

TRANSITION **ALBUQUERQUE**



Training for TRANSITION



Friday – Saturday
April 10–11 2015



“*Breaking Bueno*” in Albuquerque, New Mexico

Agenda

Friday, April 10

- 8:30** Registration – Welcome. Pick up your nametag and folder. Have some coffee. Read over and confirm data or change your basic information. Pick up “*Getting to Know You*” card and use the opportunity to approach other participants and get introduced. Place a sticker on the ABQ map of where you live.
- 9:00** Welcome – *Maggie Seeley* – Review of the Agenda, Basic Logistics, Introductions of the Core Group
- 9:20** Introductions of Participants, handled at each table by Core Group member (green nametags)
- 9:35** Speaker – *Dr. Bruce Milne, Director of UNM Sustainability Studies*
“**Scarcity or Abundance: Your Choice**”. Good News about making changes in ABQ.
Introduction to “The Method” (getting what you want in life and work).
- 10:30** Stretch
- 10:35** **Four (4) Key Assumptions of Transition + Seven (7) Principles** – *Valerie Smith & Elaine Goings*
- 10:45** **Twelve (12) Steps/Ingredients of Transition** – *Marilyn O’Boyle*
- 11:15** *Mark Juedeman, Transition Houston, Texas*
Transition 101: How does Transition look in other communities
- 12:00** Lunch – Pick up lunch and eat outdoors ; Visit LEED Platinum Building, Pollinator Garden (Virginia Burriss will lead the Pollinator tour – 20 min), and Solar Array at First Unitarian Church.
- 1:10** Speed Networking – *Tom Stark*
Two lines form facing each other in back/west of room for short bursts of one-on-one interactions
- 1:40** **Visioning** – *Maggie Seeley*
- 2:40** Preparation for Open Space
Everyone will help move tables and chairs to perimeter of room.

Agenda, continued

2:45 Open Space – *Maggie Seeley*

Democratic Process in which everyone participates – Birds (nest), Butterflies (fly), Bees (cross-pollinate)

1- It starts when it starts; 2- It ends when it ends; 3- The attending are just the right participants;

4- What happens is the only thing that could happen. One Law- Law of Two Feet (Go where you want to go)

3:00 “What are the challenges of creating a Sustainable Albuquerque?”

4:00 Plenary – Presentations from groups

4:50 Wrapping Up – *Wayne Evelo and Pily Rodriquez*

“What did you learn today?” or “What are you taking away from today?”

5:00 Conclusion

6:00 Potluck, Networking, Music by Celtic Coyotes with Special Guest Fiddler Marilyn O'Boyle

Saturday, April 11, 2015

8:30 Coffee, milling about, fresh nametags – *Elaine Goings*

9:00 Check-Ins & Review the Day 2 Agenda – *Leila Salim*

“What has become clear to you since last we met?” “Any light bulbs turn on?”

9:20 Psychology of Change – *Maggie Seeley*

The Stages of Change Model – 1) Pre-contemplation; 2) Contemplation; 3) Preparation;

4) Action; 5) Maintenance; 6) Relapse & Recycling; 7) Termination.

10:40 Stand and stretch

10:45 Inner Transition (Heart and Soul)– *Mark Fuederman, Transition Houston* *and Maggie Seeley, Transition ABQ*

12:00 Check in with **Parking Lot / Bike Rack** issues – *Linda Doherty*

12:15 Lunch – Pollinator, LEED and Solar tours repeat

1:25 Open Space – *Maggie Seeley, Valerie Smith & Wayne Evelo*

“What steps do we take now to create a Sustainable Albuquerque?”

3:00 Plenary – Report Back; Actions & Accountability

3:15 Break

3:30 Work Groups form around key issues – *Marilyn O'Boyle*

What one change, action would make all the difference in our lives.

What are we gladly looking forward to doing? Within 3 days, 7 days, 14 days?

4:45 How do we stay in touch and communicate – *Leila Salim*

5:00 Closing – *Alex Pogzeba*

5:30 Celebrate!

Program Notes

- **Everyone as a Facilitator**

Participants are encouraged to take on facilitator and leadership roles during Open Space and Visioning Exercises. Open Space catalyzes the natural intelligence of each participant and levels the playing field between experts & laypeople; extraverts & introverts; vendors & clients; reducing the us – them models and creating collaboration.

