

CCRES

Capturing Coral Reef and Related
Ecosystem Services Project



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

MY FUTURE, MY OCEANS

TRAINING GUIDEBOOK

By Erik C. Simmons



WELCOME



Hello and welcome to *My Future, My Oceans* training to become a Village Hero. *My Future, My Oceans* is an evidence-based program using techniques from psychology, behavioural sciences, and social sciences. Throughout the training process you will learn about the building blocks that underpin positive behaviour change so that you can bring the positive impact of *My Future, My Oceans* to your own community. At the end of this training process you will have mastered the competencies necessary to deliver *My Future, My Oceans* to small groups.

Erik Simmons

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CCRES: My Future, My Oceans,
Program Coordinator

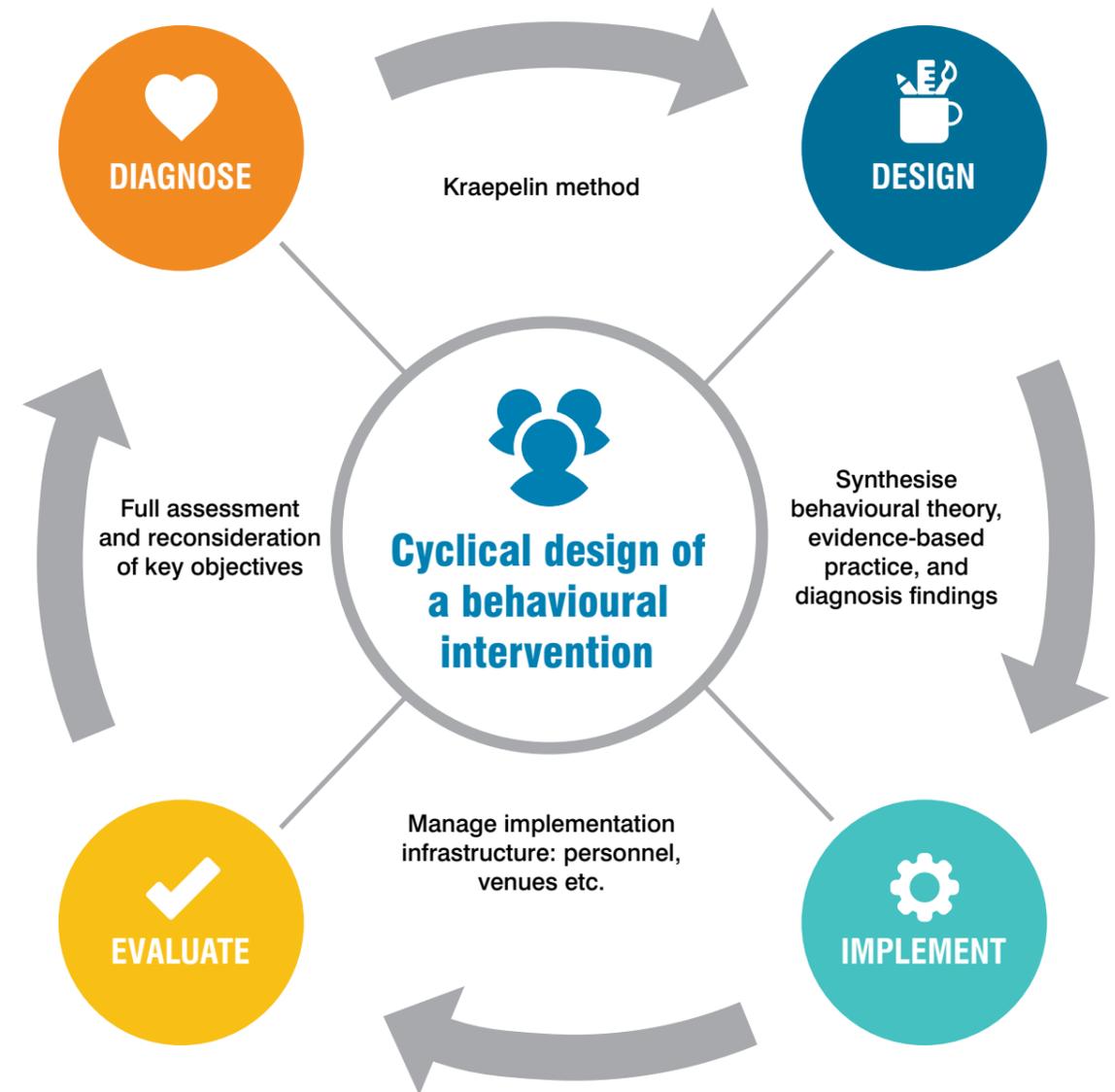
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HOW WE OPERATE

