

Communication Community & Composting

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



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Real World vs Ideal World Exercise

Ideal World	Positive Relationship Values	Real World

1. All of your dreams for your community have come true. What do you see? What is happening around you? How do you feel? **List value words in the column under “Ideal world”**
2. Think about the world around you, as it is today. What do you see? What is happening around you? How do you feel? **List value words in the column under “Real world”**
3. Think about the last time you talked with a dear friend about a challenge you were experiencing, and they genuinely listened. How did your friend make you feel? What makes your connection so strong? What values are part of your relationship? **List value words under “positive relationships”**

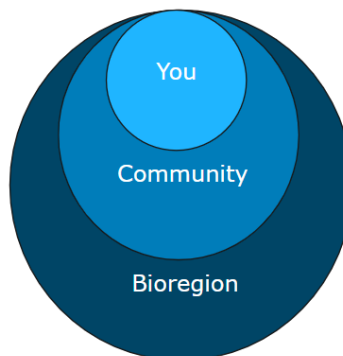
Notice any similarities and differences between the columns.

Envisioning Activity: Nested Living Systems

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

Ask yourself:

- 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?



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

Remember the vision and values you just imagined in the ideal world for your community

Inventory / Map Your Strengths & Assets

- 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?

Inventory / Map Your Strengths & Assets

- **What connections and relationships could be created in service of your ideal world?**
- **What conversations could make those critical connections happen?**

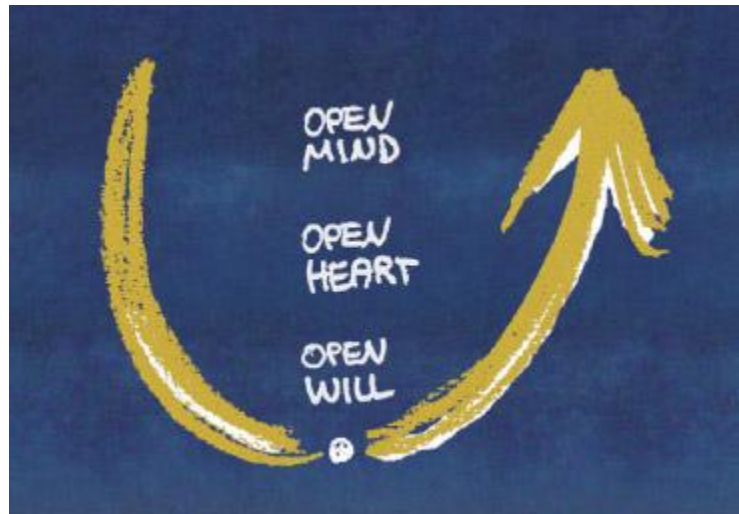
Listening To Cultivate Connection & Collective Will

The Secret Sauce of Connection: Generative Listening

How do you build your generative listening powers?

Notice and suspend your automatic voices:

- Voice of Judgment → access to open mind
- Voice of Cynicism → access to open heart
- Voice of Fear → access to open will



Powerful Conversation Exercise!

- Personal time (2 min): Reflect on a leadership challenge you've experienced (present/past)
 - What is the story? What is or was at stake for you? What happened?
 - What has it been like for you along the way?
 - Prepare to share this 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 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)

Workshop Harvest!

We started out with 4 learning objectives. Please give us a sense of how effective the design of our workshop was to meet them!

Optional: Name & Contact info if you'd like us to follow up with you	Yes, the concepts, activities, & resources will help me take effective action	Yes, I understand the concepts and resources presented.	Not really – I don't really understand concepts/resources	Not really, I am unclear on the relevance to my work
Discover how design of your compost campaign can catalyze regenerative development in your community				
Understand principles and practices of regenerative design and development				
Apply replicable activities and tools to design a compost campaign that restores social fabric and soil.				
Leave equipped with tools and resources to support socially and ecologically regenerative compost campaigns.				

