

# The Big DIY Assemblies

Instructions 1/3

## Set up and intros (5 mins)

- Form a group of 6 people (no more) ideally with people you don't know
- Appoint a facilitator (takes people through these instructions), note taker (give them the Notes and Answers card) and timekeeper
- Facilitator: Welcome everyone and read out today's question: **How might we make stronger connections between our different groups to be more impactful together?**
- "The conversation you are about to have is a unique opportunity to connect with others on an important topic, to exchange ideas/support and consider a pathway forward."
- "We are using a format developed by Talk Shop ([talkshopuk.org](http://talkshopuk.org)): our thanks to them"
- "Let's have a simple introductions round: Name, town and perhaps group"

# The Big DIY Assemblies

## Instructions 2

### **Deep listening (10 mins)**

- Facilitator: “Great discussions are helped when you actively listen. We’ll begin with an active listening exercise.” See back of Instructions 3 card for this (ask if any questions).

### **Topic input (15 mins)**

- Facilitator: Read out today’s question again. “Our task is to decide together our best three ideas”.
- Facilitator - Input to stimulate the discussion: Give the other 5 members an information card each
- Allow time for everyone to read their card in silence
- After reading, each person in turn reads out their card to the whole group (no discussion)

# The Big DIY Assemblies

Instructions 3/3

## Discussion (30 mins)

- Facilitator: “Please raise a finger if you would like to speak. Wave your hands or put your thumbs up if you agree with a point.”
- Towards the end, decide your **top three ideas**, together, for the note taker to write on the answer card

## Integration (5 mins)

- Ask one person to submit your group ideas to Polis
- Everyone: Visit Polis to view and rate ideas from other groups (open until Tuesday)
- Facilitator: “This concludes our assembly. Remember to exchange contacts and any follow up steps if you want to.”

# The Big DIY Assemblies

## Deep Listening

In a People's Assembly all voices are heard and valued equally. No one person or group dominates - we are not trying to win an argument here, but instead uncover a group wisdom. To do this we must listen carefully and respectfully to everyone. Let's practice this active listening:

Split into pairs and take a few minutes each to say what you feel about "The Big One". Why did you come here today?

Share as openly as you can. Remember to listen carefully, with your full attention - don't think about what you're going to say or interrupt - silences are OK!

After 3 minutes (timekeeper) swap round and the other person shares their experiences.

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## 1. Understanding yourself

Work to understand your own **motivation:**

- How far does your motivation come from within? You do something because you enjoy it and get personal satisfaction from it.
- How far does your motivation come from outside? You do something to gain an external reward.

For example, why might someone do gymnastics? Is it to win the gold medal, or for the pure joy of doing gymnastics.

PTO

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The more you understand yourself, the more **authentic** you will be. When you're true to yourself, you not only trust the judgments and decisions that you make, but others trust you as well. They'll respect you for standing by your values and beliefs.

When you're authentic, you also have **integrity**. This is being honest, while showing a consistent and uncompromising adherence to strong morals and values.



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## 2. Connecting with people

If you want to connect to people, the first step is to commit to doing this as a priority. It takes time and effort – it happens over years.

Another step is to go to places where you will meet people from other groups.

Take the time to learn about what other people do – listen, listen, listen.

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Once you've started to meet people, stay in touch - just like in a friendship. Invest in creating an authentic relationship. It takes time to build an emotional connection.

Connect at a human level – not the level of the task. Don't just go to them when you need something. People can smell it a mile off if you are only there with an agenda.



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## 3. Doing things together

Do stuff together rather than just talk:

- Is there a project we can start together right now?
- Remember to socialise! Arrange joint socials, film evenings and so on
- Eat food together.
- Go on someone else's picket or march, litter pick.

Doing this regularly helps. Stronger relationships are created when you have shared experience - been through thick and thin. Taking risks together really creates a shared bond rapidly.

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## 4. Challenges

Every connection is different. They are often messy. They can confront you with your shortcomings. in a relationship.

- Try and hold the messiness and complexity of the relationship
- Concentrate on the common ground between you rather than your differences.
- When difficulties arise, we often want to cut the other person off, when actually it's vital to keep talking.

PTO

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- Mistakes are inevitable, so forgiveness is important. That's a skill, especially when we feel angry. Sometimes we may need the courage to admit that we messed up.
- Try and avoid judging people. It may help to think of someone you made a judgement about – and were proved wrong.



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### 5. Connecting local groups

Individuals who attend two or more local groups strengthen the connections between those groups.

All the points on card 2. Connecting with People, apply here too. As with individuals, it is best if groups look for common ground with other groups and don't get hung up on small differences.

Balance the task (getting stuff done) and maintenance (maintaining relationships). If you only focus on the task, the relationships may fall apart, stopping you from reaching your goal. If you just enjoy the relationships, you are also unlikely to reach the goal. Hence the need for balance. PTO

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Things to do:

- Spend time sharing ideas.
- Co-create visions of the better world we long for
- Find out which activities have the widest appeal across both/all groups and do those.
- Enquire how our models of change complement each other
- Ask what our group can learn from the way they do things



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## Notes and Answers 1

1.

2.

3.

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Notes and Answers 2



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