

## **Appendix 2. The workshop**

Description of the workshop developed and performed with the partner organization in Southern Sweden as a part of the case study, how it was conducted as well as the workshop agenda (Table A2.1).

The one-day workshop was developed together with the two collaborators from the partner organization and performed on three occasions, January–April 2014, at different locations within the region. 17–34 people participated at each workshop (72 participants in total). Our partners took the main responsibility for facilitating the workshops, whereas one of the co-authors contributed with a couple of short presentations and assisted at some of the exercises. In the end of each workshop, all participants took part in a reflection round that was recorded and transcribed.

The first workshop in January was a pilot, and for the next couple of workshops in April we refined some of the exercises and developed a folder on resilience (Appendix 3). Repeating the workshop with different participants allowed us to successively refine the workshop agenda, and generated more reliable results of benefits and challenges. For the partners, the workshops were part of their work in the project “LEADER learns for transition to sustainability”.

It is important to note that this is not the only way to combine the two approaches, and that the specific contributions of the two approaches (see results on the benefits of cross-fertilization) will depend on the specific case. They will also vary depending on which approach you compare it to, showed for example in the results of Feola (2014), comparing the Transition Movement in Italy to another grassroots initiative: the voluntary simplicity movement in Italy.

**Table A2.1. The workshop agenda**

---

9.15	<b>Introduction:</b> Presentation round, aim of the workshop
9.40	<b>Intro Resilience I:</b> “Web of resilience” exercise (adaptation from Hopkins 2008, p. 60), starting point: what is needed for a viable local community? Historical perspective: how has the web changed over time? (influenced by the historical timeline exercise in Resilience Alliance 2010, section 1.4) <u>Lessons for resilience:</u> networks with a diversity of connections and relations, unpredictable when the network collapses
10.00	<b>Trends and threats:</b> Exercise with “context cards”, describing problems of climate change, peak oil, global economy, global inequality, and ecosystem deterioration (developed by one of the partners based on an idea from the UK Transition Movement). The workshop is about preparing for surprise, both slow and fast changes. The cards address some of them. <u>Lessons for resilience:</u> Everything is connected, social-ecological systems, cannot solve one problem without affecting the others

11.00 **Human needs:**

Exercise on human needs: What are our basic needs that we want to be able to meet also in the future?

Placing needs in the framework of Max-Neef (1991): needs are a few, finite and the same across cultures. Not hierarchical, but more like a system, or glasses on a tray that needs to be balanced.

Discussion of difference between needs and strategies to meet the needs.

11.40 LUNCH

12.40 **Intro resilience II:**

Definition of a resilient local community (translated from Swedish): “a resilient local community can thrive and meet people’s needs, even with changing conditions in the world surrounding it, and regardless what the future will look like”

Demonstration of threshold effects (Resilience Alliance 2010, section 2.3) by blowing up a balloon...

Presentation on seeing the world as complex systems and strategies for how to deal with complexity (drawing on the Resilience Assessment’s underpinning idea of complex adaptive systems (Resilience Alliance, p. 4)).

Exercise on resilience: a group standing around a sheet, holding the edges, representing external changes, chairs beneath the sheet as thresholds, playing around with balls of different weights.

Lessons for resilience: complexity, fluctuations, disturbances and critical limits

13.00 **Resilience to what?**

Threats: Individual reflection, putting threats on the wall, discussion

13.20 **Resilience of what?**

What do we want to be resilient? Values.

What is it that we want to preserve in this local community? What are conditions for good life quality and a thriving local community?

Using the needs from before as a starting point, placing the prioritized ones in the middle, complementing.

13.40 **Intro resilience III:**

Presentation of cross-scale interactions, different scales are interconnected (Resilience Alliance 2010, section 3), modularity (example from Hopkins 2008, p. 59).

Lessons for resilience: enough self-sufficiency, not isolated, but not too dependent either, modularity and redundancy

13.50 **Strengths and weaknesses:**

Individual exercise: selecting important needs and the threats that threaten it.

Connecting needs and threats in groups, identifying related strengths and weaknesses from a resilience perspective.

Summary and reflection of strengths and weaknesses, what perspectives are missing?

15.00 **Strategies for resilience:**

Presentation of resilience folder and general characteristics for resilient systems (Appendix 3).

Going through the resilience characteristics in groups – relate to local community: what do we have already and what could we add? Is it relevant for us?

15.30 **Reflection round and evaluation**

---