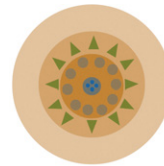
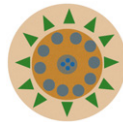


# A Reef Reborn

## Facilitator's guide



### PART III



The film is about time travel within an ocean. It is the story of an ecosystem that collapsed and a community that nurtured its recovery. Today, this story is a symbol of hope.

## Introduction

**A Reef Reborn Facilitators' Guide** was created to synthesize the lessons learned at Cabo Pulmo. It is intended as an instrument for those who wish to provide communities with a process that guides them to make decisions and take actions to care for their natural heritage, in consideration of their current and future generations' welfare.

The facilitator's role is different from the role of a teacher, because in this case there are no right answers. It acknowledges that each individual, group and community has its own history, values and vision. Based on these, they will forge their own pathway and destination. Thus, the facilitator is a companion that supports a learning process in a participatory way.

In the activities presented in the guide, the community envisions their future by exploring their past and present relationship with the environment, based on the following ideas:

1. All changes start within ourselves.
2. We are products of our family values.
3. How we live in our community, and its direct impact on our environment with possible global consequences.
4. We are all connected: what happens in the world could affect our environment, community, family and ourselves.

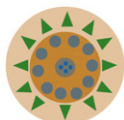
Finally, the activities have been designed using the premise that everyone is unique and has different talents: some people learn more by observation, others by listening and so on. This guide uses various tools such as games, contemplation, introspection, correlation and reflection to make the process accessible to all.

**A Reef Reborn Facilitators' Guide** is structured in three parts:



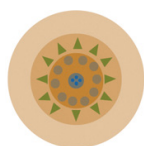
### Part 1. Me and my family

Objective: To lead the participants to contemplate their deepest "self" thereby raising awareness of their own unique presence in the world. They will also reflect on the positive values they acquired from their families that have enriched their lives.



### Part 2. My Environment

Objective: Sensitize the participants to identify and recognize the benefits derived from their environment and orient them so they can develop conservation initiatives based upon ecological principles.



### Part 3. My Community and My World

Objective: Motivate the participants to discover and build a community vision. Recognize the role of organization in collective and cohesive action.

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Welcome to **A Reef Reborn** project.

We have developed this guide to provide a tool for those who wish to help communities recognize the value of their natural resources, wherever they may be, and ways in which they can conserve them.

This guide is a description of 20 activities. They are ideas or proposals. Everything depends on what you encounter in the community. With your experience you will surely improve what is proposed here.

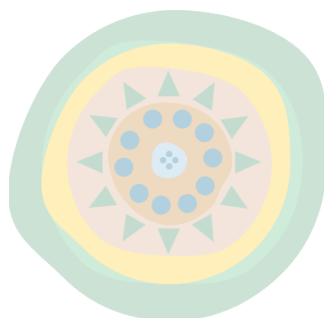
If you would like to share your experience with the broader community, please write to [facilitators@areefreborn3d.com](mailto:facilitators@areefreborn3d.com), because we want to hear from you. By pooling our collective knowledge we can create a support network.

We recommend to begin the workshop by preparing the participants by:

- 1) Screening the film **A Reef Reborn**;
- 2) Use the activities proposed in Appendix 1 (included in Part 1);
- 3) Follow the activities in Parts 1, 2 and 3.

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."*

Margaret Mead



# 1 WHAT LIVELIHOODS ARE POSSIBLE?

Estimated time: 60 minutes



**OBJECTIVE:** To explore the development of other businesses to diversify the economy while ensuring conservation of natural resources.

**IN THE FILM:** Before the marine reserve was created, the community gradually transitioned from fishing to establish businesses that provided tourist services such as restaurants, diving centers, accommodations, artwork and boat services, among others.

**CONCEPTS:** There are alternative ways to generate income in our communities, but we must identify the potential demand for these products and services where they are—both locally and internationally—and explore their marketability.

**MATERIALS:** “Maria’s song” **A Reef Reborn** music (Appendix 1), board or flip chart, markers or chalk, *Reeflections* workbooks (Appendix 3) and pencils.

**BACKGROUND:** Lack of knowledge about our natural resources has caused many exploitive activities that were once productive to eventually fail. When this happens it is time to develop other businesses. What are the barriers to change? Change is not easy, because for many communities, fishing represents not only a livelihood; it is part of their identity and culture. Change also represents great risk—the unknown. In many cases it may not be necessary to change the business but instead to add value to the product. Consequently, extraction costs are lower and income is higher.

Firstly it is important that one understands the complexity of the relationship with natural resources, the rest of the economy and society at large. Bear in mind that it takes time to develop new skills and build a business. This can be achieved through collective learning about the

diversity of resources, skills, abilities and interests of the community and those factors that have contributed to or inhibited people making changes before.

