

ACTIVITY

CONNECTIONS AND IMPACT

People:	Ideally everyone in your group
Time:	1 hour
Resources:	This activity sheet, a place to meet

Why should we do this?

Being part of a movement like Transition involves having good quality connections and relationships with others in Transition, but also with people outside of Transition. This helps us to be effective and maintain our well being. This exercise helps people to think about what makes a good connection or relationship, as well as what relationships and connections they need to maintain their emotional well being.

How to do it:

Split the group into pairs.

Explain the appreciative enquiry approach to the group.

- One person in the pair is speaker and talks for up to 5 minutes on the topic
- The other person is the listener who just asks the question and then just listens and doesn't offer feedback during or at the end
- Then people swap roles
- This continues until the following all questions have been discussed

Using the above appreciative enquiry approach consider each of these questions:

- 1.Think of a time when you had a really good connection in Transition, explain what made it good?
- 2.Think of a time when you had a really problematic connection in Transition, explain what made it difficult and if there was anything you could have done differently in this situation?
- 3.What relationships/connections outside of Transition help you to maintain your own well being?

After doing this in pairs come back together as a whole group and take some time to feedback on what was discussed. When doing this it is good to consider:

- What can we do to improve the connections and relationships we have with others
- What relationships and connections people find helps them to maintain their well being
- Are we as individuals spending enough time on maintaining those relationships that help us to enjoy life

More support:

For more support and information on being part of the Transition movement go here:

<http://transitionnetwork.org/do-transition/starting-transition/7-essential-ingredients/part-of-a-movement/>

Check out the 7 essential ingredients of Transition here:

<http://transitionnetwork.org/do-transition/starting-transition/7-essential-ingredients/>

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End.