

"Powerful and inspiring, *Ecomind* will open your eyes and change your thinking. I want everyone to read it." -Jane Goodall

FRANCES
MOORE LAPPÉ

The Workshop

Eco  Mind

Changing the Way We Think, to Create
THE WORLD WE WANT



Dear Facilitator,

All of us at the Small Planet Institute are delighted by your interest in piloting our newest EcoMind project, and in sharing EcoMind’s powerful messages with those within your sphere of influence.

Our EcoMind Workshop is designed to engage participants in Frances Moore Lappé’s core idea of “changing the way we think to create the world we want.” To help us examine our core assumptions about community, democracy, hope, fear and courage in the context of today’s global challenges, as well as within ourselves and our communities, the workshop uses a range of media tools and participatory activities.

As you read through the materials in this packet, you will see that the workshop is designed to run for approximately two hours. As the facilitator, you’ll be equipped with a script, a PowerPoint presentation, video clips, worksheets, interactive activities, and discussion questions to critically engage participants with the concepts in EcoMind.

As you develop questions, or even before you get started, feel free to give us a call at (617) 871-6609, or send us an email at emi@smallplanet.org. We’re eager to help you make your workshop a success! And please keep notes as you go to ensure that we can learn from, and incorporate your experience, to strengthen the EcoMind Workshop for others.

Sincerely,

Frances Moore Lappé & the Small Planet Team



Table of Contents

Part One: Wall Displays

Before the Workshop.....	3
Objectives.....	3
Schedule.....	4
Quotes.....	4

Part Two: Facilitator Materials

Facilitator Checklist.....	5
Facilitator Script.....	6
Facilitator Tips and Tricks.....	15

Part Three: Handouts

Upping our Civil Courage.....	16
Cs and Ss.....	17
Conditions and Capabilities.....	18
Spiral of Powerlessness	19
Spiral of Empowerment	19
Lexicon for the EcoMind.....	20
EcoMind: Making Living Democracy Possible	21
Evaluations.....	22



WORKSHOP

Part One: Wall Displays

These three sections – objectives, schedule and quotes – are meant to be printed and displayed for participants to see during the presentation. They are helpful tools to demonstrate where the presentation will lead and what key points will be focused on.

Before the Workshop

All participants should take the EcoMind Quiz: either before arriving at the workshop gathering or during the first segment of the workshop (ie. Introductions). It can be accessed at:

<http://bit.ly/vnurl1>

You can also watch our [EcoMind introductory video](#) on YouTube

Objectives

- Understand the power of our “mental map”—our core assumptions about how the world works—to determine what we see and therefore what we believe to be possible.
- Explore how the dominant mental map of scarcity and fear—the ScarcityMind—ends up generating the economic, political and environmental global crises we now face.
- Explore how we can reframe our challenges with an EcoMind to discover our power and see possibilities for “living democracy” all around us.
- Further our self-awareness about what most ignites our energy.
- Learn from each other and make ongoing, empowering connections with others that last beyond the workshop.
- Develop specific ideas for communicating and organizing that make us more effective and hopeful, including ideas for sharing what is gained in the workshop with others.
- Experience and appreciate the power of beauty to engage all the senses in the act of re-framing, to affect our minds and our hearts.
- Become a “possibilist”—evading despair and pessimism, not with blind optimism, but with an ecological worldview that allows us to see life as continuous change in which every choice we make (or don’t make) has power to shape the world around us.
- Have fun!



WORKSHOP

Schedule

12:30pm - 12:50pm:	Welcome / Introductions/(Take the Quiz) (20min)
12:50pm - 1:20pm:	Part I. Exploring Why (30min)
1:20pm - 1:45pm:	Part II. From Thought Traps to Thought Leaps (25min)
-	-
	5-minute break
-	-
1:45pm - 2:10pm:	Part III. Staying Alive with an Eco-mind (25min)
2:10pm - 2:30pm:	Closing and Evaluations (20min)

Quotes

(Feel free to only hang your favorites)

“Only change is constant”

“Courage is contagious”

“Hang out with courage!”

“It’s not possible to know what’s possible”

“Hope is not what we find in evidence. It is what we become in action”

“Democracy’s not what we have. It’s what we do”



Part Two: Facilitator Materials

Each aspect of our Facilitator Materials was designed to assist you with teaching the EcoMind workshop. The Facilitator Checklist and Facilitator Script will help you to navigate the body of the workshop – the EcoMind Powerpoint. The Tips and Tricks are important insights we’ve learned from team meetings as we developed the workshop.

