

Social Habitat Guidelines (basic materials)

A Nest City Social Habitat is a social space where we explore three things simultaneously: how to make city habitats that get us where we want to go, how to practice being citizens who serve cities, and how to 'fly' in ways that allow our cities to serve citizens. These three things form The Nestworks, a model that enables the emergence of possibilities, clear purpose and priorities, and skilful implementation (what we will do and how we will do it).



minimal critical structure

The purpose of the gathering—the intention—shapes everything: who to invite, what we will do, why we will do it, where we will meet, and the outcomes and impacts we expect will best serve in the moment. Below are the basic elements for a Nest City Social Habitat gathering.



welcome + introductions

A host or participant will begin the gathering with an activity to mark the shift into a purposeful and conscious social habitat. The activity is responsive to who we are and our setting. It always involves a simple round of introductions, if necessary.



check-in

A check-in allows each voice in the gathering to be heard and allows each of us, alone and together, to be present. This may involve a word, a story, an expression of intention or commitment, or ideas that will thread into the conversation to follow. The check-in can be quick or slow, shallow or deep, depending on the circumstances; it allows us to weave ourselves together.



conversation

The minimal critical structure for the design of the conversation is in response to the purpose of the gathering, the people involved. In all cases, the following agreements, principles and practices support our work together.



check-out

A check-out allows each voice to be heard at the end of the gathering. Like the check-in, it may be quick or slow, shallow or deep, depending on the circumstances. It may take the form of a word, many words of reflection about what is in the mind, heart and soul as we part, or actions we are taking forward. It allows us to weave ourselves further together before releasing ourselves from this particular conversation.

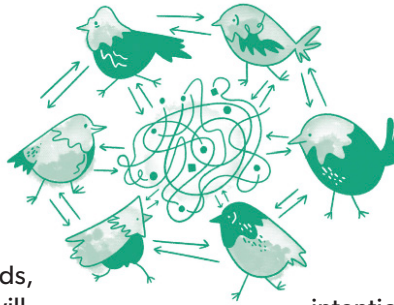


how we will work together

While the “minimal critical structure” sets up the shape of a gathering, how we work together also needs our attention. Here are four shared leadership roles, seven agreements and ten practices. They serve as a good starting point for our work together, and we’ll modify as needed.

shared leadership roles

hosts — define the intention and scope, invite, design and prepare, facilitate



scribes — capture the essence: insights, decisions, actions

participants — engage with open minds, open heart and open will

guardians — be aware of timing and intention, needs and energy



agreements

1. We hold all stories or personal material confidential
2. We listen to each other with compassion and curiosity
3. We ask for what we need and offer what we can
4. We agree to pause at a signal when we feel the need to pause
5. We embrace confusion as a creative space for emergence
6. We stretch together into our highest mutual possibilities
7. We expect something novel, vital and important to happen at any time



practices

1. Share leadership roles (hosts, scribes, guardians, participants)
2. Share responsibility for the quality of our experience
3. Direct attention to the present moment
4. Relay present-moment experiences, to give others access to our experience
5. Speak with intention, noticing relevance to the conversation
6. Listen with attention, relaxing into others’ learning process
7. Notice the impact of contributions
8. Lean on honesty to enable wholeness in individuals and the community
9. Receive feedback with strength, grace and curiosity
10. Trust that results will emerge from our truthful work together



resources

Resources that informed these pages: thecircleway.net, heatherplett.com, artofhosting.org, terrypatten.com, radicallytransform.org.