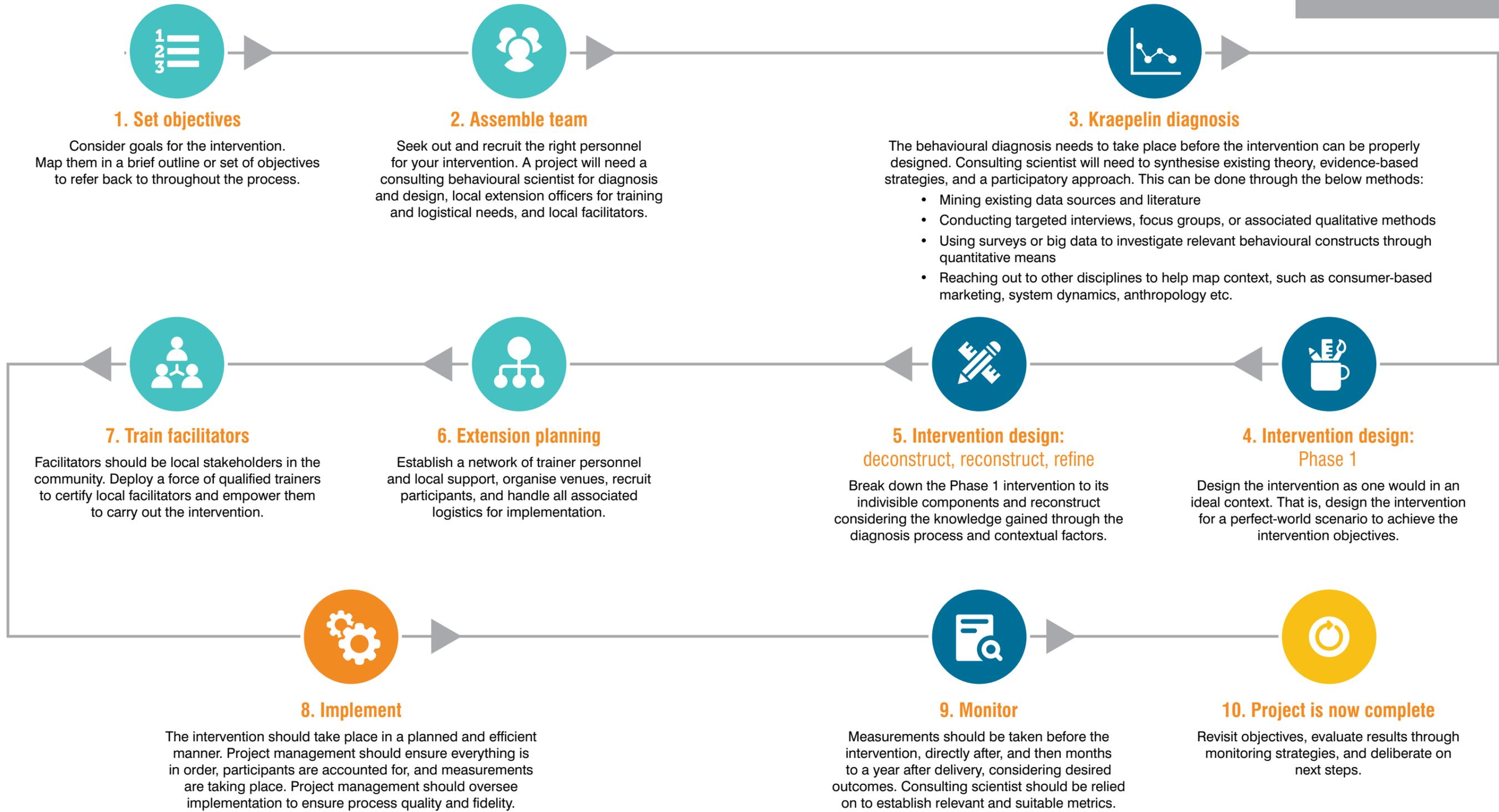
A summary of behavioural interventions



COMPONENTS OF A BEHAVIOURAL INTERVENTION

Legend

-  Project Manager
-  Behavioural Scientist
-  Village Hero

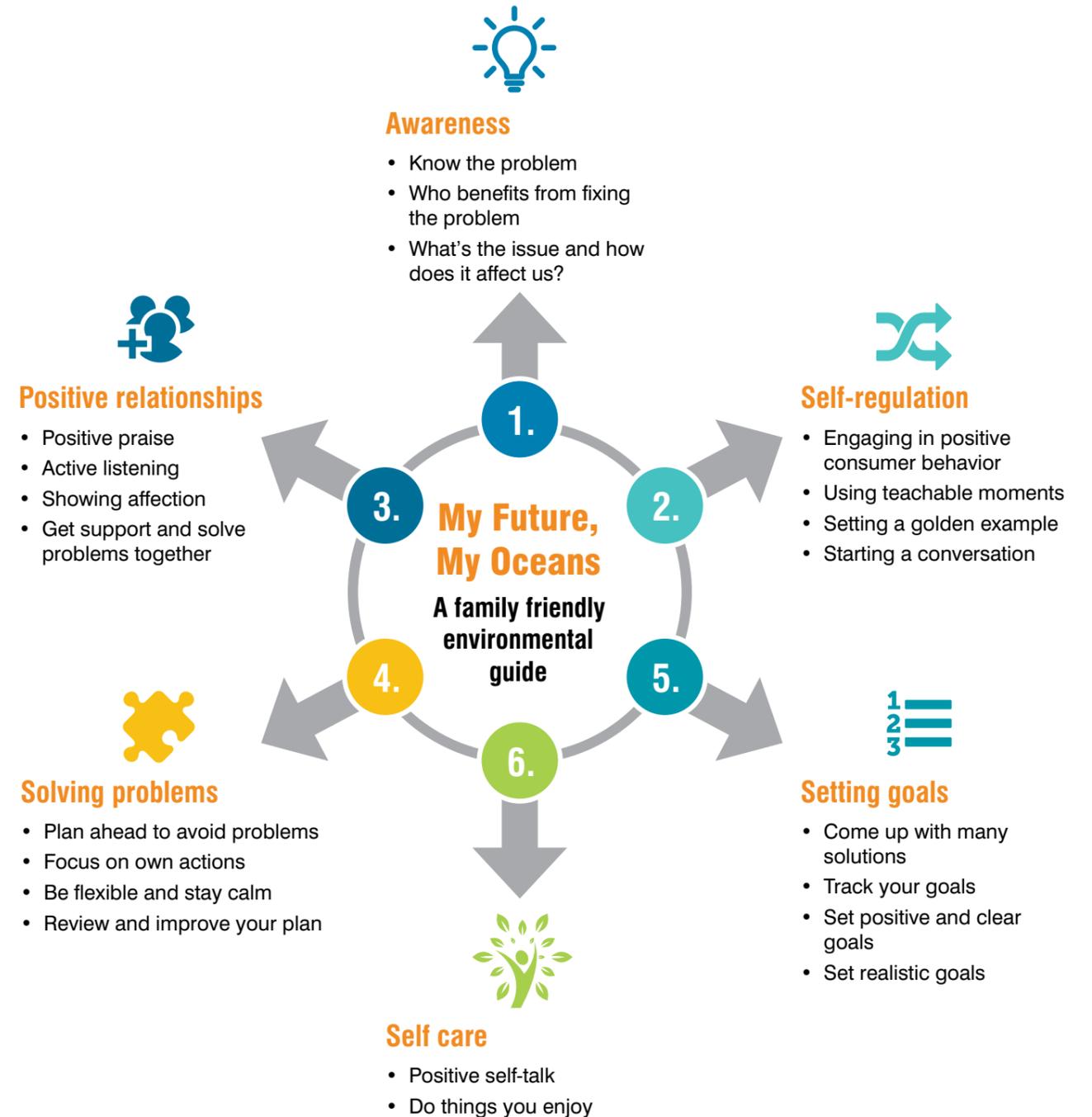


FIVE LESSONS TO BE A GOOD FACILITATOR

Try to be:



MAP OF PARTICIPANT GUIDEBOOK



SEVEN SKILLS OF AN EFFECTIVE VILLAGE HERO

My Future, My Oceans is a process



1. Engaging environment

Groups for My Future, My Oceans are meant to be full of engaging activities and practical exercises for future Village Heroes. It is important that sessions do not become seminars and you allow participants to fully immerse themselves in the process and embrace self-growth.



2. Safe learning

My Future, My Oceans sessions are meant to be safe learning spaces. Future Village Heroes should be welcome to share, discuss and make mistakes. It is imperative that as facilitators we create this atmosphere for them.



3. Confident activity leading

It is difficult to be a Village Hero without confidence. To guide future Village Heroes, we must be confident in the way we speak and act — even with sometimes silly exercises. To develop confidence, it is important to practise the art of facilitation.



4. Good questions and listening

As a Village Hero, we are meant to support and encourage, not prescribe or demand. Use your active listening skills to connect with future Village Heroes. Have questions prepared to guide good discussions.



5. Plan ahead

Always plan ahead for future sessions and unexpected events that may arise. This includes preparing the venue, and planning time management and activities beforehand. Be ready for routine pitfalls and difficulties.



6. Be aware

Be alert and aware in-session and once sessions are complete. Reflect on each session and your delivery – self-evaluate your practice. During sessions, always be alert and focused on the future Village Heroes. Focus on their needs and try not to judge them harshly.



7. Be a good example

Future Village Heroes will learn just as much from your actions as they do from the content. Always behave as you want your groups to behave and be a positive model to emulate.



THREE STEPS HOW TO LEAD A DISCUSSION

My Future, My Oceans

Discussions are the foundation of learning and progress. Participants need time to talk through strategies, ask questions, and process information to grow.





The Capturing Coral Reef and Related Ecosystem Services (CCRES) Project is a regional technical support project that seeks to unlock new, sustainable income streams for coastal communities in the East Asia-Pacific region. CCRES will develop knowledge products — which inform the design of global, regional and national projects, plans and policies — and technical models and planning tools which assist with preparation of community-based coastal resource management plans.

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