**ACTIVITY:** To perform this activity, the group members must have already participated in "Recognizing my Watershed" and have drawn the map with pictures that refer to uses of their natural resources. Ask a volunteer to recall previous findings regarding the community's resources and how they are leveraged today (must be very concise).

Subsequently, reflect for one minute in silence on the following question: *What would happen if a day comes when our ecosystems can no longer support our survival?*

Ask: *Has the lack of knowledge and awareness about our natural resources led businesses to become less profitable? Do they need to look for other alternatives? Are there resources that could provide alternative business opportunities? Can the resources be exploited in other ways? What are the barriers to change? What are the consequences of not changing?*

Divide the participants into teams of four to discuss their ideas. Each team will complete the table in the *Reeflections* workbook either individually or together. Turn the music on.

Upon completion engage the group members to share their business ideas. List them on a flip chart.

Ask: *Can we increase the revenues from our existing production by adding value to it?*

For example: This may require change in the way of procuring the product to obtain special certification that is internationally recognized, such as "sustainably fished," "organic," "dolphin-friendly" and so on. Alternatively businesses may add value to their products prior to sale.

Explain that all new businesses require the following: Strategic planning, an understanding of how markets work, identifying new opportunities and accessing them. For this it is essential to gain support from experienced people. It is important to develop a list of reliable allies that the community already knows. These allies may not only be a possible source of funding, but also available for advice and support.

**REFLECTIONS:** *"If you only do what you know to do, you'll never be more than you already are."*

DreamWorks

**KEY WORDS:** Creativity, dedication, resources, alternative, livelihoods.



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## 2 BUILDING A COMMON VISION

Estimated time: 2 hours



**OBJECTIVE:** The community constructs a collective vision for a shared future.

**IN THE FILM:** Fishermen and families in the region of Cabo Pulmo agree to protect their reefs and provide services for tourists. Subsequently, they organized themselves to improve their quality of life (access to education, potable water, electricity, etc.).

**CONCEPTS:** A community's vision focuses at first on today's needs to improve the quality of life.

**MATERIALS:** "Building a Common Vision" **A Reef Reborn** music (Appendix 1), flip chart, balloons (one per participant), Post-it notes, markers, *Reeflections* workbook (Appendix 3) and pencils.

**BACKGROUND:** To many people their life's dream is just that: A pleasant fantasy. The dream becomes a vision when there is a plan and the resolve to realize it. To implement the vision, the community engages in collective action to optimize all available resources.

**ACTIVITY:** Present inspiring stories about an individual or a community. For example:

- 1) Albert Lexie  
<http://abcnews.go.com/blogs/headlines/2013/12/shoeshine-man-retires-after-donating-over-200000-in-tips/>
- 2) San Juan la Laguna  
<http://www.sanjuanlalaguna.org/index.php?lang=en>

The group sits in a circle. Take the participants on an Imagineering adventure—a community visioning exercise. Ask them to imagine the most desirable conditions in which they could find their community and environment in 1 year, 5 years and 10 years.

It is possible that they want it to remain exactly as it is now. In that case, ask them to think about education, health, water quality or whatever comes to mind. Everyone will write their own dream

on a Post-it note and then read it to the group. Guide them to place the notes on the flip chart under two headings: Community and environment. After all the participants have delivered their own ideas, analyze the similarities of their dreams. Divide the participants into four groups. Each group will consolidate a vision statement that generally addresses everyone's dream.

Help them to consolidate their ideas into vision statements. Usually “vision statements” have these characteristics:

- They use the name of the specific community;
- They employ concepts that are easy to communicate, like a slogan;
- They reflect common aspirations and objectives;
- They include words with broad collective support;
- They should be inspiring and uplifting to reflect the efforts of all who contributed.

For example, the Cabo Pulmo community reached consensus on the following vision:

*“Cabo Pulmo is a sanctuary of People, Land and Sea.  
A truly natural, rustic and unique destination.”*

Help the group to organize the ideas and prioritize them. If there are existing projects already underway—give them more importance. This is the example at Cabo Pulmo:

CABO PULMO ACTION LINES				
				
<b>PUBLIC SERVICES</b>	<b>URBAN INFRASTRUCTURE</b>	<b>TOURIST SERVICES</b>	<b>ALTERNATIVE LIVELIHOODS</b>	<b>NATIONAL PARK</b>
<ul style="list-style-type: none"> <li>• Potable water</li> <li>• Sanitation</li> <li>• Electrification</li> <li>• Recycling</li> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Community image</li> <li>• School</li> <li>• Park</li> <li>• Community center</li> <li>• Health center</li> </ul>	<ul style="list-style-type: none"> <li>• Enterprise alliance</li> <li>• Improve quality services</li> <li>• Capacity building</li> <li>• Certifications</li> <li>• Promotion</li> </ul>	<ul style="list-style-type: none"> <li>• Feasibility study</li> <li>• Capacity building</li> <li>• Business plans</li> <li>• Crowd funding</li> <li>• Enterprise diversification</li> </ul>	<ul style="list-style-type: none"> <li>• Public Use Program</li> <li>• Resource monitorings</li> <li>• Surveillance</li> <li>• Buoys</li> <li>• Information Center</li> </ul>

