**Enviromentum Introduces**

Communicating Understanding through Reflective Listening (CURL)

An MI Community of Practice at the *Climate Venture Zone*

Why:

We are a group of environmentally-minded communicators. We understand the limitations of “traditional” communication approaches and know a better path exists. We come together to enhance our skills as environmental communicators who use evidence-based approaches like motivational interviewing and constituent skills like reflective listening to empower the autonomy of others to make new choices based on their own motivations.

When:

In the launching phase of our community we will aspire to have monthly community meetings on the last Wednesday of each month, from 6-8PM.

Where:

This programming will be conducted in support of and in collaboration with the **Climate Venture Zone**. The Climate Venture Zone is helping climate innovators to trailblaze their work and ideas – accelerating in a shared community and workspace. The Climate Venture Zone is part of the Centre for Social Innovation and is located at 192 Spadina Ave. on the 2nd floor.

Inclusive community:

This community will be designed around inclusivity. Core founding members of the community have unanimously decided that no previous MI training should be required for an individual to join. Any decision made on exclusivity will be made as a group, by the group, and to protect the sustainability of the group and its purpose.

In an effort to help new members gain enough basic knowledge to follow the agenda with a fully positive experience, introductory sessions will be offered as demand arises. This will be defined by 6 or more people expressing interest in an introductory skills development session. If no session is taking place electronic resources will be publically available at Enviromentum.org to help individuals develop this basic knowledge.

Commitment to MI principles:

The community commits to developing their MI skills, and to work towards using MI skills within the community. By using the MI spirit in conversation, skills development, and delivery of feedback, we will build a community based in MI-related values. This will normalize MI-related values like empathy and collaboration and empower us to use these skills consistently in new ways throughout our lives as we see fit.

Commitment to skills development:

The community will focus on increasing the growth capacity and ability of each member to grow. This will include embracing each members desire to experiment with various roles of leadership, feedback, demonstration of MI and facilitation within the group.

Commitment to continuous improvement:

The community understands that what works at the beginning might not work forever. We also understand that there will be certain activities, and workings that will need to be changed over time. These processes will be managed in such a way to maximize inclusivity, skills development, MI principles, and the experience and desire to participate from members.

Possible Agenda Items

At our meeting we discussed the following potential agenda items. None were dismissed completely, but several were highlighted as great starting places for our initial agenda. Specifically, the “triangular exercise” received resounding support as being the foundation for skills development within the community. As a result, Vince built an agenda framing and empowering the group to have a very focused “triangular learning” session.

First meeting agenda:

* Icebreaker / introductions
* Refresh and brief demonstration “what is elicit provide elicit”
* **Triangular exercise**
  + Given lots of space in time on the agenda
  + Observers practice **elicit provide elicit** in-between rotations
* Homework of the month introduction
* Confirming the agenda and structure for the next meeting

Items we may consider for future meetings:

* Homework of the month debrief
  + February
* Evidence update
  + Summer or beyond
* Live MI with debrief (recorded) 30 minutes
  + Summer or beyond - responsive to the group’s readiness to MITI code
  + 2 individuals, previously selected do a live MI session. This could also be a pre-recorded session, to ease the level of stress felt by a participant / MI practitioner.
  + Each person in the audience listens for the following, to create a live MITI parsing
    - Emphasize autonomy (counting EA)
    - Simple reflection (counting)
    - Complex reflections (counting)
    - Change talk / sustain talk global
    - Empathy / partnership global
  + Affirmational or autonomy enhancing feedback rule in place