0.1—Set-Up for Training  8:00-8:50 A.M. – 50 minutes

Preview:  Review the venue with a service provider before the date of presentation.

Set-up:  Place signage on walls (Appendix 6). Set up equipment, food, and seating.

0.2—Meet & Greet Before Opening of Training  9:00-9:25 – 25 minutes

Activity:  Informal Meet-and-Greet during refreshments to create a welcoming and relaxing atmosphere for participants.

1—Welcome & Guidance  9:30-9:34 A.M. – 4.5 minutes

Announce:  Rest rooms; break-out time; being at edge of comfort zones; consent form (Appendix 7); protocols for courteous participation.

Breathing Exercise  9:34-9:36 – 3 minutes

Brief Intro of Self as Guide  9:37-9:39 – 1.5 minutes

Brief Bio of Joanna Macy & Main Themes  9:39-9:43 – 3 minutes

2—Discovering Gratitude  Total Time: 9:43-10:05 – 22 minutes

- Explain Activity:  Complete 3 open sentences with a partner & discuss.
  9:43-9:44 – 2 minutes

Exercise:  Open Sentences  9:45-9:57 – 12 minutes

Processing:  9:58-10:05 – 8 minutes

3—The Spiral of the Work That Reconnects  Total Time: 10:06-10:13 – 8 minutes

Draw:  The Spiral (leaving phases two, three and four blank for now)
  10:06-10:11 – 6 minutes

Exercise:  Give context for first two phases: Gratitude & Opening to Pain of Our Wc

Exercise:  Three Stories of Our Time  10:12-10:13 – 2 minutes
(1) Business As Usual, (2) The Great Unraveling, (3) The Great Turning
Outline of Training

4—Opening to Our Pain for the World & Seeing With New Eyes
Total time: 10:14-10:34 - 20 minutes

Exercise  Opening to Our Pain for the World  10:14-10:17 - 3.5 minutes
- Explain: Gratitude fortifies to face pain; we connect to Chernobyl Disaster
  - Add opening to our pain to the graphic of the Spiral.

Exercise  Seeing With New Eyes  10:18-10:19 - 2 minutes
- Explain: Opening to Our Pain creates empathy & connection; all life is connected.

Activity  The Elm Dance: connecting to heal the biosphere. (Appendix 8) 11 min.

Teach  Seeing With New Eyes  10:31-10:34 - 3.5 minutes
- Explain: After opening to our pain, we See With New Eyes of connection & empathy.
  - Add seeing with new eyes to the graphic of the Spiral.

5—Going Forth (Video)  Total Time: 10:42-11:28 – 46 minutes

Teach  Going Forth  10:42-10:45 - 3.5 minutes
- Explain: After seeing with new eyes, we are energized to Go Forth in hopeful action.
  - Add going forth to the graphic of the Spiral.

Introduce  Video re Going Forth  10:45 - 0.5 minute
  - The title is: Joanna Macy and the Great Turning.
  - Filmmaker is Christopher Landry, Macy’s student.
  - Landry made this film as an exercise of his going forth.

Screen  Landry-Macy Video  (Appendix 9)  10:46-11:12 – 26 minutes

Stretch  Light exercise after sitting for video  11:13 – 1 minute

Discuss  Review Video via Experiential Learning  (Appendix 10)  11:14-11:28 – 15 m.
  - Experiencing: The group has just experienced the video.
  - Sharing Impressions: “What are first thoughts or feelings about the film?”
  - Processing: “What themes from Macy’s discourse or cinematography?”
  - Generalizing: “How does what you’re discovering apply to the world?”
  - Applying: “What might you do to improve our world?”
Outline of Training

6—*Systems Theory*  Total Time: 11:28-11:38 – 11 minutes

**Introduce Systems Theory**  11:28-11:33 – 6 minutes
- Explain: A new way of seeing connections in biosphere; self-organizing; emerging.

**Exercise Participants Share Feelings of Connection**  11:34-11:38 – 5 minutes

7—*Going Forth (Reflection)*  Total Time: 11:39-11:47 – 9 minutes

**Exercise Questions for Reflection and Writing**
- Explain: Give brief & intuitive time to answer questions  11:39 – 1 minute
- Questions:  11:40-11:43 – 4 minutes
  1) If you knew that you could not fail, what would you most want to do for the healing of our world?
  2) What step—no matter how small—can you take this week to move you toward this goal?