There is one final game to complete this activity. Provide each participant with a balloon. Ask all members of the group to write their common vision on a piece of paper. Have them place the paper inside the balloon. Ask them to inflate the balloon as they would when building their dream. When the balloons are fully inflated have them tie the ends off with knots—and ask them to hug the balloons with much tenderness and affection. The balloons represent their dreams. Ask each participant to toss his or her *dream* in the air—and keep it aloft—to prevent it from falling. The gravitational forces that make the balloons drop represent all the adversity that they will face as they fight to make these dreams come true. Mention that you are going to represent the death of a dream, so that if a balloon falls, you will try to break it. Put the music on. This exercise will last from one to two minutes.

**REFLECTIONS:** There are many obstacles that interfere with achieving a dream, but when you are truly committed—you will succeed. *A trouble shared is a trouble halved.*

**KEY WORDS:** Vision, action, commitment.



# 3

## COMMUNITY MEETINGS

Estimated time: 40 minutes



**OBJECTIVES:** Understand how to construct an environment in the community to share information and come to agreements.

**IN THE FILM:** After lengthy discussions, the *Cabo Pulmeños* and neighboring communities reached an agreement to protect the reefs.

**CONCEPTS:** Community meetings are best held in a public space, where the ideas of all members are respected equally and the dignity of all is guaranteed so there is collective participation in the process. This is the place to problem-solve —where proposals are generated and work commitments allocated.

**MATERIALS:** *Reeflections* workbook (Appendix 3), flip chart or blackboard, markers.

**BACKGROUND:** To develop and implement a vision, the community must discuss and determine a course of action. This needs to take place in a neutral space, free of any religious and political affiliation, where everybody is welcome and anybody can speak freely.

Such meetings require an agenda, someone neutral to guide the conversation and a second person to record the agreements and commitments.

Before you start the activity, determine the level of familiarity that participants have with community meetings.



**ACTIVITY:** Ask the participants first to remember the vision and aspirations developed during the previous activity. *How can they make this happen?* As facilitator, record the ideas from the participants on a flip chart.

The sure way to achieve a level of consensus is by bringing people together. Brainstorm a list of requirements necessary to have an effective meeting (lead the participants to come up with the following list):

- Community members (preferably all of them) have the desire to control their own destiny.
- A willingness to share, to commit, to trust and to be open to communication.
- A neutral space for a meeting in which the community feels comfortable.
- A mutual agreeable time to meet (meetings should not exceed two hours).
- An open invitation, that organizers make certain to extend to everybody.
- An agenda, with clearly identified topics for discussion.
- A moderator, who is willing to guide discussions, is inclusive and remains neutral.
- A secretary who creates a list of attendees, documents the agreements they reach and the commitments they make.
- Rules of engagement (constructed during the discussion).

The agenda for this meeting is to decide which of the projects should be part of the initial phase of “building a vision.” To decide which ones qualify, the participants should discuss each topic in terms of what is the top priority for the community.

Then ask for two volunteers: A moderator (who will help the group make democratic decisions) and a secretary who will document the agreements and commitments.

Agreements are reached by consensus or vote. The ideal is to try to reach a consensus through discussions and formalize agreements without the need to vote. This process requires a free exchange of ideas with participants listening respectfully to the perspectives and concerns of others and making an effort to resolve any differences. In this way, each and every participant believes that he or she has come to the best decision.

If consensus is not possible, and the community opts for a vote, the measure may be passed by attaining a majority (depending on what the community has previously agreed should constitute a percentage: 50% + 1, 80% + 1 or unanimity—100% approval). Of course, when all participants buy into a project, its chance of succeeding is greatly increased. Explain that the secretary will record, in writing, all the agreements which the group has reached and the commitments that have been made. It is not necessary to type all the details. Here are examples of sufficient amounts of information:

*It was unanimously agreed that decision-making process will be first by consensus and then if necessary by vote with 80% + 1 signifying approval.*

*11 of 12 attendees voted to address the issue of potable water for the community. The next meeting will be on (insert the exact date and time here), to be held at (insert specific location here, such as Village Hall, etc.) to discuss the work plan for (insert a specific agenda item here).*

It should be noted that the problems discussed might not always be resolved in a single meeting. Often lengthy discussions are required, during the meetings and following these formal sessions. What is important is to maintain the will to solve the issue. Additionally, it is important to efficiently control the time for the meetings, ensuring that they do not extend longer than two hours. That is part of the moderator's role. The secretary is also responsible for storing and sharing the "minutes," or official notes of the meeting, as agreed.