Facilitator Checklist

- o Working computer
- o Projector and projection screen or white wall
- o Projector-computer connector cable
- o Facilitator agenda and script
- o EcoMind PowerPoint with embedded hyperlinks (check that these will play)
- o Printed handouts for participants—every participant should receive one of each
 - o “Upping Our Civil Courage”
 - o “Cs and Ss”
 - o “Conditions and Capabilities”
 - o “Spirals of Powerlessness and Empowerment”
 - o “Lexicon for the Eco-Mind” / Thought Traps - Thought Leaps”
 - o EcoMind: Making Living Democracy Possible (chart)
 - o Workshop Evaluation / Feedback Survey (2 per page)
- o Pre-cut “Lexicon for the Eco-Mind” / Thought Traps - Thought Leaps” pieces mixed up on the table, with text visible
- o Pens/pencils and blank sheets of paper for participants
- o Flipchart and marker
- o Wall Displays (text can be found in “Wall Displays” folder, but should be rewritten on large pieces of paper for visibility)
 - o Objectives
 - o Schedule
 - o Quotes
- o Internet access, or notify participants to take the EcoMind Quiz before & after the workshop
 - o Access the quiz at: [Click here!](#)



Facilitator Script

KEY

- Italics:* script for facilitator to read aloud
- Blue text:** element that facilitator must prepare in advance
- Green text:** facilitator instruction (slide change, distribution of materials, etc.)
- (#):** a number in parentheses indicates how many minutes a portion of the activity should take

Arrival

12:15pm - 12:30pm

As participants arrive, invite them to try to match the “FROM” and “TO” pieces of “Lexicon for the Eco-Mind / Thought Traps - Thought Leaps,” which should be mixed up on the table with text facing up.

Slide 1 should be displayed:





WORKSHOP

Welcome and Introductions

12:30pm - 12:50pm (20min)

(5) If not everyone knows one another, lead introductions. If everyone knows one another, lead a group exercise (maybe a short meditation).

(2) Share three positive things that are going on in the world. ("Did You Know?")

1. _____
2. _____
3. _____

(5) Background on Frances Moore Lappé, and Facilitator Introduction:

Frances Moore Lappé is the author or co-author of 18 books including the three-million-copy Diet for a Small Planet. Her most recent work, released in September 2011, is EcoMind: Changing the Way We Think to Create the World We Want, winner of a silver medal from the Independent Publisher Book Awards in the Environment/Ecology/Nature category. Jane Goodall called the book "powerful and inspiring," stating "EcoMind will open your eyes and change your thinking. I want everyone to read it." Frances Moore Lappé is the cofounder of three organizations, including Food First: The Institute for Food and Development Policy and, more recently, the Small Planet Institute, a collaborative network for research and popular education seeking to bring democracy to life, which she leads with her daughter Anna Lappé.

I am... _____

(3) Purpose of the Workshop:

We want to provide you with the opportunity to internalize the core concepts in EcoMind: the power of ideas, the power of frame, how we see ourselves and our world, and how the very terms we use can either block our effective action or liberate and sustain us in creating the world we want. We hope you will gain tools to apply this new way of seeing to what you care most about in your life, and that you will not only feel inspired, but recognize that you have the power to make a difference.

We will pilot this workshop at universities with small groups of students, faculty, and staff. Similar to the way EcoMind itself was developed, we will ask for participant feedback to help us refine and improve on the model. Our aim is for this workshop to be used and modified by local communities to engage with the concepts of EcoMind and further their work. We want your feedback and help to make this workshop better.

(5) Overview of the day - Outcomes, Schedule, Expectations:

- Read from [displayed list of Outcomes](#)
- Read from [displayed Schedule](#)
- Share expectations:



WORKSHOP

This workshop is divided into three sections, all of which contain video clips of Frances explaining some of the key concepts in EcoMind. If you think you'll have trouble seeing or hearing these clips, you might want to sit closer to the front of the room. We'll also have time for personal reflection, journaling, one-on-one conversations with the person next to you, voluntary sharing in larger group conversations, and short activities. I'll give you timeframes for these individual and small group activities, as well as one-minute warnings to let you know when we'll be coming back together as a group. Please try to stay on schedule, as we have a limited amount of time. I will also be asking for volunteers to write on the flipchart during brainstorming sessions. If at any point you're unclear on what is expected of you or the group, please ask!

