

About Community Praxis Co-op Ltd

Community Praxis is a worker's co-operative that provides the collaborative infrastructure for members, friends and colleagues to earn an income by forming self-managed teams for project, consultancy and training work. We will consider any work for which we can



bring together a team with appropriate skills and experience, in which there is an opportunity to contribute towards building more peaceful, just and sustainable communities.

The Co-op is not-for-profit. All Co-op members and employees are casual or short-term project workers who are paid for the work they do on a particular project. A small "ethical dividend" from each project is donated to support community building initiatives in Australia and overseas.

Your local Community Praxis Co-op
Contact is:

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Community Builders Training



Working towards building more peaceful, just and sustainable communities

What is the Community Builders Training?

The community builders training that has been developed by Community Praxis Co-op is known as the "Building a Better Community" (BBC) training .

It is community leadership training targeting community members and volunteers, students and staff of community organisations who are interested in exploring and answering the question: **"What do I want my community to be and how can I contribute to this?"**

The course draws on the skills and knowledge of participants to create a fun, interactive learning environment.



Helping people discover themselves in relationship with other people

The course is designed to help us increase our confidence and skills to build the types of communities that we would like to live in.

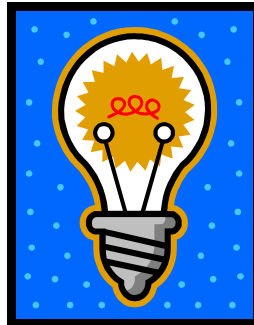
It covers **20 hours** of training time for up to **15 people** and can be run in **3** to 5 hour sessions.

Times/days of the training are always negotiated with participants beforehand.

How does the training work?

Each course consists of 3 core sessions:

In session 1 the course looks at the "kind of community we would like to live in", by drawing on participants' values that shape their ideal community.



Inspiration rather than information

In session 2 the course considers the things that block us or make it difficult for us in creating our ideal communities. We then look at ways we can be empowered to create positive change.

In Session 3 the course explores some skills and methods around connecting with others to build community in our neighbourhoods.

Other sessions are developed around topics that participants wish to learn. This has included topics such as communication skills, problem solving and conflict resolution, group development , project planning, etc.

The course makes extensive use of **story telling** as the means for communicating course material. At Community Praxis Co-op we believe that when people have the opportunity to share their stories and listen to the stories of others an environment is created where community can be built.

So how can I get a BBC course happening in my community?

If your organisation or group would like to be part of running a BBC course in your community here's what you need to do:

1. Contact a Community Praxis member to arrange an initial consultation to discuss training options available
2. Consider options to raise funds for the training
3. Consider ways to support the training i.e. venue, publicity , catering, etc



Community Training—the dialogue between text and context



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