This workshop is a pilot – we plan to share it with others engaged with the Denver Compost Challenge. In the spirit of regenerative development, please help us reflect on what we can harvest from this experience

1) FRUITS OF OUR LABOR

What really worked? What did we produce together that you'll take with you?

2) SEEDS OF POTENTIAL

What new possibilities or ideas are starting to germinate? What resources might they need to grow? What seeds are you "banking" to use at another tie?

3) COMPOST FOR FUTURE GROWTH

What from the workshop would you like to toss into the compost bin? What doesn't quite serve us now? How can we learn and grow from what didn't quite work this time? [There is no waste or wasted effort in regenerative development!]

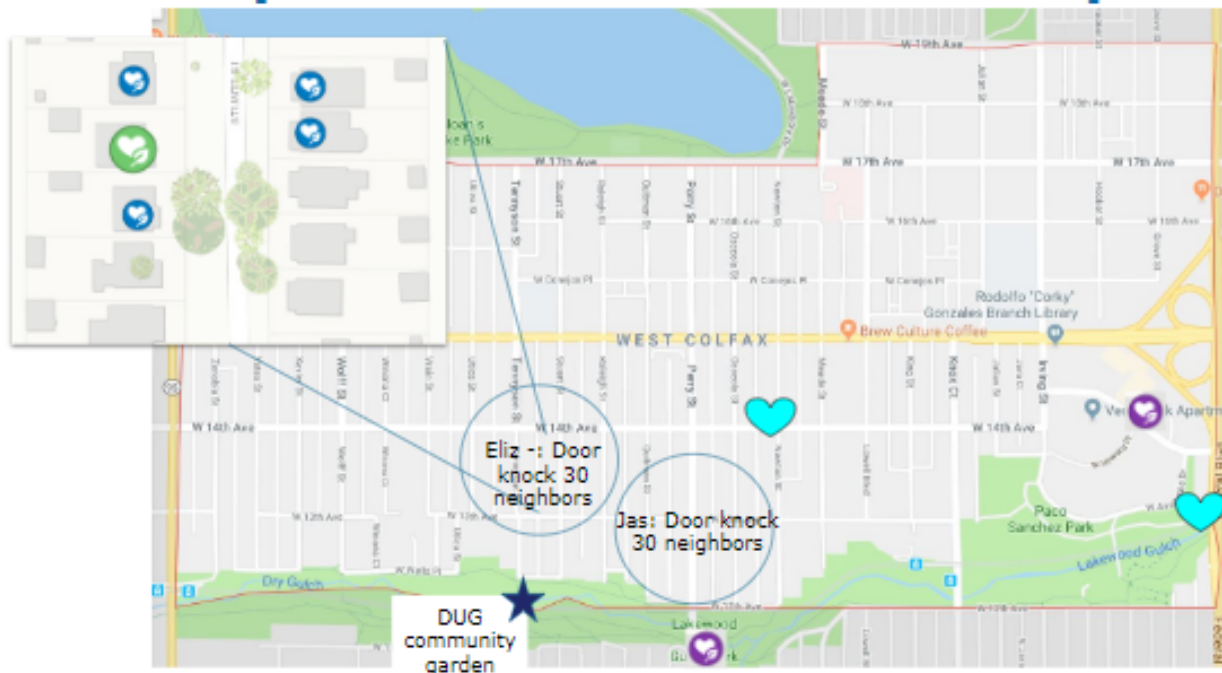
NOTES ON YOUR STORY:

NOTES FROM LISTENING:

Open Mind (Facts)	Open Heart (Feelings)	Open Will (Values/Commitments)

REFLECTIONS

Example: West Colfax Asset-Map



Household of Young Professional:

ASSET: Food waste currently headed to landfill
ASSET: Neighbor
NEED: Relationships, easy way to compost

Household of Elders:

ASSET: Backyard compost system and garden
ASSET: Neighbor
NEED: More compost, more relationships, more healthy food

Sun Valley Food Access Collaborative

ASSET: Diverse food system leadership
NEED: More members from the neighborhood!! More volunteer action!