Part I: Exploring Why

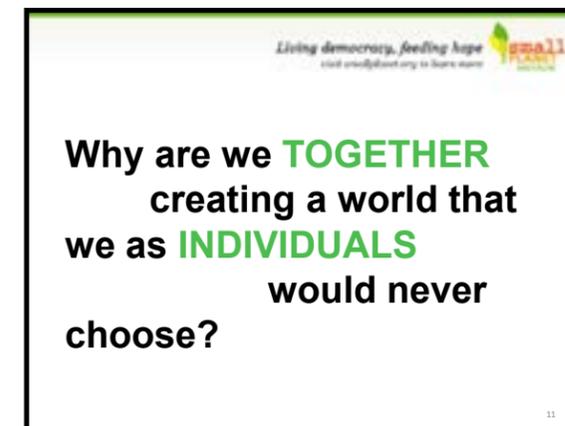
12:50pm - 1:20pm (30min)

(1) Framing

We will begin by sharing and examining our unspoken assumptions together, asking "Why do we as humans seem to be creating a world that none of us as individuals would choose?" Then we will explore our power to change our frame. This first section of the workshop, 'Exploring Why' is structured so that together, we can identify the assumptions or presumptions we hold about the nature of the problem, how we got into this mess, what our own personal frames are that may limit us, and that we want to question or change.

(1) Concept Introduction

- Switch to slide 2: "Why are we together creating a world...?"

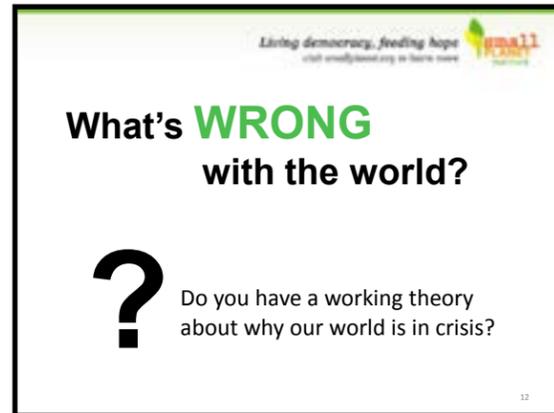


By a show of hands, how many of you feel that you have a working theory about why our world is in crisis? This is important, because we need to have a working hypothesis that we're constantly testing against our experience. Otherwise, we have no guide for action and we end up carrying out random acts of sanity, protests here, events there, but ultimately feeling futile.



(5) Brainstorming

- Switch to slide 3: "What's wrong with the world..."



We're going to take a few minutes to brainstorm our assumptions about what's wrong with the world. For example, I might say 'our democracy is broken and serves corporate interests over people.' When you think of an assumption, call it out, limiting it to one sentence. Would someone volunteer to write down our ideas on the whiteboard?

- Choose a volunteer to capture thoughts on the whiteboard
- Invite participants to brainstorm their assumptions

Through EcoMind and this workshop, we will develop the power to see things differently. Be prepared to open your minds, suspend your disbelief and engage in this process of re-examining your assumptions.

(3) Concept Presentation

- Switch to slide 4
- Click hyperlink to "Why are we together creating a world that we as individuals would never choose?"



HYPERLINK:



(10) Reflection and Sharing

- Switch to slide 5: "Have you ever..."



(5) Reflection/Journaling

Having watched this clip, take the next five minutes to remember and reflect on a moment in your life in which an experience or an event caused you to realize a new way of seeing things, or in which you were jarred out of your old views or frames. As an example, you might write "Learning that _____ made me realize that _____." Feel free to write down your memories and reflections with the pens and paper provided. Afterward, you'll be sharing these moments with the person next to you.