Before the end of the meeting, everyone should agree about the date of the next meeting to resolve outstanding issues or to table new ones. For example, the Cabo Pulmo community has meetings on the first Wednesday of each month. A group of volunteers organizes a committee, which is tasked with issuing community notices, preparing agendas and ensuring that the minutes are completed and distributed. Sometimes, when necessary, key people from non-profit organizations and government, as well as scientists and other friends of the community, are invited, who provide guidance and resources to develop areas in which the community is working. These individuals do not vote.

**REFLECTIONS:** The meetings are where we learn, organize and make decisions. It is the heart of our community where we work on unfulfilled dreams to make them come true.

**KEY WORDS:** Community, meeting, organization, decision-making, consensus, agreements, unanimity.

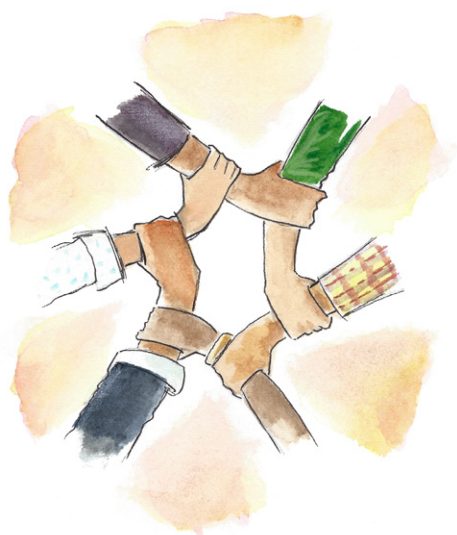


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# 4

## LET'S DO IT!

*Estimated time: 60 minutes*



**OBJECTIVE:** To learn about the planning process, create a work plan and identify networks for community support.

**IN THE FILM:** The community achieves the creation of Cabo Pulmo National Park with the support of scientists, government and friends. This has protected the coral reefs and associated life for more than 20 years.

**CONCEPTS:** Planning and support of networks.

**MATERIALS:** **A Reef Reborn** Planning and implementation guide tables (Appendix 2), *Reflections* workbooks (Appendix 3) and pencils.

**BACKGROUND:** To implement a project, it is necessary to develop an action plan, which is defined by the steps that need to be taken, the time and resources required to enact it and finally, to determine who performs the actions and when. The action plan can only be realized when it is very clear exactly what it is you want to achieve. Goals should be realistic. It is critically important that the community achieves tangible results, thereby attracting more people to participate in future processes. As the community progresses in this endeavor, it increases its confidence in self-management, leadership and develops more enthusiasm to undertake larger projects that require additional time, effort and resources.

The community needs to identify allies, such as government, associations, businesses, scientists and friends in the planning sessions to aid with the analysis. They are all part of a valuable support network.

**ACTIVITY:** As facilitator, congratulate the participants on having come so far in self-understanding, plus the ability to value their natural resources and building a common vision for the future. These are tremendous breakthroughs. Having selected the first task during the previous activity ("Community Meeting") they now have to figure out the best way to implement the project. In this session the participants will determine the required actions, necessary resources, the schedule and who is responsible for achieving their objective. They can use the format that comes in the *Reflections* workbook.

Pick the top priority and define the goal that the group is willing to achieve.

PROJECT / What do we want to achieve?	Where?	How much?	When?

Ask the participants the following questions:

*What resources are available? What are the constraints?*

Remember that it is a step-by-step process to achieve the goal.

For example, Cabo Pulmo priority project: **Water supply.**

Goal: By 2025 100% of households in the community are connected to the water system and have access to a minimum of 250 liters every day.

It is very important that the participants measure their progress in completing a task over time (using milestones). This can identify their roadblocks and indicate possible solutions. In this way the community can organize to solve its own needs.

Actual situation (Baseline): In 2016 just 30% of households are connected to the water system and have access to a minimum of 250 liters every day.

Before beginning a project the community can invite its network of supporters and potential supporters to an open house. In this event, the community will present not only its hopes and needs, but also its commitment to achieve the goal.

**REFLECTIONS:** *"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."*

Henry David Thoreau

Ask the participants what this famous phrase means: *"Rome was not built in a day."*

**KEY WORDS:** Planning, allies, network, milestones, resources.



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# 5 KNOT - MANAGEMENT AND CONFLICT RESOLUTION

*Estimated time: 30 minutes*



**OBJECTIVE:** To acquire basic skills for resolving conflicts. Learn that those involved in the conflicts are the ones with the greatest ability to resolve them.

**IN THE FILM:** The community's decision to stop fishing was not easy to make. Although the film does not show it, the community held many long discussions where opposing views were held. There may not have been any right opinions, only different views provoking worries and uncertainties. By discussing these issues at length, the Cabo Pulmeños were able to resolve their differences.

