

Note our
new name!

What's Inside

- ★ **Colombia: A Psychosocial Journey**
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- ★ **Book Review: Walk Outs Who Walk On**



A Psychosocial Journey

Wednesday, 13 April, St. Lucia, Colombia: We created a psychosocial journey for 35 teachers who have been trained to be Agents & Builders of Resilience.

The participants were from the Teachers' Collective Educational Institution of Santa Lucia with approximately 2,300 students.

The goal of our journey was focused on resilience and crisis intervention to help them **rebuild life in spite of adversity.**

This workshop was initiated by volunteers who were interested in helping this community, which required urgent attention and action.

We were surprised that this community had not received any kind of psychosocial intervention until that day. The activities will reduce the levels of anxiety about the situation that existed up until that day and the uncertainty of what lies ahead.

We also worked directly with a group of children and youths using educational leisure strategies, while the adults worked with the Technical Task Force.

The adults participated in a proactive civic group, initially identifying the needs of the community and how they could intervene actively in the search for effective solutions in the face of the difficulties [they are facing].

The children and young people were clearly interested in doing the activities. Despite

being a group of more than 200 and not knowing us, they were quiet, attentive and expressed themselves in affective and effective ways through drawing, games and socialization in the group; expressing their concerns, needs and fears. "Are we going to begin classes tomorrow?" was the question they asked us constantly.

Without knowing how to respond them, we felt powerless, because we could not change the cruel reality in which they currently live (it has been 3 months with no classes).

The teachers, concerned and aware of the seriousness of the situation, were very attentive and interested in learning strategies of resilience, as they believe these are necessary to help children and themselves to develop (as individuals) and somehow resolve this situation they are all enduring.

My biggest concern (probably determined by my professional history), is the mental health of all the people affected. **Optimum growth and development of a community correlates directly with the emotional stability of its inhabitants.** So I ask: *What will happen with these people if they are not*

able to develop strategies to deal with and overcome their situation? What happens if the forecast predicts more flooding? What will happen to them?

I believe that although the intervention process is not simple, there are useful and effective strategies to ensure appropriate intervention and that the State has the human resources — the teachers (psychosocial agents) in each municipality. So: Why haven't we started? At the very least we

must intervene with those who are emotionally affected so they can learn to manage [their lives] today and prepare for the uncertainty of tomorrow.

I think that today the State and each one of us as citizens must make this a priority and implement actions for the inhabitants of the

Another workshop for teachers and other adults who work with children has been planned for Santa Lucia. GFSC developed an activity book for children, with useful hints for the adults. This can be a standalone or companion to the GFSC manual "...And Now What? by Gil Brenson Lazan.

BJ & Ximena C.

affected southern municipalities; actions that surely will result in enormous benefits in all the stages of their lives and affect their choices at elections.

"Do not forget that the sun shines bright, full of hope, for the children of St. Lucia".

Lisette Abudinen Hasbun, Psychologist
Corporación Afecto Capitulo Caribe



Workshop in Talca, Chile

"Opportunities are like sunrises, if you wait too long, you miss them." William George Ward

In April, Ingrid Flores Vega, a member of **FacilitadoresChile** and Assistant to the Manager of Productos Fernandez (PF), a large Chilean food manufacturer founded in 1903, organized a GFSC workshop for employees of the company. The earthquake last year (27.02.2010) caused many deaths and destruction in the city of Talca where many lost loved ones, possessions and/or homes.

After the workshop Ingrid wrote the following note:

"For many of us, taking this first step in doing this work has been very gratifying. Wanting to help others is not easy, often misunderstood and that frequently makes us step back. We continued to believe, to pursue our dream, overcame some obstacles and for this we thank God.

*We are also grateful to every one whose contribution made it possible to have this first workshop in Talca: To our dear PF, including all the executives and staff who gave us their support, [including the] Marketing Manager and Deputy Manager of Personnel. And to [members of **FacilitadoresChile**] Claudio Fernandez U., Yelmo K. Duran, Juan Carlos Carreño, Fernando Beltran, Matias, Parada and Pamela Ponce, our sincere thanks for your unconditional support."*

The employees of PF want to be prepared for new disasters and Ingrid is trying to plan another workshop in the company. This will benefit the company as well as the

communities where the employees live and work.



Dear Ingrid and all the TALCA Facilitators:

*I congratulate you heartily for the April 9th workshop in Talca PF. It is a pleasure for me to see an example of the willingness of the network, **FacilitadoresChile** to serve [the community] and know that many other Chileans continue to benefit from its solidarity and work with GFSC. I also think it's wonderful to see how each new workshop is presented, with their support and guidance of the initial group founded in Santiago, one year ago.*

A big hug for each and everyone of you.

Ximena C.
GFSC Latin American Coordinator



Sometimes we need to remember the reasons why we joined, and why we work together, the reasons why we believe. The Facilitation Team in PF shows us, once again, that it is possible, that even after the earthquake, there are people, fellow citizens, who are hopeful and appreciate a hand extended in friendship.

Congratulations on this achievement!

