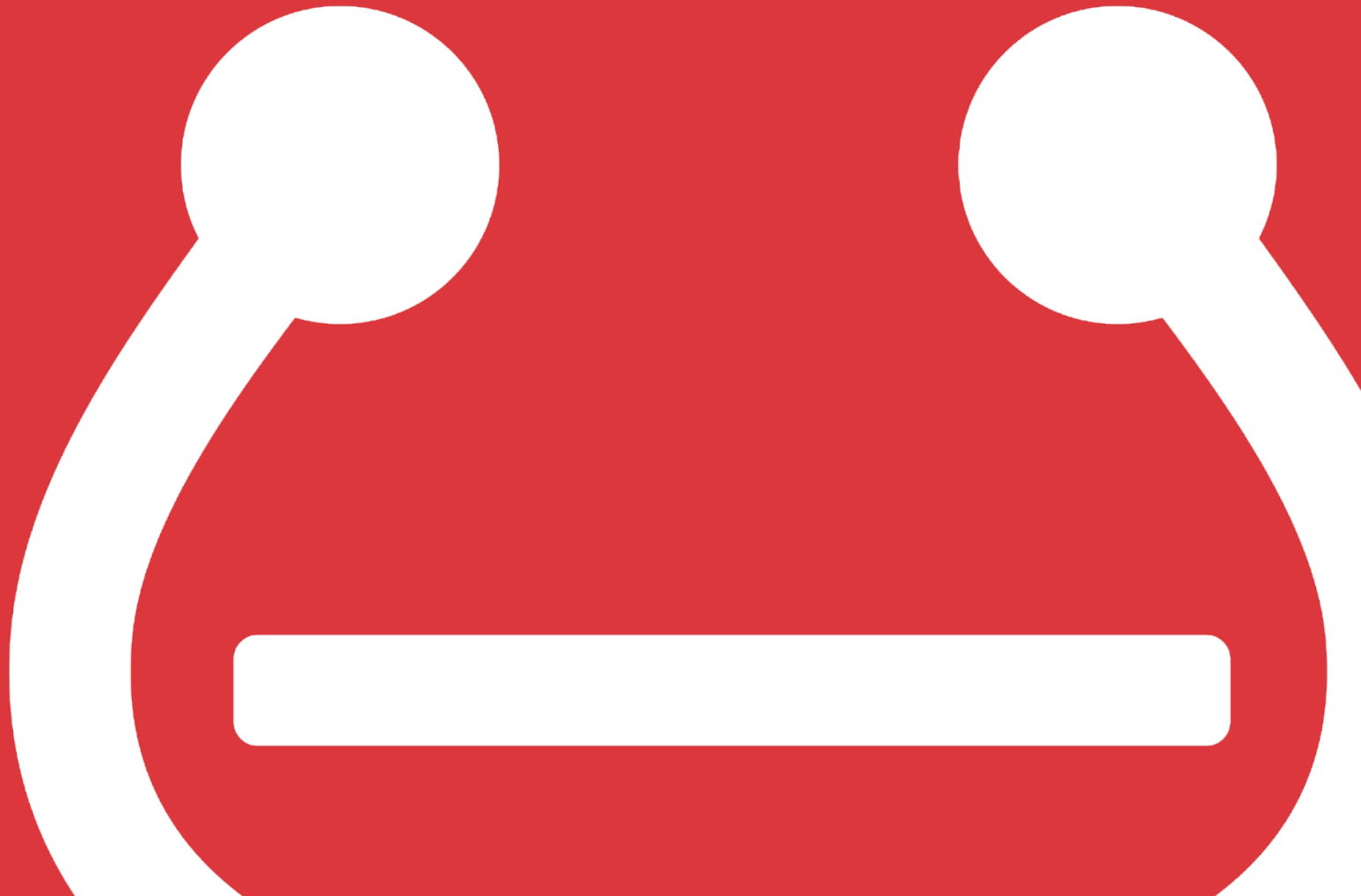


Intentional Relationships

Cohousing Conference
24 January 2021

schemata workshop





loneliness



covid-19



social distancing



physical distancing



Meditations On Loneliness

We're a social species now living in isolation. But loneliness was a problem well before this era of social distancing. This hour, TED speakers explore how we can live and make peace with loneliness.