**CONCEPTS:** Conflict resolution.

**MATERIALS:** 5 scarves for blindfolding, "Gaining confidence" **A Reef Reborn** music (Appendix 1), *Reflections* workbook (Appendix 3) and pencils.

**BACKGROUND:** A conflict is usually perceived as something negative. In a dispute between people a problem often relates to misunderstandings, differences of opinion and may be difficult to talk about. If we change our perspectives, this conflict can be seen as an opportunity for change, potentially for the better. Problems are challenges that require us to go beyond what we thought we could do.

The resolution of a conflict depends upon the skills available to participants to reach an agreement. People who are involved in a conflict are generally the most suitable to solve it. We can get useful help by observing the conflict in another way. The solution depends upon the will and disposition each participant in the dispute.

The first step for the opposing sides: Hold a discussion and be effective listeners by using empathy. Empathy is putting yourself in others' positions, to be non-judgmental, to recognize

others' viewpoints and to communicate thoughtfully. Empathy begins within us, by being kind to ourselves first.

**ACTIVITY:** You will start by stating that in any relationship in which two human beings are involved, inevitably at some point there will be conflicts. Ask the questions and write the answers in the flip chart: *What do we feel when we are in a conflict situation? What are the main causes for conflicts?*

Problems can be traced back to many factors, some of which are so predictable that they can be listed. The main ones are bad communication and intolerance. Invite the group to play a game, which consists of three rounds.

**First round:** A volunteer will be asked to leave the group and wait to be called (the volunteer cannot see/hear what the others are doing). This volunteer will represent someone from outside the community or family. The group will make a circle, holding hands and, without letting go, begin to intertwine forming a great human knot.

Ask the volunteer to come back and try undoing the knot. No one but the volunteer is allowed to speak, but he/she may be allowed to give verbal instructions. Give the volunteer two minutes to try to untangle the knot. If unsuccessful, you instruct members of the group to untangle themselves without letting go of other people's hands to re-form the circle. When the participants have untangled themselves—or after two minutes—tell them to stop.

Discuss with members of the group how this exercise relates to their own lives. Point out that nobody from outside the conflict has the solution. It is important to solve the problem from within the group. Seek outside support from others, as a last resort.

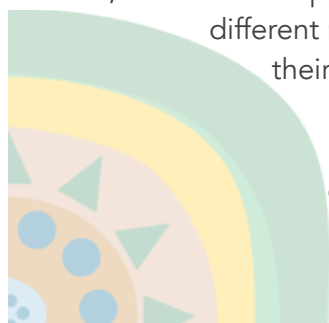
**Second round:** The volunteer is re-integrated into the group. The activity is repeated with 20% of the group blindfolded (the most active ones will be chosen for this). When everyone is entangled, no one may speak. The participants are given three minutes to untangle themselves, following which the game ends.

Ask: *How did they feel when they were unable to speak or see?*

**Third round:** The exercise will be repeated, but now without blindfolds and with the ability to speak. The human knot will be disentangled in seconds.

Ask: *How do we resolve conflicts in our lives?* Mention the skills that help resolve conflict.

**REFLECTIONS:** It is important to realize that conflicts can be resolved with communication. The ability to observe the situation from the other person's perspective permits one to comprehend what the other is feeling to better understand the problem. Do the test! The next time you face a conflict, view it as an opportunity. Try changing the perspective. Say *me*—not *you*. You'll see different results! Permit a little time for the participants to write their reflections in their workbooks.



**KEY WORDS:** Conflict resolution, communication, opportunities, skills, empathy.



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# 6 PRIDE IN MY COMMUNITY

Estimated time: 60 minutes



**OBJECTIVE:** Identify natural and cultural characteristics of our community that reflect the essence of our identity and generate a sense of pride.

**IN THE FILM:** Cabo Pulmeños' life at sea, surrounded by desert, has forged a robustness, independence and resilience that characterizes the community.

**CONCEPTS:** Pride is self-assertion and vindication of who and what one is, and is derived from family, community, culture and the environment.

**MATERIALS:** Sheets of paper, markers, pencils, construction paper, flip chart, open space, cardboard, fabric, papier-mâché, recycling materials, *Reeflections* workbook (Appendix 3).

**BACKGROUND:** The sense of pride for one's community is ascribed to one's personal and collective identification with, and a sense of belonging to, a particular place.

According to the philosopher Simone Weil, *"every human being has the need to know their roots and the moral, intellectual and spiritual components that comprise them, that have resulted from environmental and personal experiences throughout life."*

People are driven by logic and emotion. Pride may be a powerful emotion. It may be tied to the place in which we were born, where we live or our traditions. Every place has a unique cultural richness which we recognize, value, care for and preserve.

