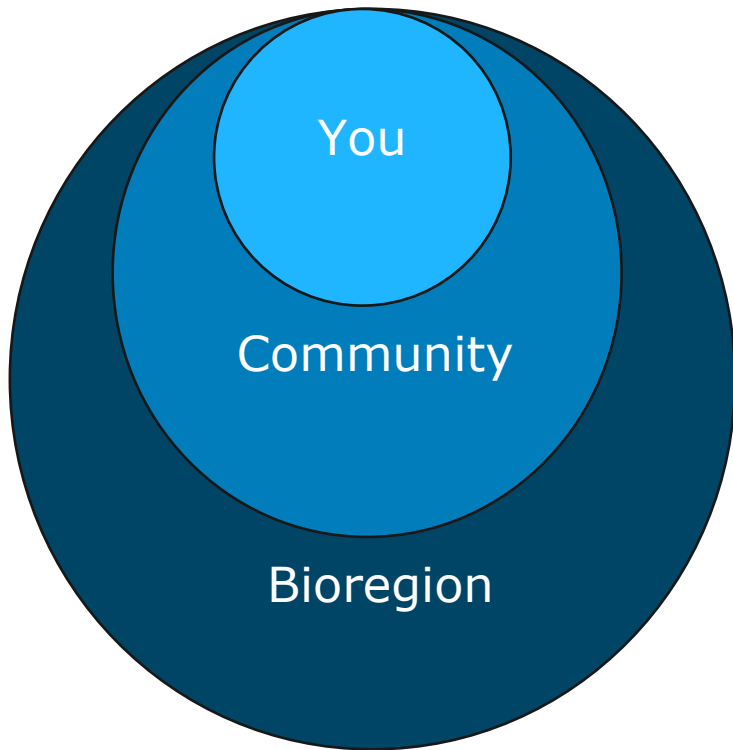


The background of the slide is a photograph of a vast, green field under a bright blue sky with scattered white clouds. The horizon line is low, and the field stretches towards the viewer. The sky is a deep blue, and the clouds are soft and white, adding a sense of openness and natural beauty to the presentation.

Regenerative Development

Building the capacity and capability in people, communities and other natural systems to renew, evolve, and thrive.

Envisioning Activity



Return to your image of the world you really want to live in, now consider the compost campaign you are now designing.

- How might this project help you grow and develop as a person and leader, now, and into the future? How can it help you be who you want to become?
- What potential can you see for this project to catalyze deep caring and to enrich the social fabric, increasingly so over time?
- In what ways might your efforts contribute to increasing the health of the bioregion/ecosystem over the next 10-20 years?



From Problems to Potential

Regeneration is about change that is inspiring, full of potential, and focused on benefit creation.



