



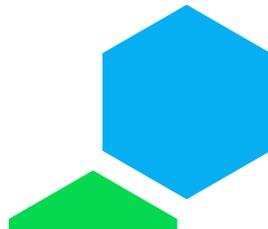
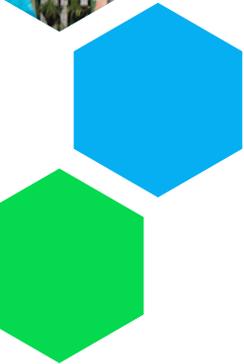
# REBUILDING YOUR COMMUNITY

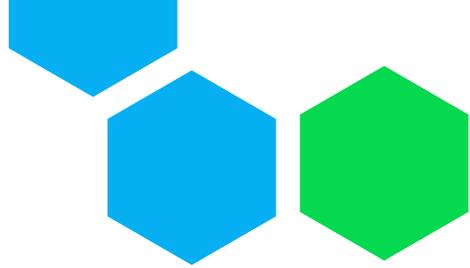
A 12 Month Course for Professionals  
Working in Local Government  
and Social Services



COVID-19 has caused widespread disruption, not least of all in the community sector, highlighting the devastating need and incredible strength present in our communities. At the Centre for Building Better Community (CBBC), we see this disruption and new awareness as an opportunity to take stock and re-evaluate the way we work as professionals and practitioners.

Becoming aware of a problem is the first step. However, it doesn't automatically mean we have the knowledge, insights, and tools to fix it. CBBC's learning experience will equip you to better understand all of what is happening in your community and give you the tools to create collaborative approaches that empower communities to draw on their strengths and become the answers to their own issues.





If you would like to:

- empower community-led initiatives
  - align your KPIs to the aspirations of your community
  - create sustainable communities and places where everyone can flourish using CBBC's unique Flourishing Framework™
  - become skilled in building collaborative and effective teams
  - integrate your motivation and the mission of your organisation
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then *Rebuilding Your Community* is a learning experience tailored for you, and I'd like to invite you onboard for the journey.



Andre Van Eymeren  
Managing Director  
Centre for Building Better Community





The Centre for Building Better Community's learning experience will take place over 12 monthly sessions. The first will be a full-day workshop with subsequent sessions, each running for 3.5 hours.

Each session is built on three blocks:

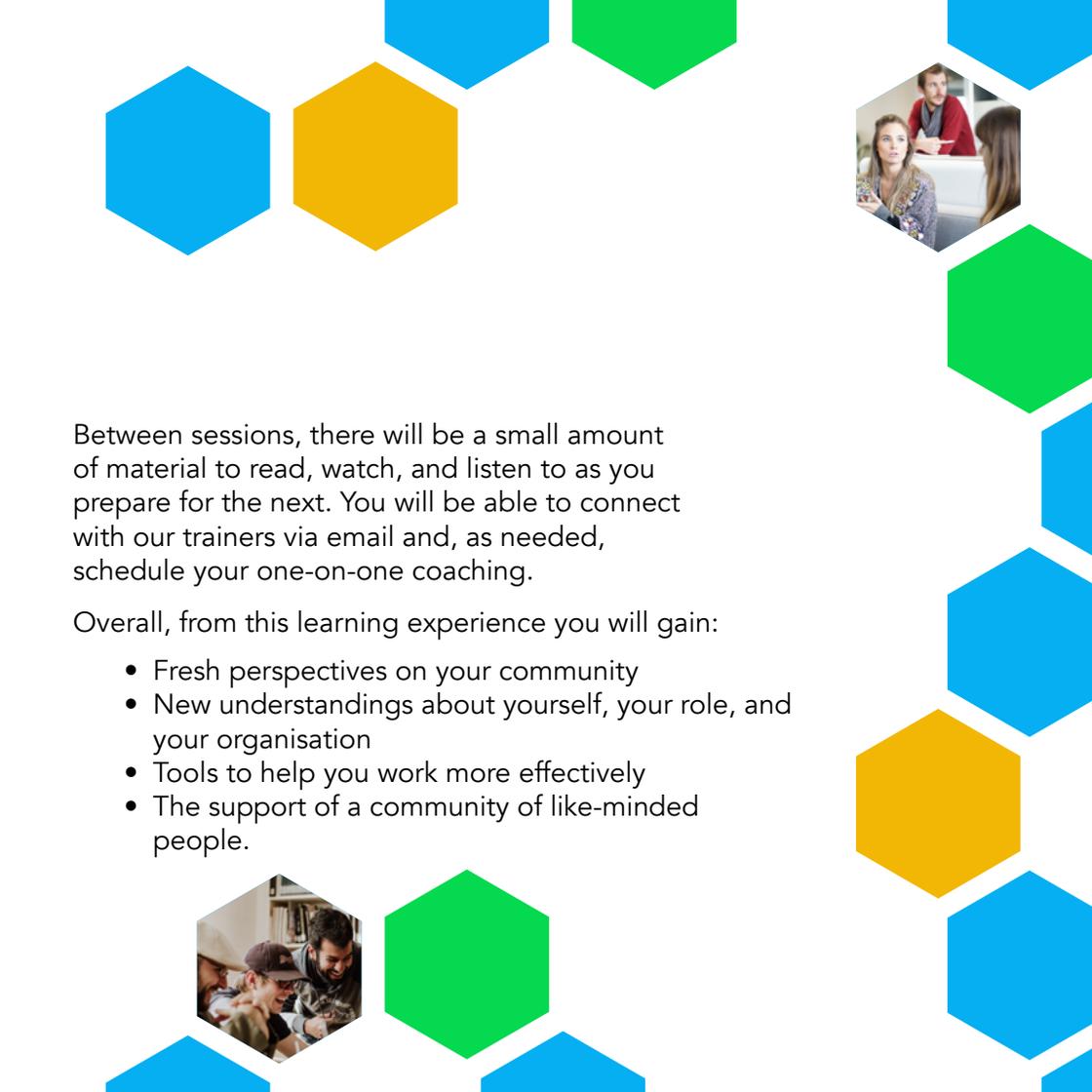


**REVIEW**  
reading  
& learning

**NEW**  
material to  
apply

**COACH**  
small group  
support

The learning experience also includes four hours of one-on-one coaching outside of the group sessions.



Between sessions, there will be a small amount of material to read, watch, and listen to as you prepare for the next. You will be able to connect with our trainers via email and, as needed, schedule your one-on-one coaching.

Overall, from this learning experience you will gain:

- Fresh perspectives on your community
- New understandings about yourself, your role, and your organisation
- Tools to help you work more effectively
- The support of a community of like-minded people.





## SESSION 1 REBUILDING YOUR COMMUNITY: AN OVERVIEW

Our first session is a full-day workshop aimed at getting to know each other and mapping out the journey ahead. You will have the opportunity to share about the work you are involved in as well as hear from others. We will explore some of the questions that keep you up at night and provide an overview of the journey ahead.

Content includes:

- Creating a shared understanding of community
- Uncovering the strengths and aspirations of your community
- The Flourishing Framework™ - a guide for the creation of policy and practice
- Understanding your motivation for community work and how to inspire others

## SESSION 2

# CREATING POSSIBILITY IN YOUR COMMUNITY

Think about the communities where you live and work. What would you like them to be in five months? Five years? How will they look? What will they feel like? How will they smell?

The Flourishing Framework™ encourages us to use our imagination to picture a preferred future.

Content includes:

- A deep dive into the Flourishing Framework™
- Using the framework for the creation of a preferred future
- Applying the framework to policy and program development
- Using the framework as an evaluation tool





## SESSION 3 GETTING TO KNOW YOUR COMMUNITY

Many of us have been involved in community work for a long time, but how well do we actually know the communities we work with? What do we mean by *community* in our multi-ethnic and ever-changing world? This session will help us unpack our understanding of the term *community* and how to unearth and change the narratives that shape the environments in which we work.

Content includes:

- Developing a deeper understanding of *community*
- Unpacking the elements that make up a community
- Moving beyond needs analysis as the primary way to get to know your community
- Tools to help communities create a shared narrative of flourishing



## SESSION 4 REVEALING COMMUNITY STRENGTHS

The communities in which we live and work are full of amazing people and incredible organisations and institutions. These strengths are often not visible to others; there is very little opportunity to explore how these strengths might be utilised to realise community aspirations. This session will explore how to discover the strengths already present in the community and how to bring them together towards a shared vision for the flourishing of a community.

Content includes:

- The five principles of Asset Based Community Development (ABCD)
- How to use ABCD principles to break down unhelpful silos and create holistic action
- Applying ABCD principles to the creation of flourishing communities
- Tips to transition from needs-based approaches to working with your community to ones that are strength based.



## SESSION 5

# STAYING MOTIVATED FOR THE LONG HAUL

Let's face it, community work is hard! Frustrations and setbacks come both from within our organisations and from the communities we work with. To stay truly motivated and to give our best in such an environment, we need a clear understanding of why we do what we do and how that reason matches the vision and mission of the organisation we work with.

Content includes:



- Reconnecting with your motivation
- How to write a personal mission statement that will inspire you on the hard days
- Ways to draw on available support to help stay motivated and at your best
- Tips on connecting what motivates you to the mission of your organisation

## SESSION 6 TIME FOR A BREATHER



Over the first five months, we will cover a lot of content. This session will give you the opportunity to take stock, recap, ask questions, and continue to explore how you can apply what you are learning.

