

# Workshop 5a: Assessing Community Conditions, Skills, & Resources

*Session A: What's Mine is Ours: From Personal to Shared Assets*

**Total time:** 2 hours

## Learning Objectives/Desired Outcomes:

*Participants will leave this workshop with...*

- Clarity about the assets they personally bring to the creation of a solidarity economy
- A visual and heartfelt understanding of the shared assets of the group
- Critical thinking around how individual assets become shared assets
- Increased mutual appreciation

## Materials

- 8.5x11inch paper
- Crayons, colored pencils, markers, oil pastels
- Blank paper and markers for small groups to write lists during the Desert Island exercise

## Preparation

- Cut enough puzzle pieces out of 8.5x11 in pieces of paper for everyone to have one. Make sure there are lots of different ways the pieces can fit together (but doesn't have to be a perfect puzzle)

## Agenda

### 1. OPENING CIRCLE (Seeds) = personal connections

<b>Check-ins and Community Assets</b>	<b>Time: 10 min</b>
<u>Instructions:</u> <ol style="list-style-type: none"><li>1. Form a standing circle</li><li>2. Welcome everyone and thank them for their participation</li><li>3. Ask everyone to share their names, how they are feeling today, and one thing they appreciate about our community</li><li>4. After everyone shares, acknowledge that what people have shared are some of our community assets. Let them know the next three sessions will be dedicated to identifying community conditions, skills and resources so that we can</li></ol>	<u>Purpose:</u> <p>To get all voices in the room</p> <p>To begin thinking about community assets</p> <p>To clarify the purpose of the session</p> <u>Facilitator Instructions:</u> <p>You may also want to review</p>

<p>build solidarity economy solutions that are right for our community</p>	<p>the agenda for the day Good to have the goals and agenda written up on a poster or white board</p>
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**2. FIREBUILDER (Preparing the soil) = relationship and trust building**

<p><b>Friendly Face off</b></p>	<p><b>Time: 10 min</b></p>
<p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Ask the group to form two lines side-by-side. Opposite each person is their partner.</li> <li>2. Call out each question and each pair has one minute to share their answers with each other.</li> <li>3. Then, one of the two lines advances forward so that each person is lined up with a new partner (the person in the front now goes to the back of the line).</li> <li>4. After about 4-5 questions, ask the group to reflect:             <ol style="list-style-type: none"> <li>a. How was that?</li> <li>b. What did you appreciate?</li> <li>c. Did you discover anything about yourself?</li> </ol> </li> </ol> <p><u>Sample Questions:</u></p> <ul style="list-style-type: none"> <li>• What's your favorite food that you never tire of?</li> <li>• What is your super power?</li> <li>• What's one thing you would change in his/herstory?</li> <li>• What brought you here today?</li> </ul>	<p><u>Purpose:</u></p> <p>To get to know each other To acknowledge the experiences and values each person brings</p> <p><u>Facilitator Notes:</u></p> <p>Take note of what people are learning about themselves and each other. You can keep building on their individual and shared assets throughout the training series</p>

**3. BRIDGE EXERCISE (Planting the seeds) = connecting personal experiences to the big picture**

<p><b>Puzzle Pieces of Personal Assets</b></p>	<p><b>Time: 30 min</b></p>
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<p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Ask everyone to partner with the last person they faced off with in the friendly face off.</li> <li>2. Let them know they will have 15 minutes to each draw on their own puzzle pieces words and images that represent the skills, experiences, and personal qualities they would each like to bring to the solidarity economy. They are in pairs so they can give each other feedback and ask each other questions if they get stuck thinking of their own strengths and assets.</li> <li>3. Optional for facilitator: Share your own puzzle piece and share a little bit about your approach to creating it so people can see how they can use different visual elements to capture aspects of themselves: <ol style="list-style-type: none"> <li>a. Color</li> <li>b. Texture</li> <li>c. Shapes</li> <li>d. Words</li> <li>e. Lines</li> <li>f. Contrast</li> </ol> </li> <li>4. Walk around while people are working and make sure they have the supplies they need</li> <li>5. After 10-15 minutes bring everyone back together in a circle. Ask people to volunteer to share their puzzle pieces and lay them in the middle of the circle. As each subsequent person shares, they add their puzzle pieces by seeing how they can fit or attach to another puzzle piece.</li> <li>6. Once all the puzzle pieces are connected, ask the group to reflect: <ol style="list-style-type: none"> <li>a. How was that?</li> <li>b. What stands out to you about our puzzle?</li> </ol> </li> </ol>	<p><u>Purpose:</u></p> <p>For everyone to have their own puzzle piece that is a visual representation of some of their skills and positive qualities that they'd like to bring to the solidarity economy</p> <p>To create a collective image representing our shared skills, experiences, and personal qualities that we can draw upon to build the solidarity economy</p> <p>To experience on the personal level what it is to identify assets and see the power of shared and complementary assets when people come together</p> <p><u>Facilitator Notes:</u></p> <p>For step #5, if the group is larger than 15 people, you might want to divide into small groups to share their puzzle pieces and see how they fit together</p> <p>The final puzzle won't be perfect, but it will create a visual of all our assets connected in some way...</p>
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#### 4. BIG PICTURE LEARNING (Sun and Water) = New learning/big picture content

