



# BUILDING HEALTHY COMMUNITIES

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A healthy, vibrant community doesn't just happen. It takes planning, time, energy, commitment and everyone's participation. But how do we make that it happen? By identifying and engaging key community leaders...by learning what community members want...by planning and organizing what must be done, and...by engaging the community in strategic action.

**BUILDING HEALTHY COMMUNITIES** is a series of structured workshops designed to help leaders of small cities and rural towns take the steps to move toward a strong, sustainable future. The first workshop is an eight-hour overview of what it takes for a town to become strong, healthy and sustainable. Workshop objectives include:

- *Orienting community leaders to the principles of leadership and community building.*
- *Demonstrating the tools and techniques necessary to engage stakeholders in governance, public participation and community-based planning.*
- *Create an understanding of, and framework for, civic leadership and community building.*

During this first workshop participants have the opportunity to engage in discussions of difficult, often sensitive issues in a safe environment, and by doing so, start the community-building process. Workshop topics include 1) foundations of community, 2) assessing community health, 3) community-based research, 4) managing change, 5) civic engagement, 6) tools for engaging stakeholders, 7) recruiting and developing community leaders, and 8) planning for action. Each participant receives a copy of Over My Dead Body! A Workbook for Community Involvement (2005, 2<sup>nd</sup> Edition) to use as a detailed guide during workshop discussions, and to take with them as a guide for future community engagement.

Five additional (optional) four-hour workshop modules are available to give participants hands-on, working knowledge of specific community building tools and techniques. These supplemental workshops include:

- **Community-based Research:** Assessing community conditions, issue mapping, conducting focus groups, developing community surveys, and analyzing data.
- **Managing Conflict:** Methods for engaging stakeholders, public meeting design and facilitation, problems with “snipers,” managing diversity, and broad community disagreements.
- **Community Leadership:** Finding potential leaders, effective recruiting, improving leader effectiveness, developing new leaders, and providing ongoing leader support.
- **Community Planning:** Designing community-based plans, using member-based planning processes, and action planning for success.
- **Community Life Cycles:** The biology of “kumcommunity,” understanding community life cycles, community change, civic engagement, and managing the change process.

For additional information on the **BUILDING HEALTHY COMMUNITIES** series of workshops, contact Lance Decker, 602.957.9659 or [ldecker@lldecker.com](mailto:ldecker@lldecker.com).