



LEADERSHIP & LIFE-HACKS for THRIVING & SUSTAINABILITY

a Practical Framework for Ambassadors

As **Community Impact Ambassadors**, we work to empower individuals and communities to *thrive* and to deeply align our lives with *global stewardship and sustainability*. We recognize that it is imperative and incumbent on us as community leaders to “be the change we wish to see in the world,” and understand that creating the culture and the future we want begins with us at the individual level – and many thousands like us. Making the deep, systemic and lasting change we hope to make in the world at large is an inside out job.

- Our work is not glamorous. Our work is humble.
- Our work is not flashy. Our work is grounded.
- Our work is not about magic pills, or other quick fixes. Our work is about the daily cultivation of the best versions of ourselves and is about serving and celebrating our majestic, living world, and all of her sacred inhabitants.
- Our work is practical. Our work is spiritual. Our work is a pathway to a world full of:

ENVIRONMENTAL STEWARDSHIP & SUSTAINABILITY

SOCIAL JUSTICE & LOVING COMPASSION

MEANINGFUL PSYCHOLOGICAL AND SPIRITUAL EXISTENCE

Our Theory of Change

We believe that we live in a unique time – unique to our species and unique to the varied epochs of our Earth’s history. We understand that as a species, we human beings are now having such dramatic and profound impacts upon the Earth’s systems and Gaia herself, that we must act with hopeful courage and purposeful determination to correct the course of our culture and society. We know that the deep and authentic change required at large and complex scales, begins with and requires our own changes and course corrections in our own lives. Now. Today. And tomorrow. And the day after that.

Personal Change > Organizational/Community Change > Societal Change

Our Essential Framework for Thriving & Stewardship

Recognizing the inter-connectedness and inter-dependence of all life on Earth, we understand that as individual actors and community leaders, we are agents of change with tremendous potential and capacity for positive impact in our world. As such, we understand our ongoing, daily practices to Thrive are essential to our work. We thus seek to become expert self-stewards and masterful practitioners in our Thriving framework and its five essential themes:

Food

Movement

Nature

Soil

Well Being



Our Framework for Humble Leadership

It is our ongoing practice – the cultivation of health, well-being and balance in our own lives, homes and communities – that form the foundation of our thoughtful, heart-based, and powerful leadership. If our communities are the cathedrals, our lives are the foundation stones. Recognizing that our lives, our fates and our liberations are bound up together, we seek to support ourselves and one another with the utmost care, compassion, courage and conviviality.

Communicate & Facilitate

Inform & Inspire

Document & Celebrate

Communicate – (“share,” related to “community”) spreading and sharing the Y on Earth messages and experiences with people from all backgrounds. Why are we doing this? (Our Theory of Change). Thriving, stewardship, regeneration, sustainability. How do we do this? In person *and* through technology.

Facilitate – (“to make easy”) we work in service and celebration. Our service-based mission actually enhances our own well-being while we work to invite and to provide opportunities to others to enhance their well-being. This is a virtuous cycle. In concrete terms, it means organizing and hosting events, book clubs, etc., and cultivating our skills so that many others very easily choose to engage deeply with the Y on Earth Community.

Inform – (“give form or shape to,” also “form the mind of, teach”) we gather, synthesize and analyze information, knowledge and wisdom, and share that in readily accessible form with our friends and networks. To truly inform, and to be expert at informing, requires us to dive into the layers of meaning, purpose, truth and understanding, as well as the deeper economic and psychological motivations at work in the “marketplace of ideas.” It is about seeing through the veils: our own as well as those of the marketing machines incessantly seeking to influence people’s behavior.

Inspire – (“breathe into” as in “spirit”) Merely providing information is clearly insufficient to our mission of helping people thrive and of cultivating a culture and future of stewardship and sustainability. To really “move the needle” and to truly harness the immense potential for change, and unfathomable power that we humans possess to shape our future, we as leaders must also cultivate the ability to inspire. This, too, is a craft rooted in humility. And example. And humor. And is often achieved through many, many “baby steps” – much like cultivating a garden.

Document – (“record, report, chronicle, lesson, proof, from Latin *docere*: to teach!) Recording our events and encounters, however large or small, allows us to share our successes with one another within the Y on Earth Community as well as thousands of people who will be attracted to our platform. By capturing photo and video content, we are able to share so much with so many through the power of global communication. It is said a picture is worth a thousand words – how many, then is a video worth?

Celebrate – (“to honor”) As we devote our time and energy to this great work of cultivating a culture of thriving and well being, it is so important that we remember to pause and celebrate our events and successes along the way. Indeed our work is very much about the journey – the quest – and to celebrate not only brings us energy and invigoration, but also demonstrates to others in a very palpable way the degree to which we’re creating and sustaining joy, health and well being together in our growing community.



The 4th Pair of our Ambassador Framework

Practice & Experiment (as individuals, and in community! Support and accountability)

Practice (Latin: *practica*, from Greek *praktike*, “to perform, carry out”) – this is our self-cultivation, how we develop as individuals and cultivate well-being in our lives. Through our own practice, we not only enhance our health and well-being (along with our families’), we also become a living example that affects and influences others with whom we interact – especially through our work and activities as Ambassadors.

Experiment (Latin: *experiri* “to try”) – This is how we learn and discover what works well for ourselves and for others. As we share our experiments, successes and failures with each other, our community becomes a highly activated and intelligent network for rapid learning.

SESSIONS

The Daily Practice of Thriving – naturally reflecting and self-assessing our daily balance vis-à-vis the five essential themes of nature, movement, food, soil and well-being. (Remembering to pause and reflect each day, throughout the day, as to the “degree of success” in each of the 5 core themes for Thriving – rate them so far for the day 1-5. What’s going really well today? What still needs some attention and action? What might we emphasize tomorrow to bring greater balance in the course of the week?) This relates to: Practice, Inform, Inspire, Document.

Public Speaking for Positive Impact – ethos, logos, pathos. The power of humility, humor, awe, question-asking, and cultivating common ground. This relates to: Community, Inform, Inspire.

Leading by Example with Humility and Power Our skills cultivation includes developing the specific tools that make us most effective in each of the 6 ... and also includes cultivating the Thriving and Sustainability practices in our own lives, so that our very lifestyles, our ways of being are a form of sharing and communicating the powerful, life-changing potential of our framework. This relates to: Practice, Inform, Inspire.

Stewardship & Sustainability - Communicating with Humble Confidence – our role as Community Impact Ambassadors requires us to develop our knowledge and ability to communicate about stewardship and sustainability topics. Mastering the core facts is as important as mastering the ability to stay calm, field questions, and maintain a positive, respectful and friendly report with our friends and community members. We will learn to speak to the interconnectedness and the importance of how we take care of our economy and our ecology in the context of energy, agriculture, market demand, regeneration, stewardship and loving kindness. This relates to: Practice, Inform, Inspire, Celebrate.

Nuts & Bolts of Communicating & Facilitating – becoming proficient with the tools and techniques we share as Ambassadors is essential to our work. From certain software and social media to tips for planning and hosting events. This relates to: Communicating, Facilitating.

Nuts & Bolts of Documenting & Celebrating – by capturing events and experiences – with successes, lessons learned, humor, beauty, awe and humility, we have the opportunity to celebrate and share with others. Certain software and social media allow us to enhance our reach and add-value by continually informing and inspiring others, and growing engagement with the Y on Earth Community. This relates to: Documenting & Celebrating.