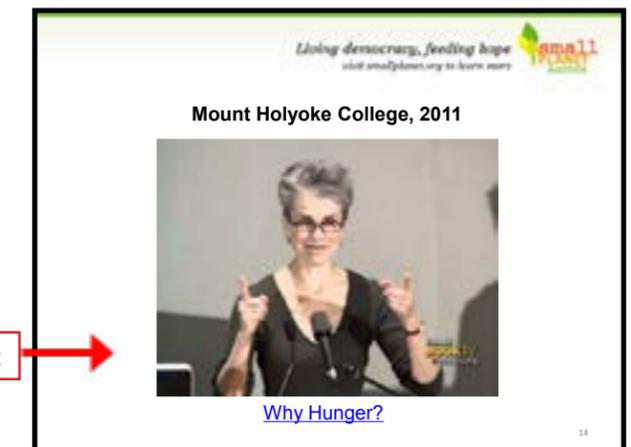
(5) Partner Sharing

Now, take the next five minutes to talk to the person next to you and take turns sharing your moments. Make sure everyone has a partner. If there are an odd number of participants, either create a group of three or work with the remaining participant yourself.

(5) Concept Presentation

- Switch to slide 6

This next video clip will give us an understanding of Frances' 'ah-ha moment'



HYPERLINK:



- Click hyperlink to "Why Hunger?"



Part II. From Thought Traps to Thought Leaps

1:15pm - 1:40pm: (25min)

(1) Framing

The purpose of this second section, 'From Thought Traps to Thought Leaps,' is for us to understand the process of identifying, assessing, and rethinking assumptions about our world to be in alignment with an eco-mind. Our purpose is also to understand the spirit of and principles of an eco-mind—curiosity, a sense of adventure, openness, a willingness to learn, engage, make mistakes, and appreciate diverse perspectives—as well as understand the conditions that bring out the worst and the best in us.

(3.5) Concept Presentation

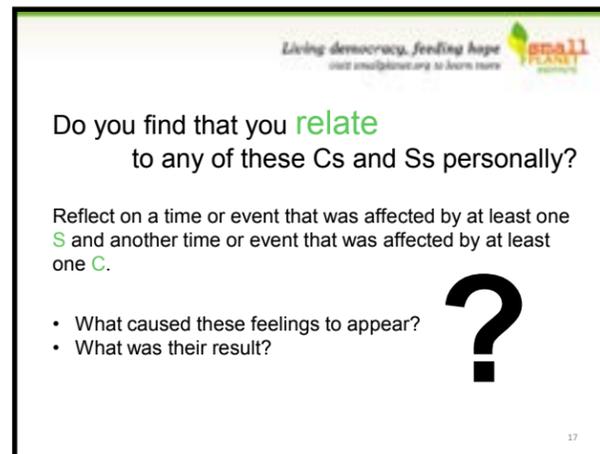
- Switch to slide 7
- Click hyperlink to "Cs and Ss"

HYPERLINK:



(7) Reflection/Journaling

- Switch to slide 8: "Do you find...?"



- Distribute handout "Cs and Ss"

There are blank lines on our worksheet, which we'll try to fill in with our reflections. Do you find that you relate to any of these Cs and Ss personally? Reflect on a time or event that was affected by at least one S and another time or event that was affected by at least one C. What caused these feelings to appear? What was their result?



(7) Concept Presentation

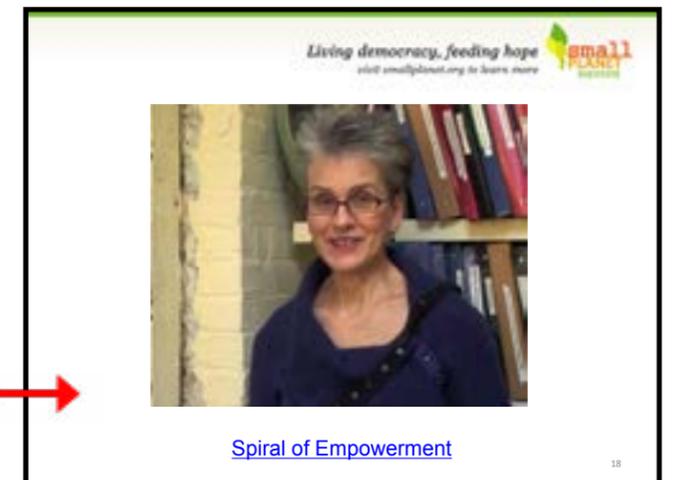
- Distribute handout "Spirals of Powerlessness and Empowerment"
- Switch to slide 9
- Click hyperlink to "Spirals of Powerlessness" (2.5)

HYPERLINK:



- Switch to slide 10
- Click hyperlink to "Spirals of Empowerment" (4)

HYPERLINK:



(2) Review

- Invite participants to ask clarifying questions about Frances' explanation and direct questions back to group ('How did others interpret that?' 'What did others think the main points were?')