TED RADIO
HOUR



intention



cohousing



FROM CAPITOL HILL URBAN COHOUSING

OUR VISION

WE ARE AN URBAN COMMUNITY BRIDGING GENERATIONS, AIMING TO BE GOOD NEIGHBORS ON CAPITOL HILL. WE VALUE SHARING AND SEEK HEALTH, BOTH FOR OURSELVES AND OUR PLANET.

OUR VALUES

- SHARING
- ENVIRONMENTAL AWARENESS
- INTERGENERATIONAL
- NEIGHBORHOOD PARTNERSHIPS
- HEALTHY INDIVIDUALS
- HEALTHY COMMUNITY



vision & values



adopting an anti-racist lens



relationships take work

group process



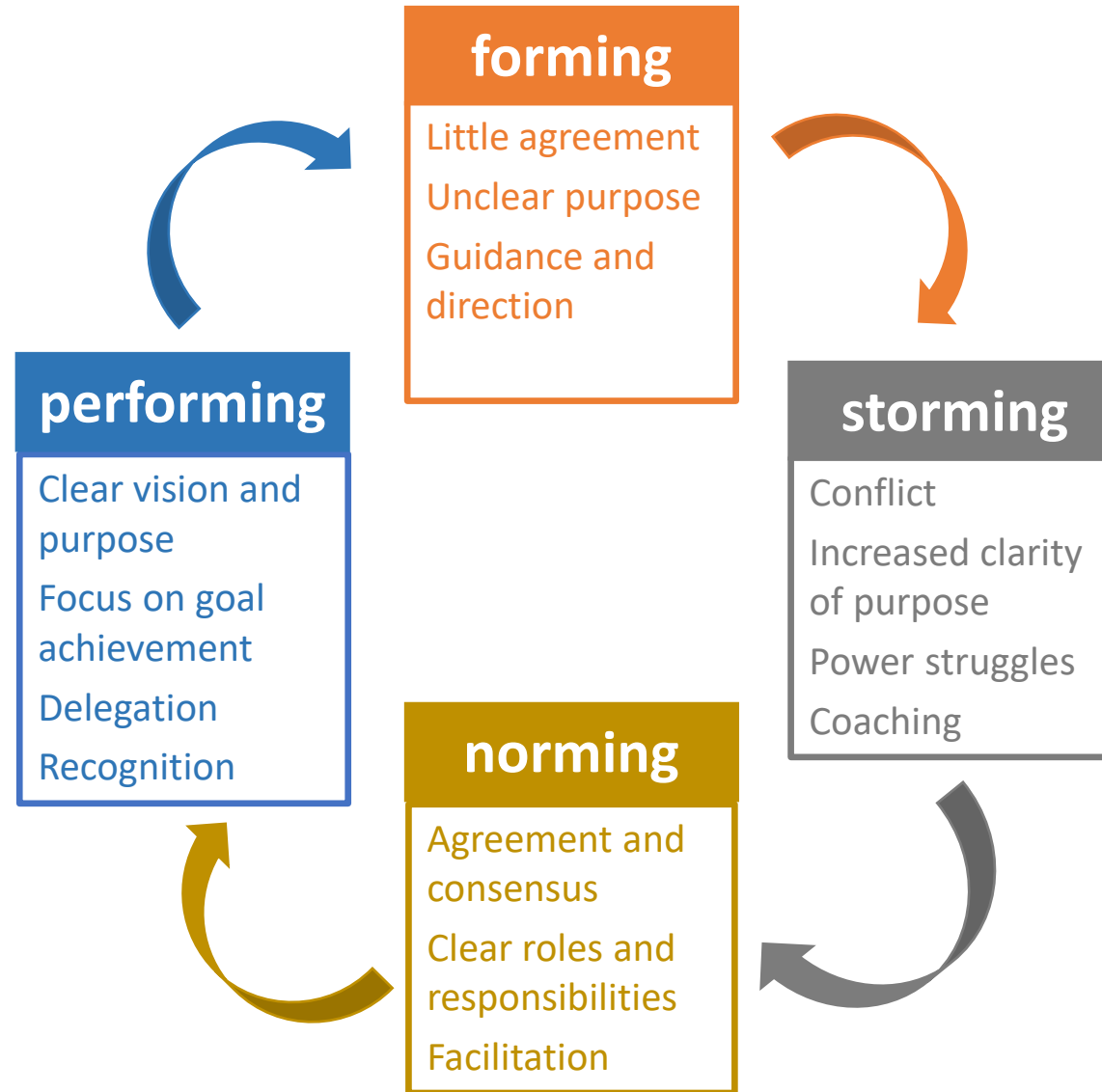
TRAINING

- COMMUNICATION STYLES
- POWER DYNAMICS
- FACILITATION
- CONFLICT RESOLUTION
- NON-VIOLENT COMMUNICATIONS
- CONSENSUS DECISION MAKING (OR SOCIOCRACY)
- UNDOING RACISM (PEOPLE'S INSTITUTE)