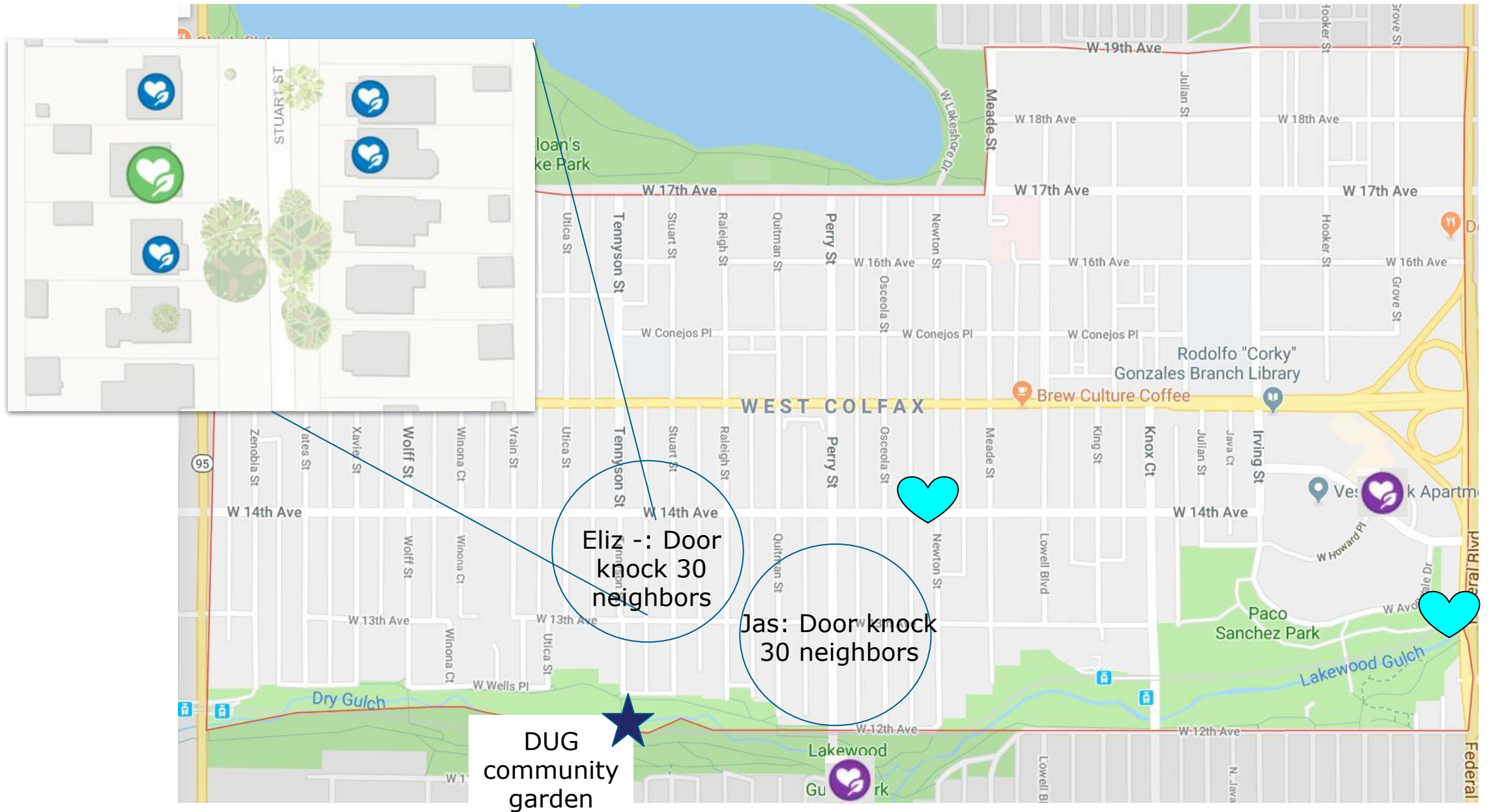
Account for Uniqueness

Each place, person, community and organization has it's own unique potential.

