

Social Transformation (Duke Duchscherer)

<https://www.cnvc.org/trainers/duke-duchscherer>

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Ph.D. Thesis

60 groups — different domains

120 indicators: succes or not succes?

3 things correlate with success:

1. Expose injustice
 - a. Tell people around what is the problem...
 - b. clear observation
 - c. needs
 - d. self-expression
 - e. requests
2. Social Aikido
 - a. use the power from people and change the dirrection to fulfill their needs
 - b. transform opponents to co-workers
 - c. find common ground with others
 - d. enemy image (work)¹
3. Constructive Programme
 - a. saying: this is wrong/bad... is not enough...
 - b. I do not like these cookies

I can try to bake better cookies...

¹ I have heard stories about police. What kind of people join police. I need to handle my stories about police, otherwise my work with police would not be working...

Enemy Images:

- a. identify judgements
- b. self-empathy, observations, feelings, unmet needs (move us from mourning to abundance: tohle nemám, ale až to budu mít, to bude skvělé, a takto to oslavím...)
- c. shift: now I am ready to suppose my (thought) enemy
- d. empathy — identify needs of „other(s)“ — what are their stories about? see them as human beings
- e. action — meet the needs (both mine and the other person's)