Grow Your Own Leaders: Identifying, motivating and supporting local food activists
To transform food culture and the local food system you need inspired and effective good food champions and activists. This session looks at the Grow Your Own Leaders programme pioneered by Lambeth Food Partnership as well as getting insights on what works from the Big Lunch.
What we are going to talk about

1. Burnout
2. Valuing ourselves
3. Networks/shared ideals
4. How to bring about real / meaningful change
Issue 1: Burnout

TIRED... JUST TOO TIRED...
"The iceberg model as a whole suggests that **beneath the visible level** of events and crises, there are **underlying structures**, paradigms of thought, and sources that are responsible for creating them. If **ignored**, they will keep us locked into re-enacting the same old patterns time and again."
Issue 2: Valuing oneself
PRESENCING

SLOW DOWN, FIND STILLNESS, CONNECT with SOURCE; ENTER the FIELD of the EMERGING FUTURE
Journalling

How does this connect with your reason to be here?
- Your organisation
- Your community
- Your own personal goals

• My most important challenge right now is...
• I’m focused on creating change on a … (personal, organizational, systemic, etc.) level…
• U.Lab / this conference will be a success for me when…
We’re building community food knowledge, skills, resources and projects.

We’re working together towards:

☑ A network for community food activists
☑ Buildings that could be used for community food projects
☑ Developments incorporating food growing into developments
☑ More allotments and/or development of edible landscapes
☑ Primary and secondary school education programmes
☑ Training opportunities
☑ Better access to food enterprise resources
☑ Management of community assets for growing and food initiatives
CO-SENSING

STEP OUT OF THE BUBBLE into NEW WORLDS, to CONNECT and EMPATHIZE with OTHERS.
CANN YO GROUP THEMES

(big post-its)

- EDUCATION
- GROWING
- COOKING
- CELEBRATION
- SPACE
- LEAD BY EXAMPLE
- POLICY
4. Lessons learnt
CREATE CONDITIONS in the SOIL for SEEDS of the EMERGING FUTURE to FLOURISH
Levels of listening activity

- Absencing
- Holding on
- De-sensing
- Denying
- Blinding
- Downloading
- Suspending
- Seeing
- Redirecting
- Sensing
- VoJ
- VoC
- VoF
- Stuck in one self/will
- Stuck in one skin (we vs them)
- Stuck in one truth/view
- Abusing
- Aborting
- Disembodied
- Destroying
- Performing
- Open mind
- Open heart
- Open will
- Letting go
- Letting come
- Embodying
- Prototyping
- Enacting
- Crystallizing
- Presencing