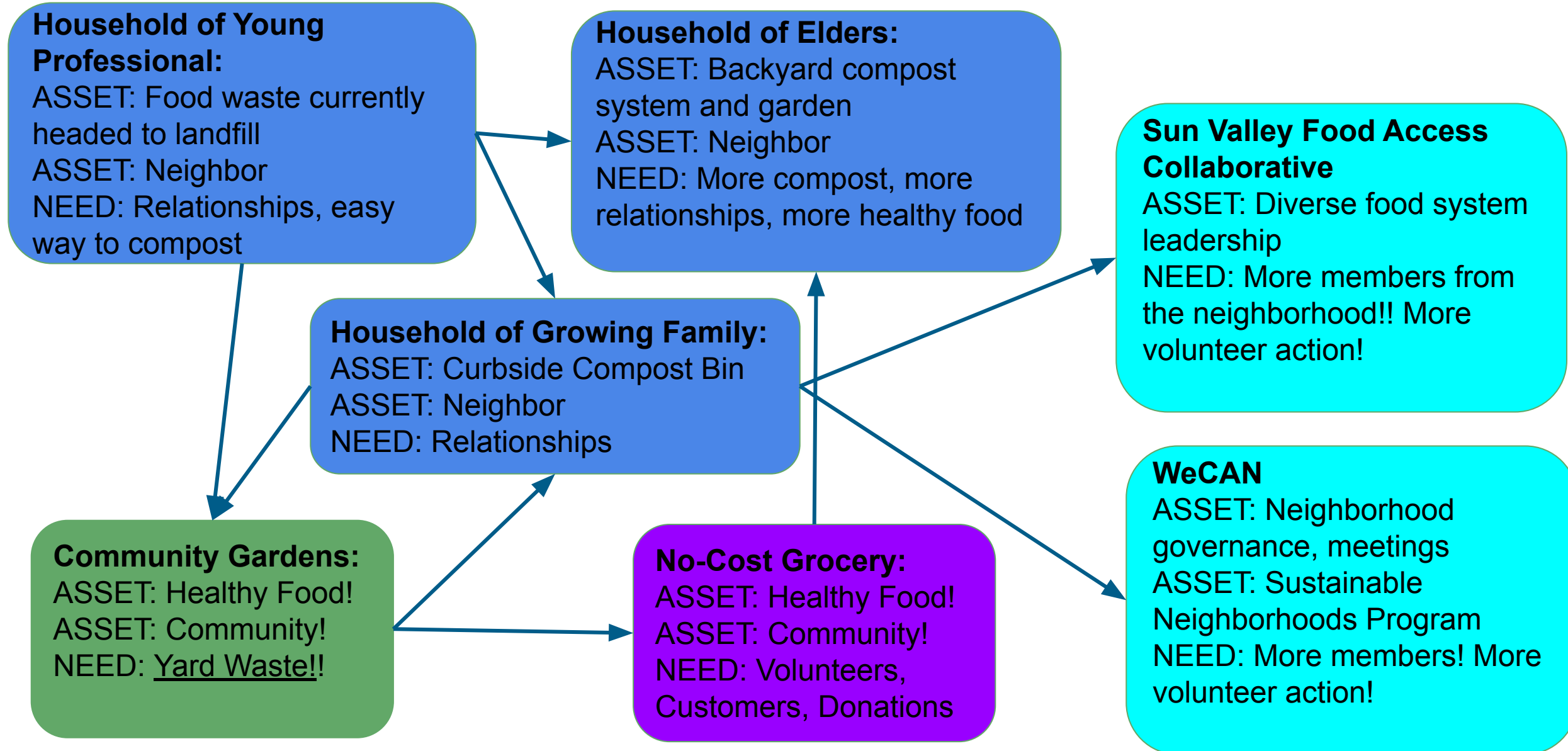
Building on our Strengths & Values: An Asset-Based Approach

- Remember the vision and values you just imagined in the ideal world for your community
- What seeds of potential, assets and resources are already working towards this vision now?
- What opportunities and assets are being overlooked or underutilized? What barriers prevent access for neighbors to enjoy them?
- **What connections and relationships could be created in service of your ideal world?**
- **What conversations could make those critical connections happen?**