(5) Reflection/Journaling

- Distribute handout "Lexicon for the Eco-Mind/ Thought Traps-Thought Leaps"

Please spend the next 5 minutes reading through the thought traps and thought leaps, identifying those that speak to you the most. Jot down notes on why certain thought traps/thought leaps are meaningful to you for an exercise coming up in the next section of the workshop.



5-Minute Break

1:40pm - 1:45pm

- Let participants know where restrooms are located, and give a specific time that the workshop will resume.

Part III. Staying Alive with an Eco-mind

1:45pm - 2:10pm (25 min)

(1) Framing

The purpose of section III, 'Staying Alive with an Eco-mind,' is to prepare us to act in the world in powerful ways that we previously might not have been able to. It aims to help us be willing to act even when we are afraid, and to understand how an eco-mind can enable us to be more courageous and sustain our energy as we rethink power, fear, democracy and hope itself.

(11) Conclusion Presentation

- Switch to slide 11
- Click hyperlink to "Conclusion"

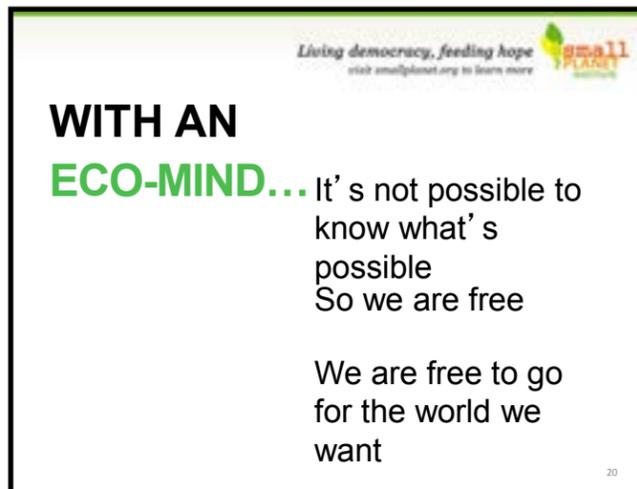
HYPERLINK: →



(13) Intention Setting

- Switch to slide 12: "With an Eco Mind..."

- Distribute handout: "Upping our Civil Courage: The Power of Putting Eco-Minds into Action"



Now we're going to take the next 13 minutes to answer the questions offered on this worksheet, individually, focusing on the questions that we find most personally applicable or exciting. This activity is meant to help us identify what we would most like to take away from the workshop.

Closing and Evaluations

2:10pm - 2:30pm (20min)

(13) Closing Circle

We're going to take the next 13 minutes to share our closing thoughts and intentions, moving forward with the group.

- Ask a volunteer to begin, and then have each participant share with the group, one at a time.

(5) Feedback brainstorm

- Switch to slide 13: "What was..."



Now that we've reached the end of the EcoMind Workshop, The Small Planet Institute and I would love your feedback. After I read each question, please raise your hand if you would like to share your answer.

- Read questions on slide one by one and write down answers.

(2) Evaluation sheets

Finally, please take a moment to fill out these workshop evaluations and leave them at the front of the room when you're done. Thank you for your participation!

- Distribute handout: "Workshop Evaluation"

Tips and Tricks for Facilitators

Before your presentation:

- Do a sound check! Many projectors do not have speakers, and the speakers on your computer will probably be too quiet. If so, use external speakers.
- Do a video check! Make sure that the links in your PowerPoint bring you to a working page, and that your Internet speed is fast enough for the videos to buffer. We recommend using an Ethernet cord. If you have downloaded the videos, make sure the program you're using to view them can read the file type. We have found that .mp4 files have worked well on Macs, while .wmv files work well for PCs.
- Get a tally on how many participants are expected to attend so you can print out an appropriate number of handouts.
- Count participants once they arrive. If there is not an even number, create a group of 3 in advance for activities that involve sharing with the person next to you, and make sure there's an even number or make a group of three in advance for pairing
- Be prepared to keep your group on track in terms of time: let them know when time for small group discussions or journaling is almost up so they're prepared to stop.
- Be prepared to keep your group on track in terms of content: create clear expectations for participants, e.g. for brainstorming, specify that answers should not be more than one focused sentence. Have a clear understanding of the aim of participatory activities so that you can ask leading questions and clarify the objectives if a conversation gets off-topic.