**Sharing**  All take turns reading their answers.  11:44-11:47 – 4 minutes

8—*Affirmation*  Total Time: 11:48-11:50 – 3 minutes

**Exercise Reflection**  11:48 – 1 minute
- Explain: Think about resilient communities and choose one important trait.

**Exercise Sharing**  11:49-11:50 – 2 minutes
- Explain: Speak in turn and, in one sentence, tell what trait of resilience you chose.

9—*Review, Thanks & Farewell*  Total time: 11:51-11:53 – 3 minutes

**Exercise Review**  11:51-11:53 – 2.5 minutes
- Review: Macy's Work That Reconnects; Spiral of the WTR: gratitude, pain, new insight & positive action; Active Hope; the Great Turning to a Life-Sustaining Society; Systems Theory

**Exercise Thanks & Farewell**  11:53 – 0.5 minutes
- Provide: A handout that lists resources for more information (Appendix 11).
Outline of Training
Appendix 4 – page 4 of 4

10—Evaluation Form  (Appendix 12)  Total time: 11:54-12:00 – 7 minutes

Exercise  Participants Learn about Evaluation Form  11:54 – 1 minute
- Explain: The form tracks professionalism; anonymity encourages candor.

Exercise  Complete the Evaluation Form  11:55-12:00 – 6 minutes
- Explain: Completing the form ends the training session.
Appendix 5
List of Training Materials

<table>
<thead>
<tr>
<th>Segment</th>
<th>Activity</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.2</td>
<td>Meet &amp; Greet</td>
<td>Food, beverages, utensils, music – as listed above.</td>
</tr>
<tr>
<td>1</td>
<td>Welcome</td>
<td>Signage: Agenda</td>
</tr>
<tr>
<td></td>
<td>Sign Consent Form</td>
<td>Consent form – as listed above.</td>
</tr>
<tr>
<td></td>
<td>Breathing Exercise</td>
<td>Timer; brass bowl and striker (“chime”).</td>
</tr>
<tr>
<td></td>
<td>Brief Bio of Joanna Macy</td>
<td>Signage: Macy Bio</td>
</tr>
<tr>
<td>2</td>
<td>Discover Gratitude</td>
<td>Signage: Open Sentences; timer, chime.</td>
</tr>
<tr>
<td>3</td>
<td>Intro Spiral of WTR</td>
<td>Signage: prepared for drawing Spiral, broad marker.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Signage: Great Turning &amp; Three Stories of Our Time</td>
</tr>
<tr>
<td>4</td>
<td>Open to Pain for World &amp; See With New Eyes</td>
<td>Signage: Spiral of the Work That Reconnects. Music for the Elm Dance; signage for Widening Circles.</td>
</tr>
<tr>
<td>5</td>
<td>Going Forth - Video</td>
<td>Screen, projector, audio, DVD.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Signage: Cycle of Experiential Learning</td>
</tr>
<tr>
<td>6</td>
<td>Systems Theory</td>
<td>Signage: Systems Theory</td>
</tr>
<tr>
<td>7</td>
<td>Going Forth - Reflection</td>
<td>Paper &amp; pen from participants’ folders; timer, chime.</td>
</tr>
<tr>
<td>8</td>
<td>Affirmation</td>
<td>Signage: Active Hope – three sections of the book.</td>
</tr>
<tr>
<td>9</td>
<td>Review</td>
<td>Signage for review: Spiral of WTR, Great Turning, Active Hope, Systems Theory. Handout re resources.</td>
</tr>
<tr>
<td>10</td>
<td>Evaluations</td>
<td>Evaluation forms.</td>
</tr>
</tbody>
</table>
CONNECTION & HOPEFUL ACTION

Appendix 6

Signage for Training

Agenda: • Welcome • Introductions • Settling • Exercise • Exercise • Discussion
  • Movement • Break • Film • Discussion • Close • Evaluation
  • Scholar • Buddhism • Environmental Studies • Rilke

Joanna Macy Bio: • Teacher • The Work That Reconnects • Active Hope
  • Activist • The Great Turning • Systems Theorist

“How do connection & hopeful action support resilient community?”