- **The 14 of Us**, the Transition Planning team, Core Group

Things started with the Earth Web group at the UU Church. Marilyn O’Boyle, Valerie Smith, Tom Stark, Wayne Evelo and Linda Doherty. Students from UNM Transition Club joined the group (Pily Rodriquez, Alex Pogzeba; Lauren Salvato; Amanda Simmons;) Other Transition Advocates gathered (Maggie Seeley, Maria Jaunakais ; Robert Allen; Lelia Salim; Robert Hoberg; Gina Meyers). Clayton Roberts helped get things started. Everyone brings a different discipline & perspective to the table.

Our process was to consider all parts of the Transition Training as a whole organizational entity – everyone commented on most everything, gave their input. For a group of 14, of which 8 or 9 people attended all of the 23 meetings, this is very unusual. We are modeling real engagement. Another unique aspect is that every member of the Core Group has a role in the training, and everyone paid their own way. There is great ownership by this TransitionABQ core team (for both product and process). It is a high task, high relationship group. It has been a pleasure to work together.

- **Visioning**

Everyone contributes to creating a Vision for Albuquerque. Anything goes – education, jobs, public safety, food and water sufficiency. A vibrant vision makes us proud of our community and inspires out action.

- **Guest Trainers**

Dr. Bruce Milne is the Director of the Sustainability Studies Program at UNM. He created the program using principles of “The Method” (part Napoleon Hill, part “Think & Grown Rich,” part “The Monk Who Sold his Ferrari”). He will introduce “The Method” and give a full training on it in 2 weeks.

We’ve invited **Mark Juedeman** who brought Transition to Houston, Texas. He is a retired Shell Oil engineer and executive and Permaculturist. He’s one of the 75 Transition Trainers in the world.

Maggie Seeley of Albuquerque is also a Transition Trainer. Last year, she retired as an Instructor in the Sustainability Studies Program at the University of New Mexico. Maggie is a consultant who uses the Triple Bottom Line (people, profit & the planet) as a model for a healthy business and a Permaculturist.

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The Four Key Assumptions underlying the Transition movement

1. That life with dramatically lower energy consumption is inevitable, and that it's better to plan for it than to be taken by surprise.
2. That our settlements & communities presently lack the resilience to enable them to weather the severe energy shocks that will accompany peak oil.
3. That we have to act collectively, and we have to act now.
4. That by unleashing the collective genius of those around us to creatively and proactively design out energy descent, we can build ways of living that are more connected, more enriching and that recognize the biological limits of our planet.

The 7 Principles of why the Transition model works

1. Vision a positive future
2. Awareness raising – An invitation
3. Inclusion – everyone is needed
4. Resilience – building strong local communities
5. Transition makes sense – the solution is the same size as the problem
6. The Transition we need is both Inner and Outer
7. A viral model – something that is easy to replicate

12 Ingredients of for embarking on your Transition journey

1. Set up a steering group and design its demise from the outset
2. Awareness raising
3. Lay the foundations, network with existing groups
4. Organize a Great Unleashing
5. Form sub-groups around specific issues
6. Use Open Space to run meetings and gatherings
7. Develop visible practical manifestations of the project
8. Facilitate the Great Reskilling
9. Build a bridge to local government
10. Honor the elders
11. Let it go where it wants to go
12. Create an energy descent plan

OPEN SPACE Guidelines

As if you were facilitating an Open Space process in your community...

Maggie Seeley

Explain the Background:

Open Space was created to balance strengths and contributions of various people: extraverts and introverts; experts and laypeople; young and old; women and men; people from different cultures and disciplines. It's very democratic and "bottoms up." You don't need an agenda or pre-determined outcomes.

Harrison Owen created the Open Space process and tested it with 85 people in 1985. I was there! It is simple and elegant, stressing observation of what happens naturally in groups when the structure is allowed to be more organic.

Open Space works best with 25 people or more, not with less. Brain storming, gaining information, discovering possibilities and developing consensus on an issue are great reasons to use it. Don't use Open Space to make decisions. You'll see why. Harrison Owen said it allows "issues to be laid on the table..... for diverse or conflicted groups."

Use pre-printed newsprint or a ppt to back up your explanation of Open Space.

The Principles:

- 1) Whenever it starts is the right time. Of course, we don't have unlimited time, so setting time frames is necessary.
- 2) It ends when it ends.
- 3) Who ever shows up are the right people.
- 4) Whatever happens is the only thing, which could have happened.

Use the Law of Two Feet (go toward what attracts you).