Content includes:

- Recap of the content covered in first half of the course
- Unravelling sticking points
- Tips to help embed your new thinking and practice into your organisation



## SESSION 7

# YOUR COMMUNITY: A COMPLEX ADAPTIVE SYSTEM

The issues that arise in our communities are often multifaceted and aren't solved by simple cause and effect thinking. We need to understand the elements that make up our communities and, more specifically, the factors that contribute to the issues. If we can map these and understand their connection to each other, we will be able to better plan our interventions.

Content includes:

- The eight elements that make up a Complex Adaptive System
- How to map the elements of the complex issues in your community
- How to draw relational connections between the elements
- Planning your intervention in light of the elements, issues and relational connections

## SESSION 8 THE JOURNEY FROM SUSTAINABLE TO FLOURISHING COMMUNITIES

Our communities are part of the larger ecosystem of our cities, states, nation, and of course, are impacted by global events. In this context, words like sustainability, resilience, and urbanisation are frequently used, but what do they really mean? This session will help you place the work you do in your community into a global context and highlight the role you play in creating communities that are not only sustainable but allow people to flourish.

Content includes:

- United Nations Charters: The New Urban Agenda and the Sustainable Development Goals
- A working understanding of sustainability, resilience, and urbanisation, and why these terms matter
- The local-global connection
- Helping your communities move from sustainability to flourishing



## SESSION 9

# PUBLIC SPACE AND ITS NEXUS WITH COMMUNITY FLOURISHING

Have you ever considered how the places we live impact our sense of community and how we feel about contributing? CBBC's urban strategist will work with you to uncover connections between your community's wellbeing and its built environment, including the why and how of us all being advocates for urban design that helps lead to flourishing communities.

Content includes:

- Placemaking with your community: design, management, or strategy?
- The fundamentals of public spaces and built environments that are good for people
- Unlocking the public space qualities your community is looking for
- Opportunities for advocacy with built environment professionals



## SESSION 10 COLLABORATION: THE KEY TO SUCCESSFUL COMMUNITY WORK

In order to see a community flourish, individuals, organisations, and institutions need to work together. However, partnerships can be fraught with all types of challenges. This session will help you identify the factors that make up healthy interpersonal and organisational relationships as well as provide you with tools to improve the effectiveness of existing partnerships.

Content includes:

- The five elements of Relational Proximity
- Why partnerships are so important
- How the theory of Relational Proximity helps to promote positive relationships
- Tips to apply Relational Proximity to your existing and new partnerships



## SESSION 11

# SHARED LEADERSHIP AND WELLBEING

Leadership is such a misunderstood term, often associated with authority, when in fact we all show leadership in different ways. This session will give you an understanding of shared influence and inclusive leadership and what it means for people to lead through their abilities and strengths.

Content includes:

- Understanding the differences between management and leadership
- Redefining leadership and exploring how leadership responsibilities can be shared across teams
- How leadership impacts and influences workplace wellbeing
- Applying the Flourishing Framework™ to build collaborative and cohesive teams





## SESSION 12 LEARNING EXPERIENCE OVERVIEW, EVALUATION, AND CELEBRATION

This session is our opportunity to re-examine the material we have covered together; spending time revising and further helping you apply what you have learned. We will explore your next steps and future goals. Last, you will have the opportunity to evaluate the learning experience, and we will celebrate our journey together.