Framing the Question: • Hope is a verb
  • Resilient – able to recover quickly from challenge or misfortune; flexible

Open Sentences: • Something I love about being alive in the world is...
  • Someone who helped me believe in myself is / was...
  • Some things I appreciate about myself are...

Spiral of the Work That Reconnects: • Gratitude • Opening to Our Pain for the World
  • Seeing with New Eyes • Going Forth

Three Stories of Our Time: • Business As Usual • The Great Unraveling • The Great Turning

Widening Circles of Connection: • Family/Group • Community • Human Society • Web of Life

  • A Way of Seeing • Humans Flow in the Evolving Web of Life • Life Self-Organizes

Systems Theory: • Each System – from Atom to Galaxy – is Whole • Open Systems Balance Amidst Flux
  • Gaia Theory—Earth’s Biosphere Is a Self-Organizing System
  • Challenged by Environment, a System Adapts or Disintegrates

Active Hope: • The Great Turning • Seeing With New Eyes • Going Forth

Experiential Learning Cycle: • Concrete Experience • Reflective Observation
  • Abstract Conceptualization • Active Experimentation
Appendix 7

Informed Consent: For the Participant to Keep

Thank you for participating in this introduction to Joanna Macy’s work—“Connection & Hopeful Action: Foundations of Resilience”—on September 19, 2015 at All Souls’ Church in Brattleboro.

If you wish more information about this forum, contact Catherine Gormley by email at: Catherine.Gormley@mail.sit.edu

Please remember to hold personal exchanges from this gathering as confidential.

Your responses to the Evaluation Form, at the end of the program, are voluntary and confidential.

As a participant, I have read and understand the information above. I am over the age of 18 and I have participated in this forum voluntarily.

Name: ____________________________ Date: ______________

Informed Consent: For the Facilitator, from Each Participant

Your copy of the Consent Form is at the top.

Thank you for participating in this introduction to Joanna Macy’s work—“Connection & Hopeful Action: Foundations of Resilience”—on September 19, 2015 at All Souls’ Church in Brattleboro.

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As a participant, I have read and understand the information above. I am over the age of 18 and I have participated in this forum voluntarily.

Name: ____________________________ Date: ______________
Appendix 8

The Elm Dance

**Music: Kā Man Klājās? (How Does Your Life Go For You?)** from the album, Spogulis, sung by Ieva Akurātere


**Duration:** 3:09 minutes

**Choreography:** https://www.youtube.com/watch?v=z8E1hOma_Ag

**Blue text:** specifies movement

Round 1: 0:00-0:45
- Start on R foot when singing begins: **sway in place for 4 beats.**
- Turn sideways to L; start on R foot: **move counter-clockwise, taking 4 steps backward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Turn sideways to R; start on R foot: **move counter-clockwise, taking 4 steps forward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Face forward; start on R foot: **take 4 steps forward.**
- Release hands & raise arms like boughs; start on R foot: **sway arms & legs in place for 4 beats.**
- Start on R foot: **rejoin hands & take 4 steps backwards.**

Round 2: 0:46-1:23
- Face forward; start on R foot: **sway in place for 4 beats.**
- Turn sideways to L: start on R foot: **move counter-clockwise, taking 4 steps backward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Turn sideways to R; start on R foot: **move counter-clockwise, taking 4 steps forward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Face forward; start on R foot: **take 4 steps forward.**
- Release hands & raise arms like boughs; start on R foot: **sway arms & legs in place for 4 beats.**
- Start on R foot: **rejoin hands & take 4 steps backwards.**

Round 3: 1:24-2:01
- Face forward; start on R foot: **sway in place for 4 beats.**
- Turn sideways to L: start on R foot: **move counter-clockwise, taking 4 steps backward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Turn sideways to R; start on R foot: **move counter-clockwise, taking 4 steps forward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Face forward; start on R foot: **take 4 steps forward.**
- Release hands & raise arms like boughs; start on R foot: **sway arms & legs in place for 4 beats.**
- Start on R foot: **rejoin hands & take 4 steps backwards.**