Birds, Bees, Butterflies:

Birds – Respond to the Nominal Question and agree to facilitate the people who show up until the discussion is complete (everyone leaves the nest) or the bird is the only one left. Birds take ownership of the issue, which they formulate during the 1st plenary session and birds report out to the big group. **Bees** buzz from group to group, cross-pollinating with ideas and information from other groups. **Butterflies** remain silent, but travel from group to group observing and listening. Remember the Law of Two Feet. Go toward what attracts you and don't hesitate to leave a group, with courtesy of course.

Nominal Question:

The theme or point of targeted concern or inquiry is called the nominal question. Because the Transition training is short, there's not time to wrestle with the central question. "How can we support the healthy growth of Transition in our communities?" or "What steps do we take to create a Sustainable Albuquerque?" are good questions to use. If you are in a different context, please spend some time with your participants (in a plenary session) formulating the question. Poor questions produce poor results.

Supplies:

A meeting room for the plenary session where you provide the background and give directions to the participants. Find breakout rooms or clearly designated places where small groups can meet and not disturb each other's conversations. If you use the 'bird' analogy, you can call these small group areas the nests.

Each breakout room or nest can have an easel, newsprint and a marker OR just put a marker and some newsprint (1-2 sheets) near the nest for small groups to record their results. When reporting out, newsprint can be taped to walls or just held up by group members giving the results of the small group to the larger group.

Divide newsprint into four pieces. If you have more than 25 participants, have at least 10-12 small sheets of newsprint (25" x 25") and 12 markers.

Market Place:

Are you ready? You have already given an explanation of Open Space.

You've worked out the Nominal Question and it is posted in front of people who have gathered in the plenary session.

Birds, bees, butterflies and the Law of Two Feet are thoroughly explained.

Ask the Birds to fly up to the front of your room, get a small newsprint sheet and marker and respond to the nominal question in 5-7 words, by printing in large letters on the paper. Remind the Birds of their role. Claim the issue, write a 5-7 word response to the nominal question, roost in the nest and report out.

Ask each bird to give a short elevator speech about his or her response. After each bird responds with her/his ad, point out the nests (areas of the large room) or breakout rooms to all participants.

Give people a time limit. Report back to the large room in 30-40 minutes with your suggestions. Use the newsprint. Birds report out and each small group might be given 8-10 minutes to report, discuss their findings. This is the 2nd plenary session.

Miracle Question – Vision of a Positive Future

“If we can’t imagine the future we want we won’t be able to create it.”

“Having a positive view of the future sets the stages to provide the energy for the transition process in Albuquerque. I’m going to read a series of statements and you will answer them silently. “

“Now, we will go through a vision exercise. This is the beginning of the Transition process. We’ll imagine how have things changed? The more people who are holding a positive vision of the future, the better.

(Facilitator - Ask everyone to get quiet. People can close their eyes or not. Tell people this will take about 10 minutes. At the end they will discuss what they have discovered with friends and colleagues.)

“Imagine that the Transition has happened while you have been asleep, and a miracle has happened. We have gone through a Transition. We are living in a world that is on a sustainable path. *Pause.*

“So you get up out of bed, and there is something different in the sounds that you hear, the smells, what you see. *Pause.* (let a full 15 seconds pass).

“You put on your clothes. What do they look like? What do your clothes feel like? You come out of your house/dormitory/apartment . What’s the rest of your space look like? Is there anything different about your kitchen, bathroom. *Pause.*

“What can you smell? What do you do first, when you get to the kitchen?

“Who do you meet? *Pause.*

What do you have for breakfast? What does it taste like? Who is there? What are you eating out of? How does it feel to be eating out of that bowl/plate? *Pause.*

“You walk out of your house/ dormitory/apartment. What do you see? Any garden? What is in the place of your street or lawn and how does it look? What do you see and hear? Smells? What is happening on the street/campus? *Pause.*

“What do you see or hear? *Pause.*

“Who do you meet and how is that interaction? *Pause.*

“Where do you go? To work or to class or where ever you do, what’s it like?
Pause.

What do you do there (in the classroom or the office)? Is it inside or outside?
Pause.

Are there people there and what do you say to each other? *Pause.*

“OK – What do you make/think/feel about all of this? *Pause.*

You go shopping. What’s that like? *Pause.*

How are you getting around the campus, around town? *Pause.*

Do you connect with a higher source, or a spiritual practice? *Pause.*

SO TRANSITION HAS OCCURRED. Open your eyes and come back into the room.