Example: West Colfax Asset-Map

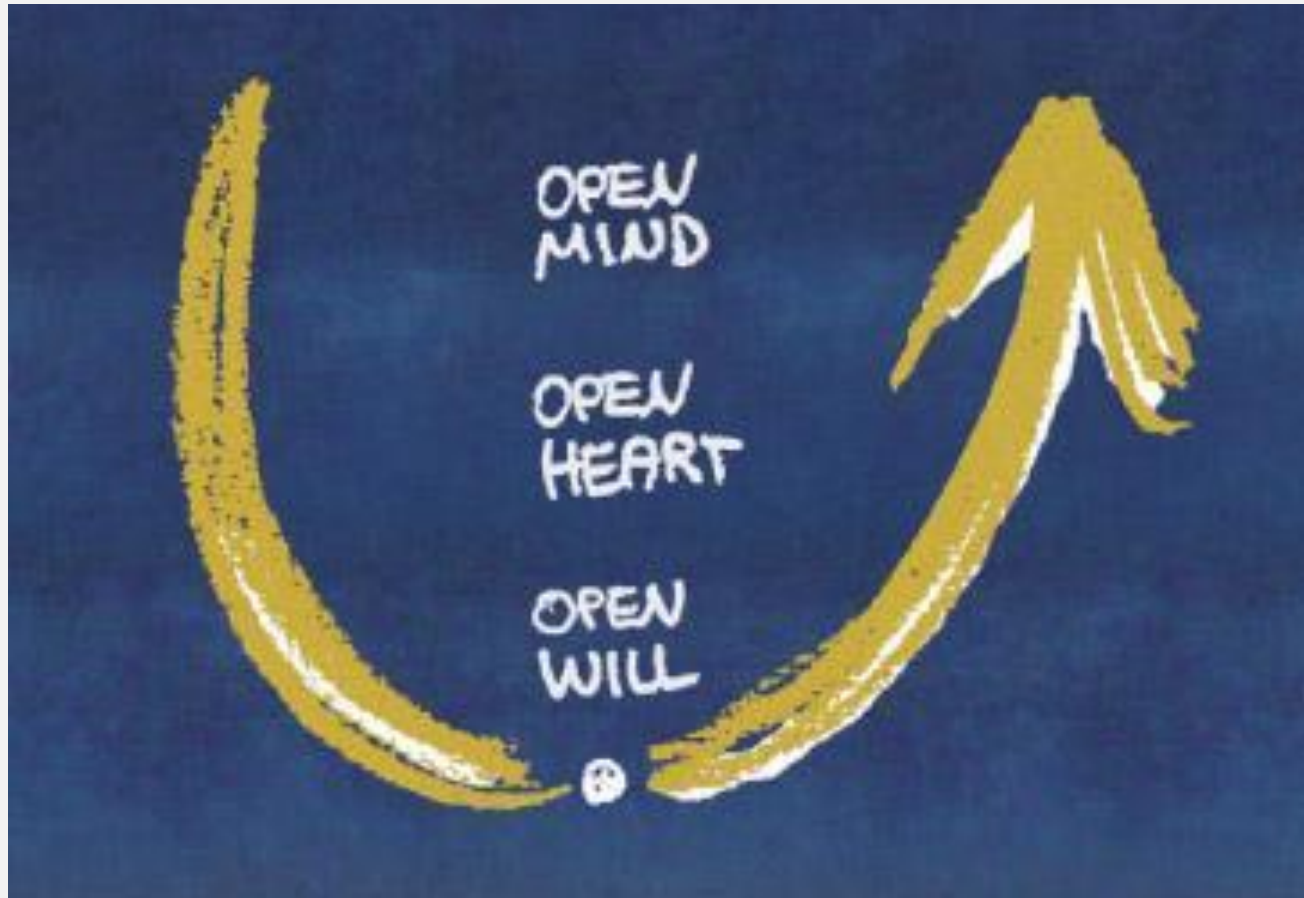


Example: West Colfax Asset-Map



Coffee Break! 5 mins

The Secret Sauce of Connection: Generative Listening



How do you build your
generative listening powers?

Notice and suspend your
automatic voices:

- Voice of Judgment
- Voice of Cynicism
- Voice of Fear

Powerful Conversation Exercise!

- Personal time (2 min): Reflect on a leadership challenge you've experienced while working for the world you really want (present/past)
 - What is your story? What is or was at stake for you? What happened? What has it been like for you along the way?
 - Prepare to share your story in no more than 3 minutes.
- Pair-Share (3 min of sharing & listening)
 - Person A: Share the story of your leadership challenge (you have up to 3 minutes and can share fully).
 - Person B: Practice listening deeply to Person A with:
 - Open Mind (what are the facts shared?)
 - Open Heart (what are the feelings and experiences shared?)
 - Open Will (what values and commitments are shared?)
- Pair-Share Reflect-Back (4 min)
 - Person B: Reflect back what you heard, without adding anything of your own (2 min)
 - Person A: Let Person B know how accurately they heard you (2 min)
- Repeat Pair-Shares (7 minutes)
- Report back (9 minutes)

The Power of Commitment in Community!

- A powerful conversation
 - Deepens connection
 - Brings awareness to purpose and values
 - Motivates action, where we enjoy increased alignment between our values and our action in the world.
 - Includes a specific invitation or request to take desired action
- Story of Self, Story of Us, Story of Now (Marshall Ganz)
- Community-Based Social Marketing
 - Behavior is personal, social, cultural, and structural...
 - When a person makes even a small commitment in the presence of another... they are more likely to follow through and keep going

Powerful Conversations: Where?

- Going door to door
- Targeted one-on-one conversations (reach out to key leaders)
- Tabling/Booths at events
- Workshops
- Anywhere you can
 - Listen and get in the world of another
 - Match their values with an opportunity for action (learn more, sign up, etc)
 - Offer an invitation or request

Regenerative Compost Campaign Resources



Resources

1. [Compost Challenge Toolkit](#)
2. [Denver Compost Challenge Website](#) & Facebook community
3. [Commitment Form](#)
4. [Activity Tracking Form](#)
5. [MakeSoil.org](#)
6. Tara - little business cards with info
7. Tara - T-shirts (don't waste the good stuff)
8. South Park Hill (great successes)



Questions



Thank You

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