Round 4: 2:02-2:39
- Face forward; start on R foot: **sway in place for 4 beats.**
- Turn sideways to L: start on R foot: **move counter-clockwise, taking 4 steps backward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Turn sideways to R; start on R foot: **move counter-clockwise, taking 4 steps forward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Face forward; start on R foot: **take 4 steps forward.**
- Release hands & raise arms like boughs; start on R foot: **sway arms & legs in place for 4 beats.**
- Start on R foot: **rejoin hands & take 4 steps backwards.**

Round 5: 2:40-3:09
- Face forward; start on R foot: **sway in place for 4 beats.**
- Turn sideways to L: start on R foot: **move counter-clockwise, taking 4 steps backward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Turn sideways to R; start on R foot: **move counter-clockwise, taking 4 steps forward.**
- Face forward; start on R foot: **sway in place for 4 beats.**
- Face forward; start on R foot: **take 4 steps forward and end in the center.**
Appendix 9

“Joanna Macy and the Great Turning—What Do We Do When Everything Is At Stake?”

- A 26-minute film by Christopher Landry
- Released in October, 2014
- Distributed by “Video Project” at 1-800-4-PLANET — www.videoproject.com

Introduction: (0:00-1:58)

- Macy says, “Carl Jung said that, ‘Running through each life like a thread is a question that you come to answer.’”
- Macy’s question is, “How do we be fully present to our world at a time when the suffering and the prospects for conscious life forms are so grim?”

1) “Everything Is Connected” (2:03-4:25)

- Macy says, “We go back to the teachings in the Buddhist tradition that are very meaningful to me. Central to that way of perceiving the world, just as it is central to systems thinking, is the apprehension that everything is connected.”
- John Muir said, “When we try to pick out anything by itself, we find it hitched to everything else in the universe.”

2) “How Did We Get Into This Mess?” (4:26-6:36)

- Macy says, “What I see as really propelling [this mess] at this moment—this moment of collective insanity of wasting our world—is actually our economic system, our political economy which—thanks to the phrase of Norwegian deep-ecologist Sigmund Kvaløy—I too call the Industrial Growth Society.”

3) “Dealing with the Pain of This Time” (6:37-12:09)

- Macy says, “We’re going through a hard passage in the journey of humanity…And we see it as a journey in which we are—through our suffering with our world—we are seeing the immensity of the life in us.”
- “All through human history there was this tacit assumption that life would continue on this planet…And that’s what’s lost now. And that loss of certainty for the ongoing-ness of life is the pivotal psychological reality of our time, I believe.”
- “It’s that knife-edge of uncertainty where we come alive to our truest power.”

4) “Building the New in the Shell of the Old” (12:10-13:54)

- Macy says, “And now we see that this system [the Industrial Growth System] is becoming ever more fragile. And as this system is beginning to crumble…the mortgage prices…our eco-systems…our farm systems. Just as that is being less and less responsive to human needs, there’s something quite wonderful happening…People are perceiving to build the new within the shell of the old. There are new ways emerging…we can meet our needs without destroying our world…We’re learning how to care. Our ancestors passed that knowledge on to us.”
- “That’s revolutionary [rebuilding in the shell of the old] because…what proponents of the system [the Industrial Growth System] are saying…the only way we’re going to be able to survive is through permanent war and destruction of our environment.”

5) “The Third Revolution”—after the Agricultural & the Industrial Revolutions (13:55-18:56)

- “The Great turning is the transition from the Industrial Growth Society to a Life-Sustaining Society, because we are seeing that what we have been living in allegiance to and dependent upon is wrecking ourselves and our world.”


- Holding Actions: Activism to slow the destruction of the Industrial Growth Society.
- Sustainable Structures: New patterns of collective, sustainable behaviors.
- Conscious shift: Cognitive revolution changes perceptions of reality from stuff to relationships so we see “…Our planet is a living system…not a sewer and a warehouse to be despoiled.”
Appendix 10

Models of Experiential Learning Cycle and Learning Styles
Connection and Hopeful Action: Foundations of Resilience

An Introduction to the Work of Joanna Macy

Saturday, September 19, 2015 — 9:30-11:30 A.M.

All Souls’ Church, West Brattleboro, Vermont

Facilitated by Catherine Gormley

Resources:


*Joanna Macy and the Great Turning*, a film by Christopher Landry, [www.videoproject.com](http://www.videoproject.com).