"Cohousing is the longest, most expensive self-help program"

group process training



Tuckman's phases of group development



sustainability



social



economic



environmental

sustainability



social capital



social capital



social resiliency



social resiliency

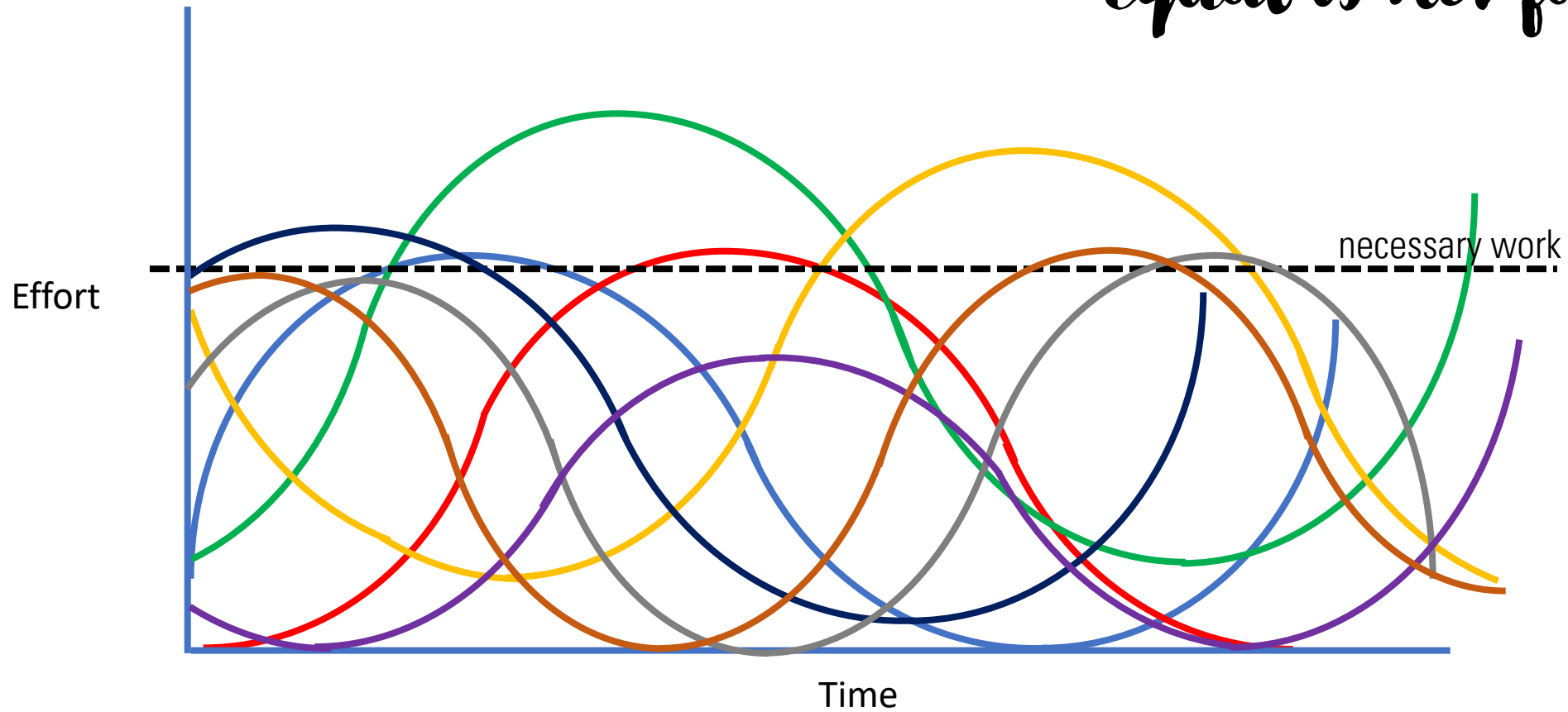


loneliness



giving....and accepting help

"equal is not fair"



"fair" distribution of effort

~~power = control~~

decision making



trust

decision making



relationship connection



relationship



communitas