Part Three: Handouts

Pages 16 - 22 contain the EcoMind Handouts (7 total) to be distributed during the workshop. Like the PowerPoint, we recommend that you download them as individual files. Instructions on how each handout should be used are included in the script.

HANDOUT 1.

UPPING OUR CIVIL COURAGE: THE POWER OF PUTTING OUR ECO-MINDS INTO ACTION

Some questions to explore with others after participating in an *EcoMind* Workshop

Don't read this book alone!

- ***The power of curiosity:*** What have I just learned that most piques my curiosity and inspires me to learn more?
How can I best pursue my curiosity?
- ***The power of frame and language:*** What is one piece of my current mental map—my core assumptions about life—that limits me? How could I reframe it to free myself?
- ***The power of self-awareness:*** What is an important strength I already have—knowledge, contacts, quality of my character—that I can share to further the emergence of Living Democracy? How do I grow my strengths?
How do I use my strengths to empower others?
- ***The power of action:*** What is one thing I learned in EcoMind that I want to act on right now to align my life with the world I want and make me more powerful?
- ***The power of connection:*** Who can I reach out to right now—friends, strangers, groups—to help keep me going?
- ***The power of organization:*** How can I incorporate eco-mind lessons into groups I'm part of? How can I join and strengthen other groups that are aligned with a frame of possibility?
- ***The power of inspiration:*** Who are my heroes—my everyday heroes—and how can I bring them more fully into my life?
- ***The power of embracing fear:*** What is one risk I could take now to enhance my creative power?



HANDOUT 2.

THE THREE **S**s OF A SCARCITY-MIND

- Separateness
- Stasis
- Scarcity

THE THREE **C**s OF AN ECO-MIND

- Connection
- Continuous Change
- Co-creation



HANDOUT 3.

3 CONDITIONS PROVEN TO BRING OUT THE **WORST** IN US

- Concentrated power
- Lack of transparency--secrecy
- Blaming "the other"

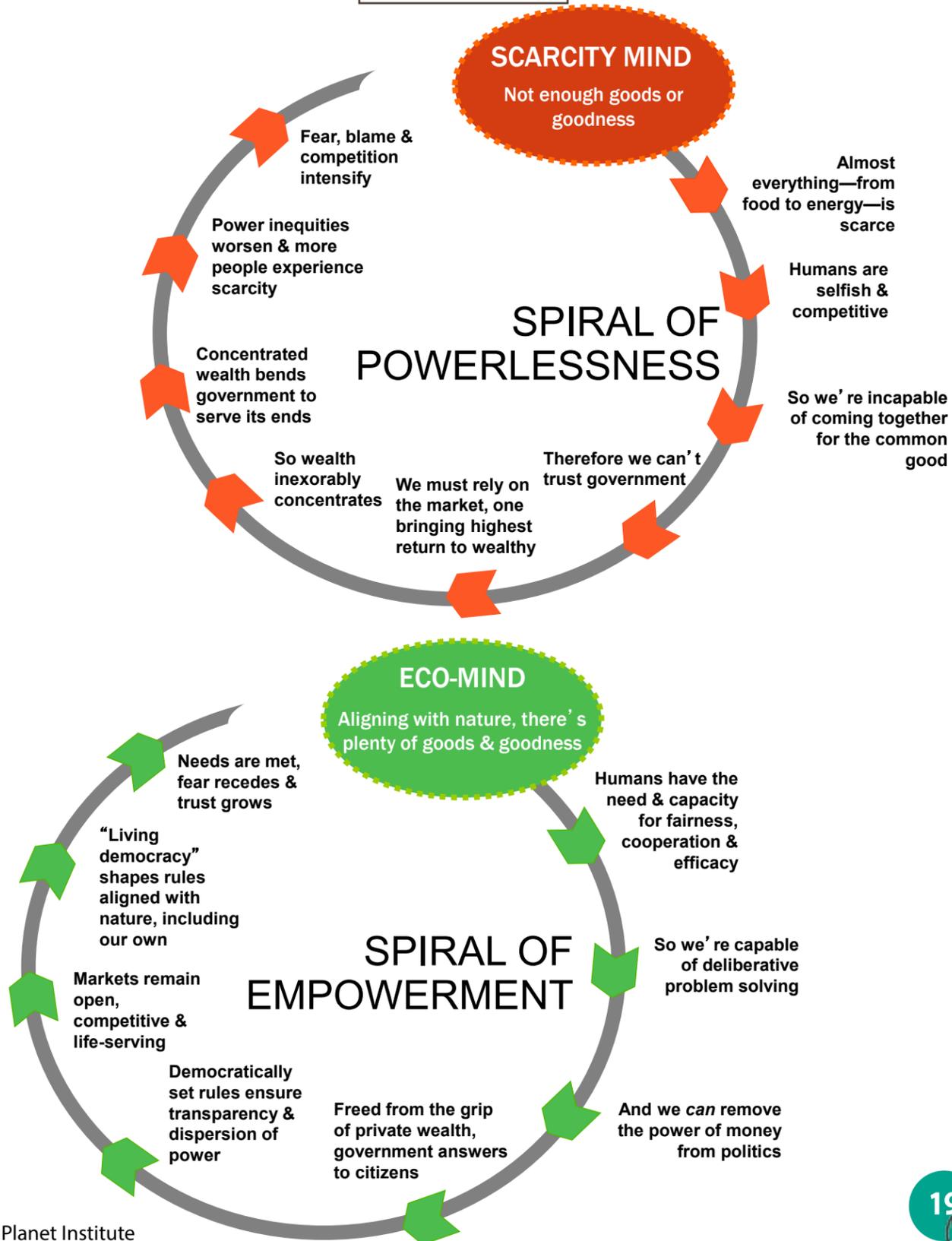
3 CONDITIONS PROVEN TO BRING OUT THE **BEST** IN US