Website about Joanna Macy’s work: [http://www.joannamacy.net](http://www.joannamacy.net)
Appendix 12

Evaluation Form

Thank you for participating in this introduction to Joanna Macy’s work, “Connection & Hopeful Action: Foundations of Resilience,” facilitated by Catherine Gormley on September 19, 2015 at All Souls’ Church in Brattleboro, Vermont.

For each statement, please mark the oval to the left of the term that best describes your opinion.

1) Reflecting about what I am grateful for can increase my sense of personal power.
   - Strongly Agree
   - Agree
   - Feel Neutral
   - Disagree
   - Strongly Disagree

2) Gratitude for elements of well-being can realign personal suffering toward positive perspectives.
   - Strongly Agree
   - Agree
   - Feel Neutral
   - Disagree
   - Strongly Disagree

3) With insights gained from understanding gratitude and from facing the pain of the world, I am more confident to create personally meaningful positive change.
   - Strongly Agree
   - Agree
   - Feel Neutral
   - Disagree
   - Strongly Disagree

4) Being in a strong community and practicing hopeful action can help me face challenges in positive ways.
   - Strongly Agree
   - Agree
   - Feel Neutral
   - Disagree
   - Strongly Disagree

5) Insights from today’s forum can help me increase a good quality of life.
   - Strongly Agree
   - Agree
   - Feel Neutral
   - Disagree
   - Strongly Disagree

   Comment, if you wish:

6) Other thoughts or feelings that I have about this forum are:
Appendix 13

Participants Respond to the Evaluation’s Open-Ended Statement

“Other thoughts or feelings that I have about this forum...”

C = Case, where a Case Represents a Specific Participant

C1) Great job! Extremely worthwhile.

C2) Loved the Spiral—ever increasing instead of a closed circle.

C3) Very well organized session—a model for future ones.

C4) Thanks you. I’m sure the ripples of this forum will be just one more part of the Spiral.

C5) Participant gave no response. Likert results are between “Agree” and “Greatly Agree.”

C6) It would be helpful to teach the dance by initially getting into a circle, demonstrating the movements and putting on the music. See how it works to teach once without the initial verbal talk through—not so necessary to intellectualize it—just move & enjoy the movements/music & rhythm.

C7) Participant gave no response. Likert results are slightly above “Agree.”

C8) Participant gave no response. Likert results are slightly above “Agree.”

C9) Good to see the film and get a multi-cultural vision. Also inspiring to see those magnificent views of the planet.

C10) I wish I felt as hopeful as Joanna—maybe it will come...?! Thank you for your efforts!

C11) Participant gave no response. Likert results are slightly below “Agree.”

C12) I found the experience most rewarding, our facilitator well prepared and well organized. All of these issues are complex and require much more contemplation, by each individual and the group as a whole. (Perhaps some action will follow this contemplation!) Thanks!
## Appendix 14

### How Do Connection and Hopeful Action Support Resilient Community?

<table>
<thead>
<tr>
<th>Responses to the Evaluation’s Statements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cases</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>1</td>
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<td>2</td>
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<tr>
<td>12</td>
</tr>
<tr>
<td>$5$ Average</td>
</tr>
</tbody>
</table>

- The above table shows how the twelve participants responded to five Likert Statements. Each participant is a separate Case, along a row (C1 to C12). Each Likert Statement is a separate column (S1 to S5).

- The term “Strongly Agree” has a value of 5. The values decrease until “Strongly Disagree” has a value of 1. A Case’s high score shows agreement with content.

- The right column shows the average score for each Case. For example, Case 1’s score of 5 shows complete agreement with the statements, showing the highest acceptance of the training’s material. Case 11’s score of 3.8 shows the lowest acceptance of the training’s material.

- Each column—labeled S1 through S5—shows the responses of each participant to that statement, on the scale of 1-5. The bottom row shows the average score for each statement over all the participants. A statement’s high score shows high agreement within the training group for that statement.

- Conclusions from the Training:
  - The average range of Statements—from 4.32 to 4.00—shows that participants generally agreed with the training’s objectives.
  - The average range of Cases—from 5.00 to 3.8—spans from strong agreement to not full agreement with the training’s material objectives.
  - With statements ranging from 1 unanswered, 1 disagree, 4 neutral, 32 agree, and 22 strongly agree, a strong majority of the participants agreed with the training’s objective.