**ACTIVITY:** Gather participants in a circle. Inform them that you will be saying the phrase: "*El Vencedor*<sup>1</sup> is sinking. Gather in groups of... (say a number)." When they gather, they will exchange ideas about the cultural or natural qualities of their community that makes them most proud. Anyone left without a group is temporarily out of the game. Repeat the game with everyone joining in a few more times.

Next ask the participants to share words that symbolize their community and write them on a flip chart. You can tell the participants that part of what holds us somewhere is the sense of belonging; the pride we feel for a particular place. Pride is a powerful feeling that can help everyone stay united in a geographic location or draws one back if one is away.

Discuss the following questions in a group, or the participants can individually answer them in their workbooks:

*What makes us feel proud to live in our community?*

*If we're away from home, what would we miss?*

*What is it that would make us want to return?*

Ask the participants to draw on a sheet of paper what they believe best represents their community. Pin their drawings on a wall. Give them the time to explain their choices. Then ask them all together which three or four are the most significant symbols. Ask them to create a logo or a shield together using cardboard, fabric, papier-mâché or other materials that are available.

**REFLECTIONS:** Propose that everyone completes the following sentence in his or her workbook:

*I am a (write the community's name or nickname) because\_\_\_\_\_.*

For example: *I am a "snowbird" because "I'm from New York."*

**KEY WORDS:** Identity, pride, culture, place, symbols.

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<sup>1</sup> *El Vencedor* is the tuna vessel that sank on Cabo Pulmo's reefs. After 30 years the wreck has become a haven for life.

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# 7 A NEW BEGINNING - *A REEF REBORN*

Estimated time: 30 minutes



**OBJECTIVE:** Validate the key ideas of **A Reef Reborn**, embrace them and commit to action.

**IN THE FILM:** At the end of Cabo Pulmo's story, Iliana (the narrator) says: *"...but nature is indomitable. It is irrepressible. When we humans give it a chance, it can heal itself... and heal us too."*

**CONCEPTS:** The belief in change, setting a new course, the determination to follow through, the courage to do whatever is necessary to achieve your dream.

**MATERIALS:** "A Reef Reborn" music (Appendix 1), little pieces of paper, a box, pencils, yarn and Reeflections workbook (Appendix 3).

**BACKGROUND:** Through **A Reef Reborn** we have learned that we are masters of our own destinies. That any change is possible. That our dream can succeed if applied through action. That unity creates strength. What we build in us, in our families and communities, is connected with the environment and the rest of the world.

**ACTIVITY:** This endeavor can be accompanied by the music (from Appendix 1) at a low volume. Invite the participants to write on pieces of paper something that they had felt, heard or thought during the workshop and put them in the box.

Then pass the box around for everyone to take a piece of paper and read out loud what someone else wrote. Invite each participant to expand on those ideas.

Suggest that group members write in their workbooks what they want for themselves, their families, the environment, the community and the world. After, propose to repeat the first program activity—Appendix 1—by sharing one thought that they wrote. At the end they will be bound together into this great network again by their dreams.

**REFLECTIONS:** Anything that is possible can be achieved. It depends on the level of our vision and commitment.

**KEY WORDS:** Reborn, reflection, enthusiasm, determination, optimism, courage, creativity.



# APPENDICES




## 1) **A Reef Reborn Music**

Activity	Soundtrack	Comments
<b>3.1 What other livelihoods are possible?</b>	María's song <a href="https://drive.google.com/open?id=0Bx84o8uuK36_TTJ2RXpEWDZEWkE">https://drive.google.com/open?id=0Bx84o8uuK36_TTJ2RXpEWDZEWkE</a>	Hope. Setting out on a journey filled with possibilities.
<b>3.2 Building a common vision</b>	Building a common vision <a href="https://drive.google.com/open?id=0Bx84o8uuK36_VnVVcTZHZ2NYak0">https://drive.google.com/open?id=0Bx84o8uuK36_VnVVcTZHZ2NYak0</a>	It is about resolution, about power in numbers, about finding one's voice - about triumph.
<b>3.5 Knot</b>	Gaining confidence <a href="https://drive.google.com/open?id=0Bx84o8uuK36_cUFoVGlyQ3ZqWVRCZHRxYmw5QVdVWUUxWnM4">https://drive.google.com/open?id=0Bx84o8uuK36_cUFoVGlyQ3ZqWVRCZHRxYmw5QVdVWUUxWnM4</a>	Use this music when the participants are holding their hands creating a human knot and then writing in their workbooks.
<b>3.7 A Reef Reborn</b>	A Reef Reborn <a href="https://drive.google.com/open?id=0Bx84o8uuK36_QnFXMV84WkNfSTg">https://drive.google.com/open?id=0Bx84o8uuK36_QnFXMV84WkNfSTg</a>	This music is like an encapsulation of the entire exercise - the first part is about one's life before - and then comes the moment of change when one knows one has to change course - and the pain, fear and challenge of that change - but then the new course opens up into a universe of possibilities - not without its challenges and pitfalls - but ultimately with wonder, triumph - glory.
During the breaks and at the end of the workshop	A Reef Reborn Theme <a href="https://drive.google.com/open?id=0Bx84o8uuK36_YWZSUI8yay1TUHc">https://drive.google.com/open?id=0Bx84o8uuK36_YWZSUI8yay1TUHc</a>	Triumph