## COSTS

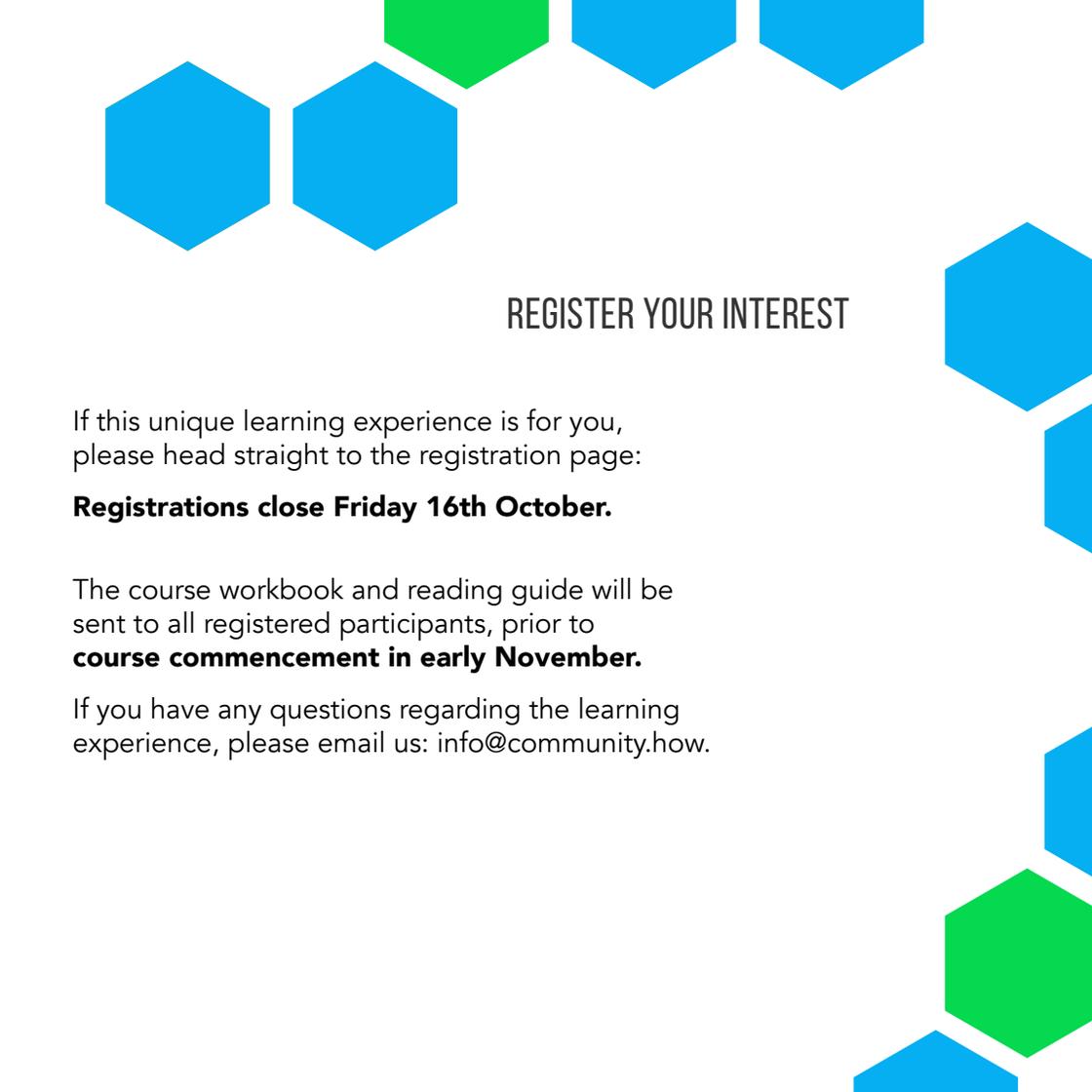
The cost of our learning experience is \$1,950.\*

This includes:

- 12 group workshops
- 4 hours of one-on-one coaching
  - Total of 50 contact hours
- Email access to trainers between sessions
- Course workbook
- Reading, audio, and viewing materials



\*Please get in touch with any questions regarding payment.



## REGISTER YOUR INTEREST

If this unique learning experience is for you, please head straight to the registration page:

**Registrations close Friday 16th October.**

The course workbook and reading guide will be sent to all registered participants, prior to **course commencement in early November.**

If you have any questions regarding the learning experience, please email us: [info@community.how](mailto:info@community.how).

## TRAINERS



**Andre Van Eymeren** is a sought-after international consultant, trainer and practitioner in community development, and Managing Director at the Centre for Building Better Community. For the past 20 years he has worked with communities around Australia and in the UK, US, South Africa, Zambia, Kenya, and Cameroon.



**Eugene Wong** is a community engagement strategist and culture shaper. His obsession is equipping people with strategies and structures that help them to connect with their target audiences on a deeper level. He regularly teaches on community development, leadership, and culture shaping around Australia and internationally, and sits on the advisory boards of several culture-shaping organisations.

## TRAINERS

**Suiyin Cheah** is a consultant, facilitator, and researcher, with 20 years' experience in business operations, stakeholder engagement and people management. She is passionate about individual and community health and wellbeing and human-centred approaches to change. Following a decade working in senior health services roles, Suiyin is currently undertaking postgraduate studies in leadership and psychology and researching compassion in the workplace.



**Nigel Smith** has 20 years' experience in community development through placemaking, urban design, and property development. Liveability and productivity energise his work for local governments, academia, not for profits, and private clients. Nigel lives in Melbourne's CBD and loves being part of a diverse and renowned neighbourhood.



## ABOUT THE CENTRE FOR BUILDING BETTER COMMUNITY

CBBC is a hub for applied research and holistic change, working on solutions to complex issues within cities. We are committed to the creation of a world where everyone and every community can flourish. We work to create positive change in policy, professional practice and community capacity.

We do this by:

- developing and delivering training for professionals, students, and the community to integrate holistic community and city development into their studies and practice;
- producing high-quality research to inform policy and practitioner work;
- consultancy services to help governments, NFPs, community groups, and the private sector work more holistically towards flourishing;
- creating opportunities for people to come together, both in-person and online, for culture-shaping conversations.



CBBC is committed to working collaboratively to make a positive difference in all types of community.