<p><b>Stranded on an Island</b></p>	<p><b>Time: 45 min</b></p>
<p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Set the scene: Participants have been dropped off on a deserted island and can only bring one material item (i.e. tools) and can use one skill they possess (ex. carpentry, childcare,</li> </ol>	<p><u>Purpose:</u></p> <p>To experience asset-based problem solving</p>

<p>cooking, etc) and one leadership quality they possess (risk taker, communicator, listener, facilitator, etc). On this island there is an abundance of fruit, vegetables and small game.</p> <ol style="list-style-type: none"> <li>2. Break into pairs or small groups and come up with a list of material objects, skills, and leadership qualities (remember only one each!). (10 min)</li> <li>3. In large group each pair (or small group) shares. The facilitator writes up one big list. (10 min)</li> <li>4. Next, each pair (or small group), based on the big list, discusses their strategies for survival. <i>How will you work together and share materials in order to survive and thrive in your new home? Be creative!</i> (15 min)</li> <li>5. Come back to the larger group and share the most innovative strategy you came up with for surviving and thriving on the island.</li> </ol>	<p><u>Facilitator Notes:</u></p> <p>The island scenario creates a simplified microcosm for participants to reflect on how they will make best use of their assets to survive. These lessons can be translated to real life contexts (harvest these in the creating content section)</p> <p>You might want to put it in the context of San Francisco - a city almost completely surrounded by water!</p>
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**5. CREATING CONTENT (Harvest): Analysis and/or action steps**

<p><b>Harvesting Lessons for Real Life</b></p>	<p><b>Time 20 min</b></p>
<p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Ask: <i>Thinking about what you and your partner discussed, what did you learn? What lessons would you like to share with the group about how we should think about working together to make a better life? How do individual assets become shared assets? What is needed for that to happen?</i> (10 min)</li> <li>2. Reflect on the list and see if there are any changes or additions the group would make based on the specific conditions of our community (5 min)</li> <li>3. How is this set of practices helping us deconstruct horizontal hostility and internalized oppression?</li> </ol>	<p><u>Purpose:</u></p> <p>To identify key lessons for how we can work together to create a better life</p> <p><u>Facilitator's Notes:</u></p> <p>Some points you might want to highlight:</p> <ul style="list-style-type: none"> <li>→ <i>When we move from competition to cooperation we are able to tap into more of our shared assets</i></li> <li>→ <i>When I value myself it's easier for me to value others</i></li> <li>→ <i>Creativity + Collaboration</i></li> <li>→ <i>New Inventions</i></li> <li>→ <i>Listening to each other is key</i></li> <li>→ <i>In crisis our best selves can come forward</i></li> </ul>

6. CLOSING CIRCLE (Saving Seeds) = Reflection

<p><b>Appreciations</b></p>	<p><b>Time: 5 min</b></p>
<p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. In a standing circle, each person shares an appreciation of the person they partnered with for the desert island exercise</li> <li>2. Share how this session builds onto the next:</li> </ol> <p><i>It's exciting today to see how our individual assets became shared assets. This is what a solidarity economy is all about. Next week we will draw on our shared assets to look at how we have seen work transform in our family histories, and how we want to see work transform for our children. Then, we look specifically at the current gaps in our community and what actions are needed to support the shift to a solidarity economy.</i></p>	<p><u>Purpose:</u></p> <p>To honor each other</p> <p><u>Facilitator's Notes:</u></p> <p>It takes practice to cultivate a culture of mutual appreciation</p>