

Sustainability Toolbox Seminar

Level 1

- Learn skillful means for relationships and money
- Increase your connection with the natural world
- Artfully navigate an increasingly fast-paced and fragmented culture
- Hone the effectiveness of your life's work

February - June 2005, one Saturday per month

You Will Learn:

Nonviolent Communication (NVC)

A process for improving any personal or professional relationship by enhancing the quality of connection, and creating win-win outcomes. NVC is fun, and effective for defusing and preventing conflicts.

Permaculture and Naturalist Awareness

Naturalist training gives us the awareness tools for becoming native to our place. Permaculture is a design system for human households and settlements based on working with rather than against nature.

Integral Ecology and Sustainability

An approach to ecology and sustainability that draws from Ken Wilber's Integral Model, which honors and includes more knowledge and wisdom from a greater number of sources than any other theoretical and practical framework.

Financial Integrity

This approach to personal finances results in a personal relationship with money that is clear, non-stressful, and empowered. In some cases, people use this approach to create for themselves the option of earlier-than-traditional retirement.

The "Acorn" Organic Systems Model

Based on the Native American Medicine Wheel, this universal pattern is applied as an organizational model, a checklist for events, and a flowchart for projects. The Acorn Model helps us integrate people's diverse gifts into cohesive, effective teams, and it resolves many confusing issues between hierarchical and egalitarian approaches to organizational design.

WHO: *Alan Seid & Tricia King are a husband and wife team who have been teaching sustainability skills and tools for 10 years. They both practice what they teach, and have become well-known for the skill and integrity they bring to their work. They are co-founders of Bodhi Creek Learning Center, which is devoted to this work. They co-direct Cascadia Training and Mediation, which offers meeting facilitation, trainings, and conflict mediation to business, government, and nonprofits.*

WHERE: *Bodhi Creek Farm, 35 minutes from Bellingham*

HOW MUCH: *\$500 for the five months.*

HOW: *Call 599-2134 to apply! A deposit of \$150 will hold your spot. Our cancellation policy allows us to refund your money if you cancel up to two weeks before the event. Limited to 10 participants. Refreshments and snacks provided; participants are asked to bring their own lunch.*