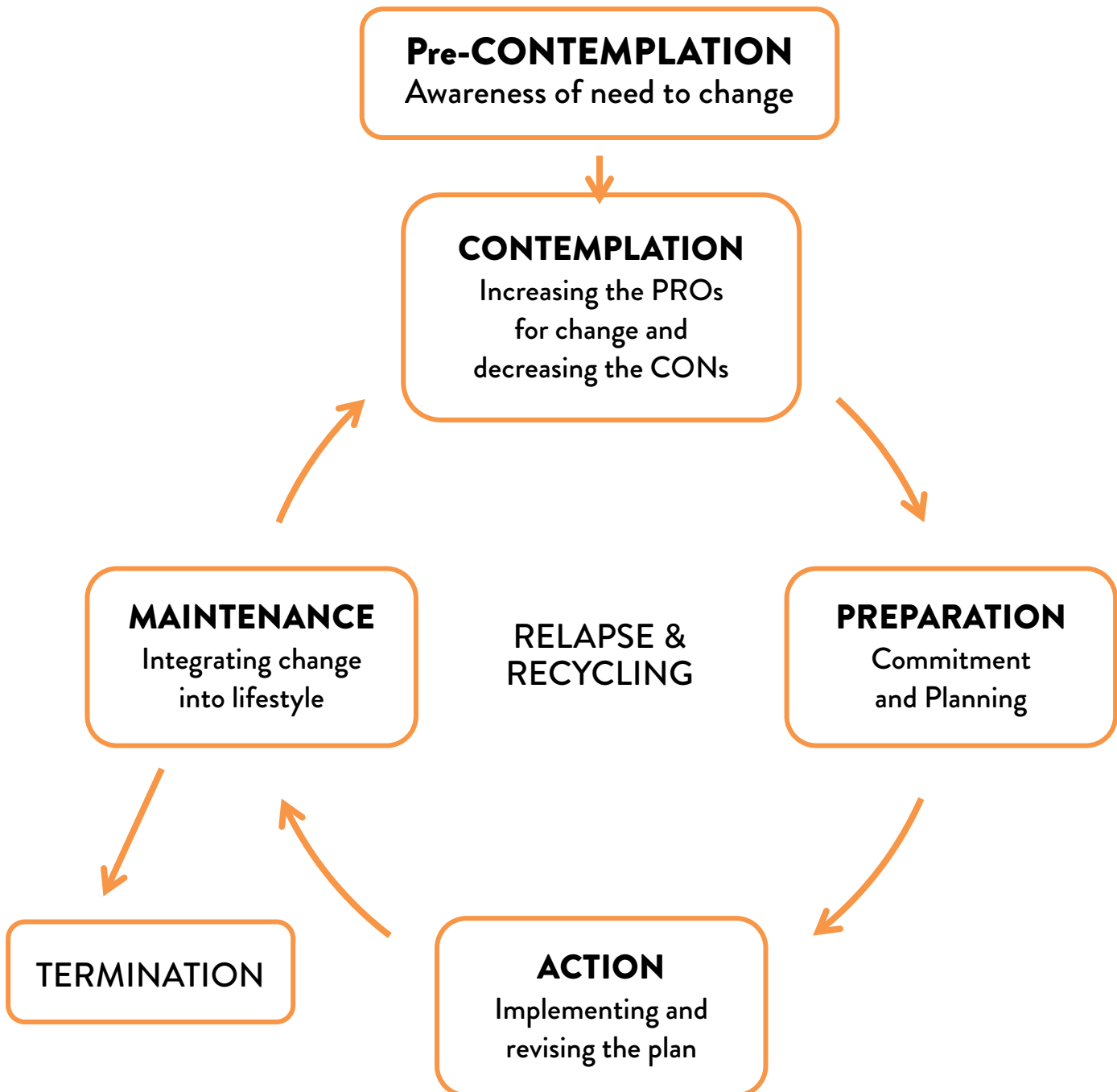
“ Now, go discuss your thoughts and feelings with another person/persons. (5 min.)- Repeat. Find a new group of people and discuss your feelings with them. (5 min.) Now, let’s get in a circle of the whole.

“ Who will share their feelings about the vision exercise?” Take the comments from 4-5 people. Encourage them to be succinct.

As people call out their experiences, have a colleague scribe them on newsprint in brief phrases. Or have participants use sticky notes and attach them to a big board.

Invite people to silently come up the board or newsprint and read the visions.

Stages of Change



From Carlo C. DiClemente's *Addiction and Change: How Addictions Develop and Addicted People Recover*