

Ten Rules of the Road

We all need to be about the business of building more resilient and thriving communities. Here are ten "rules of the road" collected from fellow travelers:

1. Building resilient communities takes more than the usual three- or five-year initiatives. Be prepared for a long-term commitment.



2. Resilience grows through the support and extension of natural caring relationships. Nurture these wherever possible.

3. Resilience starts with strengthening the natural helping institutions in neighborhoods and other geographical settings. Build bottom-up.

4. Be a coach and ally, not an expert.

5. Social change requires confrontation as well as collaboration. Don't be afraid to invest in organizing.



6. Power responds to pressure. Be an advocate.

7. You can't motivate others by focusing first on what they lack. Start with strengths, with assets.

8. Build social support through peer-to-peer learning networks.



9. Don't be a control junkie. Community resilience arises from self-organization, active learning, surprise and adaptation. Self-control arises from mastery. Develop that first.

10. Disappear into leadership. Encourage the light in others. The world will roll at your feet.



Resource: St. Luke's Health Initiatives, Health in a New Key Pocket Guide, 2006