- Continuing dispersion of power
- Transparency
- Mutual accountability

HUMAN CAPACITIES WE CAN COUNT ON

- EMPATHY
- COOPERATION
- SENSE OF FAIRNESS
- NEED FOR POWER/EFFICACY
- NEED FOR MEANING
- IMAGINATION & CURIOSITY





FROM staying within the limits of nature	TO aligning with nature
FROM economies of waste and destruction	TO economies that enhance life
FROM freedom as 'get out of my way!'	TO freedom as power in a Living Democracy
FROM privately held government	TO publicly accountable government
FROM one-rule economies, leading inexorably to unfair concentration	TO economies kept open and fair via democratically chosen rules
FROM free market as the free rein of corporations monopolizing power	TO free market as the freedom of all to participate in the market
FROM the assumption of scarcity of goods and goodness	TO the premise of possibility
FROM debating the goodness of human nature	TO recognizing the goodness in human nature to be tapped for positive ends
FROM overcoming human nature	TO aligning societies' rules with human nature—the good, the bad, and the ugly
FROM separateness in which we're either givers or receivers	TO connectedness in which we're always both
FROM the blame game	TO the assumption of mutual accountability
FROM nature as merely divisible property	TO nature as a commons in our in our common care
FROM power as control	TO power as our capacity to co-create
FROM random acts of sanity	TO conscious acts building our democratic power
FROM democracy as only a structure of government (Thin Democracy)	TO democracy as a rewarding way of life (Living Democracy)
FROM citizenship as simply the act of voting	TO citizenship as the satisfying lifelong practice of the arts of democracy
FROM calling on others to become better people	TO encouraging and enabling oneself and others to be more creative and courageous
FROM paralyzing despair	TO honest hope



HANDOUT 7.