- 2) **A Reef Reborn** Planning and Implementation format. Available for printing letter-size: [https://drive.google.com/open?id=0Bx84o8uuK36\\_M2FRN1VOUDFWYms](https://drive.google.com/open?id=0Bx84o8uuK36_M2FRN1VOUDFWYms)
- 3) **A Reef Reborn Reeflections workbook Part 3: "My Family and My world"**. We recommend printing this on Recycled legal - sized paper. Ready to print format available in: [https://drive.google.com/file/d/0Bx84o8uuK36\\_bWxHRDFxRGdIZlk/view?usp=sharing](https://drive.google.com/file/d/0Bx84o8uuK36_bWxHRDFxRGdIZlk/view?usp=sharing)


# A Reef Reborn Reeflections workbook Part 3: "My Family and My world"



## My Community and My World


# A Reef Reborn

## Reeflections



\_\_\_\_\_

Name



\_\_\_\_\_


Date

\_\_\_\_\_

Place

Throughout this process we will:

- ☐ 1. Explore alternative livelihoods.
- ☐ 2. Build a collective vision.
- ☐ 3. Develop a way to make agreements (meetings).
- ☐ 4. Create a plan to achieve our vision.
- ☐ 5. Solve contentious issues.
- ☐ 6. Reflect on what we value about our community.
- ☐ 7. Resolve to completing the tasks to meet the goal.



## 1 What Alternative Livelihoods Are Possible?

Are there any alternative livelihood that you would like to develop?

☐ yes ☐ no

Which one?

\_\_\_\_\_

Is this activity in harmony with who you are?

☐ yes ☐ no

Is the activity compatible with the environment?

☐ yes ☐ no

Would there be a market for this product or service?

☐ yes ☐ no

What do you need to develop it?



*"If you only do what you know how to do, you will never be more than you already are."*



## 2 Building a Common Dream

*Every endeavor starts with a dream.*

What can we do to improve our community?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What can we do to improve the quality of our environment?


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Our community vision:



## 3 Community Meetings

Community meetings take place in a dedicated space in which we learn, organize and make decisions. They are the heart of our community.

The community meeting is where we find consensus and make the vision a reality.

*The recipe for success*

Ingredients:

- Members of the community with the desire to manage their own development.
- A neutral, comfortable space where members feel welcomed.
- A convenient time for everybody.
- An open invitation (always).
- A specific agenda to address issues of community advancement.
- A volunteer moderator (willing to guide discussions, who is inclusive and neutral).
- A person who writes the agreements (secretary).
- A code of honor (rules about behavior that the community builds through consensus).

Instructions:

A. Mix everything well in the sequence above and season it with: Willingness to share, commitment, confidence, openness, trust and healthy communication.

B. Bake for no longer than 2 hours.





# 4 Let's Do It!

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."

Henry David Thoreau

The purpose of the vision and the construction of a plan is to build foundations upon which your community's dreams can come true.



Always keep in mind that dreams are not achieved overnight; it is a step-by-step process in one direction. We must remain committed, organized and continue our work on a daily basis to see the changes.

Most importantly: Remember that we are not alone.



# 5 The Knot: Management and Conflict Resolution

We usually define a problem as something negative, but if we change the perspective, it would be considered as an: \_\_\_\_\_

Who are the most appropriate people to solve a problem? \_\_\_\_\_

What is needed to solve a problem? \_\_\_\_\_



Empathy is one of the most powerful tools to solve disagreements. Start by understanding your own position. Put yourself in others' positions. Leave judgments out. Recognize others' feelings. Communicate.

Mayan people maintain a tradition in their daily greetings. When they meet with another person, they say: *In Lak 'Ech* (which means: I am you), and the other one responds: *Hala' Ken* (which means: You are me).

## Plan and start-up

**ACTUAL SITUATION** (What, Where, When)

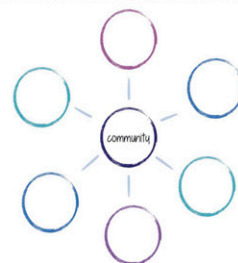
**GOAL** (What, Where, When)

"Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead

**Identify your allies:**

Government, Foundations, Universities, Individuals, etc.



TASKS	TIME FRAME / ALLOCATION	RESOURCES	EVALUATION	PROBLEM SOLVING
(What steps are needed to achieve the goal)	(How long will it take to achieve each step)	(Who and what is necessary to complete the task)	(Monitor the progress)	(Modify the plan as needed)

Goal does not change, but the process to achieve it probably will.



