



Resilience Teams

Organizer's Kit

So you plan to organize a group of people who want to share stuff, save time and money, and support each other? If you are ready to get started with your Resilience Team, but not sure where to begin, you've come to the right spot.

About the Organizer's Kit

In this kit, you'll find tips and tools that will help you get organized, gather your participants, and lay the foundation for a successful set of three Resilience Team sessions designed to transform your group into a team. We encourage you to adapt and customize this kit in whatever way you want – whatever way is right for you and your partners.

If you already have gathered your participants and have identified a facilitator, location, and schedule, you can skip right to the **Resilience Teams Manual** (available at www.rTeams.org), where you will find a step-by-step process, along with handy tips, for facilitating the series of three potluck meetings.

Five ingredients to organize your Resilience Team:

- Partner
- Facilitator
- Participants
- Location
- Schedule

Partner

We strongly suggest you find one or two partners who are as excited and motivated as you are. Take the time to look among your friends, family, and local organizations such as your closest Transition group, but also look on the web for people in your area who blog or write about resilience, sustainability, local food, gardening, and other topics related to resilience.

Facilitator

While you or your partner can facilitate the three-session series, you also may choose to find a facilitator who has some experience with small groups to guide the sessions. If you decide to facilitate your group, consider researching the principles of facilitation or taking an online training. The **Facilitator's Guide** also has plenty of tips and ideas for creating a welcoming, yet productive, environment for your sessions.

Participants

We recommend that you aim to gather an initial group of 15-20 participants for your series of three meetings. This group size naturally will decrease over time to a smaller, tighter team of about 10-15 people. Most people find this step to be the largest challenge, so we have included several strategies (below) for attracting people to your sessions.

Location

You will need a space that can accommodate a group of 15-20 people, with bathroom and kitchen facilities for potlucks. There should be at least one wall that can hold a large poster where you will take notes from the group sessions. Alternatively, you could use a laptop and projector to record notes in a document that can easily be seen during the session and later shared with the group.

Schedule

It may be a good idea to establish the schedule for the three sessions before you begin the meetings. Choose days and times when most people will be available. You want to meet often enough to keep the momentum going, but not so often that people won't be able to come. Every two, three, or four weeks might be reasonable.

Growing your group

Once you have found a partner or partners, you can begin to brainstorm how to find participants for your group. The following methods can be used alone or together to find 15-20 group members to begin your team.

As you are brainstorming how to find participants, be sure to develop a few short "soundbites" that you can use to quickly explain the concept of a Resilience Team. For example:

- A group that works together to share stuff, save money and time, and support each other
- A small community of people who gather to learn, have fun, and share
- A series of three meetings for people to get to know each other and decide how to help and support each other

1. Linking method

You and your partners should identify two or three people you would each like to invite to join your team. Each of those people should then be invited to bring two or three people to the first session.

2. Existing communities

Look online or talk to friends to find out which local communities might have people who would want to join a group like yours. Think about these types of existing communities:

- Transition groups
- Gardeners
- Local foodies
- Sustainability or environmental groups
- Churches
- Cooperatives
- Neighborhood associations

It may help your group to gather several potential team members from one of these communities, so that some people already know each other.

3. Basic outreach

You (or one of your partners) can create a free Facebook group to network your Resilience Team. Be sure to explain the basic idea and benefits of a Resilience Team, as well as provide a way to contact you for information about the meetings. As you meet people who are interested, you can direct them to this Facebook page, or just direct them to our website at www.rTeams.org for more information.

4. Introductory meet and greet

If you find that people want more information before committing to come for the initial three-sessions, you could hold an introductory meeting or potluck so people can meet each other and have the chance to ask you and your partners more questions about the group, the process, and anything else.

You may want to take five or 10 minutes during the potluck or happy hour to speak briefly to the group about the purpose of a Resilience Team and explain the process of using the three-session series to build a team. Ask people who want to come to the series to sign in with name, phone number, and email address so that you can send out a reminder of the first meeting, and consider sending them home with a printed reminder of the date, time, and location.

5. Book club or movie nights

Another way to gather participants is through a book club or a series of movie nights. Choose an inspiring book or a few meaningful movies that could inspire discussion, find a location to meet, and start inviting friends. You could also make these gatherings into potlucks to allow people time to meet and get to know each other. During or at the end of the series of meetings, invite your friends to join you in forming a Resilience Team. (See potential books and films for discussion at the end of the **Facilitator's Guide** at www.rteams.org)

Moving into the series of meetings

Once you have gathered the ingredients, participants, and materials for the three-session series, be sure to read the **Facilitator's Guide**, also available free on our website, www.rTeams.org.