Workshop Evaluation

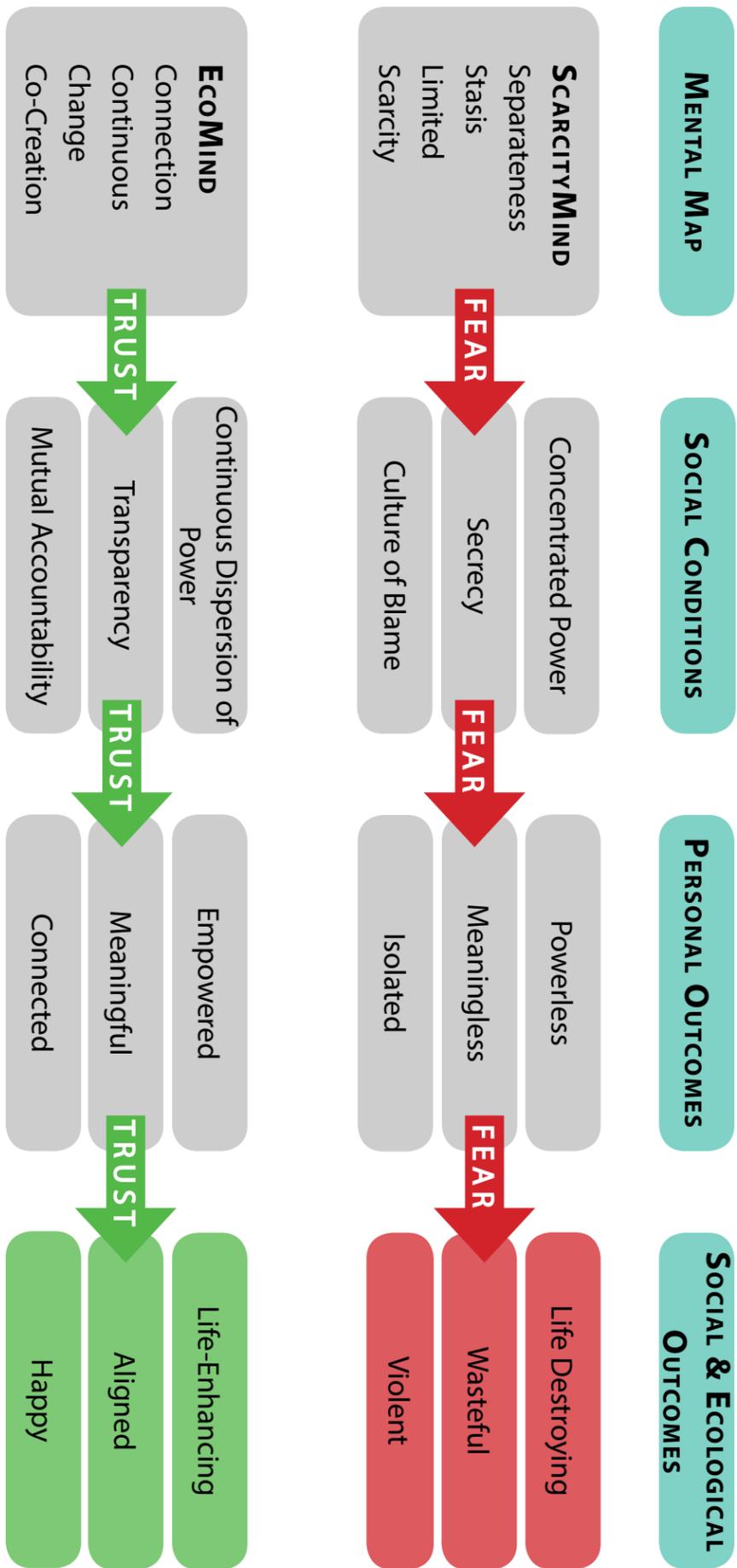
Please read the following statements and circle the responses below that best match your level of agreement:

- This workshop helped me to better understand the root causes of the economic, political, and environmental global crises.
 Strongly Disagree Disagree Feel Neutral Agree Strongly Agree
- I feel empowered to be part of the solution.
 Strongly Disagree Disagree Feel Neutral Agree Strongly Agree
- I gained tools to help me empower myself as a change maker.
 Strongly Disagree Disagree Feel Neutral Agree Strongly Agree
- I feel more connected to my fellow workshop participants.
 Strongly Disagree Disagree Feel Neutral Agree Strongly Agree
- I had fun!
 Strongly Disagree Disagree Feel Neutral Agree Strongly Agree
- I would feel comfortable explaining the main messages of this workshop to others.
 Strongly Disagree Disagree Feel Neutral Agree Strongly Agree

ECOMIND

MAKING LIVING DEMOCRACY POSSIBLE

FRANCES MOORE LAPPE



HANDOUT 6.



WWW.SMALLPLANET.ORG



WORKSHOP