# 6 Pride in My Community

I am proudly a:



(write the name that refers to people in your community)

because:

Imagine you moved to live elsewhere...

What would you miss about your home?

What would make you want to return?

What makes you feel proud of your community?



Logo or shield of my community:



# 7 A New Beginning—A Reef Reborn

Through *A Reef Reborn* we've learned that we are masters of our own destiny. To face the future, change is necessary. We must have a vision of what we want. We need to come together to make a plan. We need to act. United we are stronger. We are interconnected.

I want for...

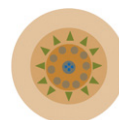
myself:

my family:

my environment:

my community:

my world:



SummerhaysFilms

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"...nature is indomitable.

It is irrepressible.

When we humans give it a chance,

it can heal itself...

and heal us, too."

*A Reef Reborn*



# REFERENCES AND OTHER RELATED ACTIVITIES



## **Activity 1: WHAT ALTERNATIVE LIVELIHOODS ARE POSSIBLE?**

- *Linking Communities, Tourism and Conservation - A Tourism Assessment Process* has been designed by Conservation International and The George Washington University for field practitioners to perform a rapid assessment and analysis of tourism potential in a destination. [https://drive.google.com/file/d/0Bx84o8uuK36\\_aHBqcGNzZ3l2VHdJTjB2YWtTbWF0QUF3aFRR/view?usp=sharing](https://drive.google.com/file/d/0Bx84o8uuK36_aHBqcGNzZ3l2VHdJTjB2YWtTbWF0QUF3aFRR/view?usp=sharing)

- *Sustainable Livelihoods Enhancement and Diversification (SLED): A Manual for Practitioners*. IUCN, Gland, Switzerland and Colombo, Sri Lanka; CORDIO, Kalmar, Sweden; and ICRAN, Cambridge, Reino Unido, 2008. [https://drive.google.com/file/d/0Bx84o8uuK36\\_Z1ZRdjRtbDNwQ3M/view?usp=sharing](https://drive.google.com/file/d/0Bx84o8uuK36_Z1ZRdjRtbDNwQ3M/view?usp=sharing)

- Aflatoun's International has a programme that contains both social and financial themes. Children learn about themselves, child rights, saving, basic financial concepts and enterprise. Aflatoun puts children at the centre of their learning process and engages them with the world around them. By doing so, Aflatoun believes that the social and financial lessons that they receive will stay with them forever. <http://www.aflatoun.org>

## **Activity 2: BUILDING A COMMON DREAM**

- *The Community Tool Box* is a free, online resource for those working to build healthier communities and bring about social change. Their mission is to promote community health and development by connecting people, ideas, and resources. The Community Tool Box is a service of the Work Group for Community Health and Development at the University of Kansas <http://ctb.ku.edu/en>.

- *Proclaiming Your Dream: Developing Vision and Mission Statements*.

<http://ctb.ku.edu/en/table-of-contents/structure/strategic-planning/vision-mission-statements/main>

- *Analyzing Problems and Goals*.

<http://ctb.ku.edu/en/analyzing-problems-and-goals>

- *Strategic Plan for the developments of Cabo Pulmo*. DAI and ACCP, 2011. <http://cabopulmoamigos.org/assets/strategic-plan-summary-accp-2012.pdf>

## **Activity 3: COMMUNITY MEETINGS**

- *Conducting Effective Meetings*. From Community Tool Box. <http://ctb.ku.edu/en/table-of-contents/leadership/group-facilitation/main>

## **Activity 4: LET'S DO IT!**

- *Participatory Approaches to Planning Community Interventions*. From Community Tool Box. <http://ctb.ku.edu/en/table-of-contents/analyze/where-to-start/participatory-approaches/main>

- Comunidad organizada de Las Animas, modelo de desarrollo sustentable. Sociedad de historia natural Niparajá. <https://www.youtube.com/watch?v=XsTP-KiZpJI>

#### **Activity 5: THE KNOT - MANAGEMENT AND CONFLICT RESOLUTION**

- [War Child learning.org](http://WarChildLearning.org) provide tools to work on the issue of management and conflict resolution. Within the material available are resources for facilitators, activities and evaluation.

#### **Activity 6: PRIDE IN MY COMMUNITY**

- [Rare org.](http://Rare.org) partners with local organizations to run comprehensive marketing campaigns, called Pride campaigns, to inspire communities to take pride in their natural resources. Pride sparks and builds community support for the adoption of more sustainable behaviors.

#### **Activity 7: A NEW BEGINNING - A REEF REBORN**

- [Breaking the Poverty Cycle: The Human Basis for Sustainable Development](#). Susan Pick and Jenna Sirkin, 2010. Published to Oxford Scholarship

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