Household of Growing Family:

ASSET: Curbside Compost Bin
ASSET: Neighbor
NEED: Relationships

Community Gardens:

ASSET: Healthy Food!
ASSET: Community!
NEED: Yard Waste!

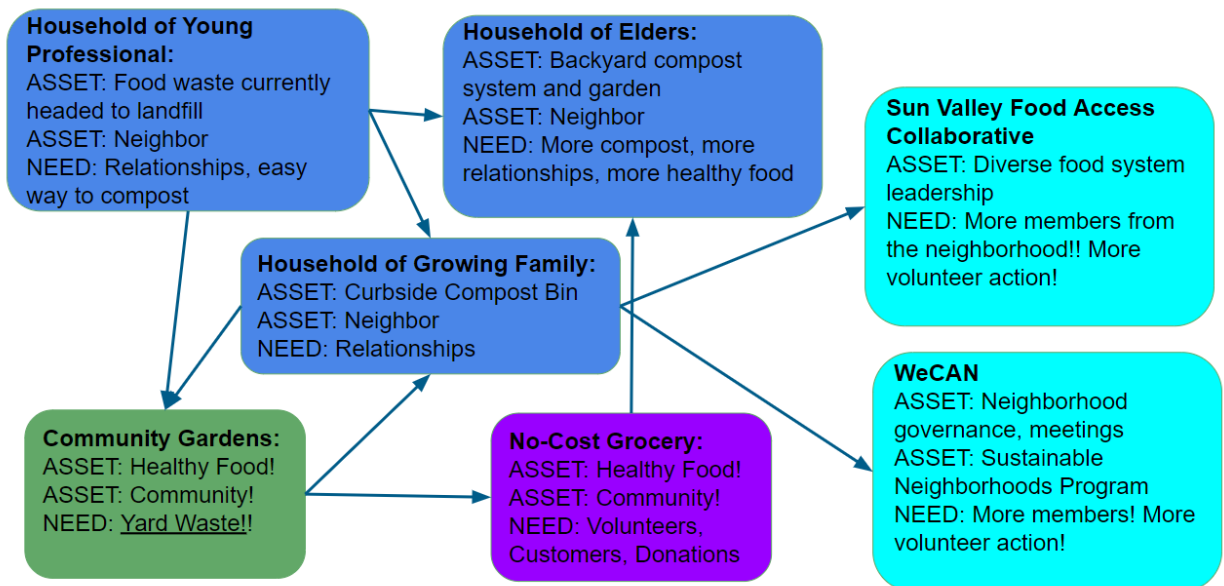
No-Cost Grocery:

ASSET: Healthy Food!
ASSET: Community!
NEED: Volunteers, Customers, Donations

WeCAN

ASSET: Neighborhood governance, meetings
ASSET: Sustainable Neighborhoods Program
NEED: More members! More volunteer action!

Example: West Colfax Asset-Map



Example: Conversations for critical connections

- Would you be willing to contribute your food waste and yard waste to my [or other nearby neighbor's] curb-side compost bin?
 - VALUES: stewardship, efficiency, concern about the environment, climate change, food system,
- Would you be willing to join me and some of our neighbors for a potluck dinner? We can nourish each other, with food and conversation, and then I can walk you through how to use the compost bin [and how to track our progress, etc]
 - VALUES: community, connection/friendship, stewardship
- Would you be willing to contribute your yard waste to the West Colfax Community Garden?
 - Would you be willing to help organize neighbors to make this happen, seasonally?
 - VALUES: nourishing soil, food security, gardening, connecting with neighbors, efficiency, climate change.
- Would you be willing to help us create a neighborhood where everyone is nourished – people, famers, soil?
 - Would you be willing to join the WeCAN Sustainable Neighbors Team, for a monthly meet-up and action planning?
 - Would you be willing to join the Sun Valley Food Access Collaborative?
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