Yelmo Durán Kreither
Facilitadores Chile, Santiago

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Books, Blogs and Articles of Interest

Walk Outs Who Walk On

Gilbert Brenson-Lazan reviews **Walk Out Walk On: A Learning Journey into Communities Daring to Live the Future Now**, by Margaret Wheatley and Deborah Frieze © 2011, Berrett-Koehler Publishers.

Meg Wheatley revolutionized the way we think about organizations, leadership, transformation and perseverance. Now she turns her wisdom, experience and inspiration to the strengthening of community resilience. In this amazing recapitulation of experiences from around the world, Meg Wheatley and Deborah Frieze identify common characteristics of resilient communities and offer specific strategies for getting there.

The title comes from a community in India where a common phrase is "Walk Outs Who Walk On," refers to those members of a "developmentally stuck" community, group or organization who believe more is possible, connect with one another and "walk out" to move ahead for the well being of the community; distinguishing themselves from passive community members who just tolerate or react and "go down with the ship." Proactive members, who join together and implement one of the seven basic strategies described, move on and transform themselves and their communities:

"Mexico: From Scaling Up to Scaling Across. In Unitierra, a new type of university, and with the Zapatistas, a populist movement for self-determination... there's a **deep, unshakable belief in the power of people to claim their right to live and learn as they see fit...** their experiments move ... across villages and the nation... as many diverse people learn from their discoveries and are inspired to try their own.

Brazil: From Power to Play. Most leaders believe ...it is their job to motivate people, through their directive control...[typically] through external ... punishment and reward.

Healthy, resilient communities are groups of people who have learned to trust themselves and each other to "find their own solutions and take control of their own future ...develop[ing] greater capacities and becom[ing] smarter over time as they learn what works and how to work together. They become confident that they can deal with whatever problem confronts them next. In the face of hunger, poverty, ill health, environmental degradation, and economic injustice, they respond, adapt, invent."

Walk Out Walk On

At Warriors Without Weapons...**play, not power, evokes people's passion, creativity, and motivation to work hard on seemingly overwhelming challenges.**

South Africa: From Problem to Place.

[Rather than addressing] large and complex issues ... one by one, with ...experts who specialize in that particular problem, [people]

at tiny Joubert Park in Johannesburg ...created changes in education, public safety, arts, ecology, food, and more using the principle of **start anywhere, follow it everywhere.**

Zimbabwe: From Efficiency to Resilience.

Conventional attempts to solve problems of scarcity focus on,... do[ing] more with less, cutting budgets and staff.... Kufunda Learning Village has achieved resilience in a time of total systems collapse by choosing [to] engage in a wide range of **small local actions** that give them the capacity to **continuously adapt to an unpredictable and chaotic world.**

India: From Transacting to Gifting. [In] today's transactional culture ... people strive to accumulate more than they need. In a gift culture ...generosity prevails and money loses its power. Shikshantar is experimenting with **gift culture, replacing mindless growth with the confidence that we have what we need.**

Greece: From Intervention to Friendship.

At the Art of Learning Centering at Axladtisa-Avatakia, participants walked out of dependence on experts and learned to **trust the capacities and creativity available in friendship** to address their community's needs.

United States: From Hero to Host.

A Columbus, Ohio community stopped waiting for a hero to save it and **discovered internal resources and solutions** to solve otherwise intractable problems. People there are ... walking on to a new 'operating system' using conversational processes to address complex problems, such as health care, homelessness, poverty, public safety, and

more.”

While these seven communities have different cultures, histories, and environments, they all have Walk Out Who Walk On, groups of people who made conscious atypical choices which led to successful community transformations.

I thoroughly enjoy and learn a great deal from every Meg Wheatley book I have ever read (and I have read them all). “Walk Out Walk On” is no exception.



The Antidote to Apathy

How do resilient communities engage members? Canadian Dave Meslin explores obstacles and barriers to engagement and asks, is it apathy or intentional exclusion that prevents us from playing an active part in our communities? Seven barriers are identified in [this 7 minute presentation on TED](#).



The Power of Play

Martha Llanos, PhD, a member of the Inter-Agency Network for Education in Emergencies (INEE) and an advocate for Early Childhood Development reflects on the value of play for children and adults.

The process of play is a powerful, multi-faceted learning experience. Play is central to children's learning and ... adults' achievement and creativity....Play contributes to adaptation, healing, resilience, risk-management, social wellbeing....In emergency situations... at the same time a child is struggling to survive, s/he is also struggling to develop. Therefore, we need to take a more comprehensive and integrated approach to the needs of young children during emergencies. We have to expand our emergency response to include tools to meet the psychosocial needs of children—to reduce stress and anxiety, develop secure bonds with caring adults, build self-esteem and confidence and provide positive stimulation and learning opportunities Read more...<http://www.ineesite.org/index.php/blog/>



After a Disaster, What Defines a Country's Resilience?

By Dr. Sheri Fink, Time Magazine March 16, 2011, Read more: <http://www.time.com/time/world/article/0.8599.2059436.22.html>

<http://globalfacilitators.org>



Thank You!

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Kiosk/Hot Conference for web hosting services, <http://www.hotconference.com/GFSC/partners1.php>

Slingshot Media (<http://www.listcast.com>) for our newsletter distribution and email list service



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Note our new name!



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