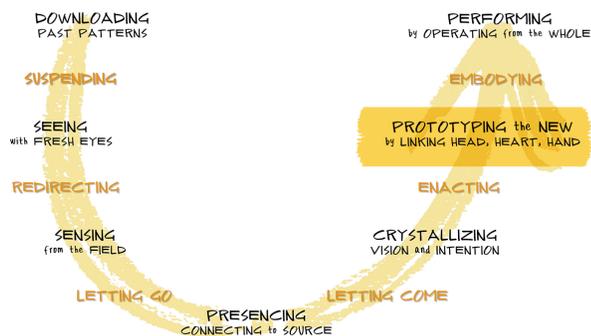


PROTOTYPING



OVERVIEW

Prototyping translates an idea or a concept into experimental action. In the April prototyping module, you will crystallize and evolve your prototype idea based on the sensing activities and 4D mapping of the previous months. You will then design and explore your prototype ideas by doing, taking concrete actions that generate feedback from relevant stakeholders.

LEARNING OBJECTIVES

1. Learn to explore the future by doing
2. Listen to the feedback the universe is offering to you
3. Iterate, iterate, iterate!

HOW TO BEGIN

The information provided below can be thought of as a facilitator's guide to planning and leading the prototyping activities. As you read through, keep in mind that the complementary Live Chats, Live Sessions, Zoom Sessions—and in fact, the whole community on Mighty Networks—are resources to help you adapt these materials to your own particular context.

We encourage you to ask your colleagues questions, share experiences and challenges, and support each other along the journey.

HALF-DAY WORKSHOP

As your core and extended team come together for the half-day workshop in April, you will review sensing activities and get started on your prototypes. We suggest you structure the workshop in three parts:

1. **Co-sense: Review 4D Mapping & Stakeholder Interactions**
60 minutes, prior to live session
2. **Co-inspire: Journaling**
75 minutes, during live session
3. **Co-create: Prototype Design Studio**
~ 2 hours, after live session

This will require ~4.5 hours in person with your full group, including core and extended team members. Below, we've created a suggested workshop structure to help you plan and facilitate this process. We know that not all teams will be able to design around the live session; you can also meet at a later time, and use the live session recording.

LOGISTICS

Space and Technology

- Circle of chairs/seating arrangement
- Open space and a clean floor on which to move around
- Projector to watch live session
- Natural light, if possible
- Plants, flowers, or something that brings nature in to the space
- Access to water (tea/coffee/snacks if possible)

Required Materials

- **4D mapping:** It's not necessary to re-write instructions on a flip chart, but have materials for role cards.
- **3D mapping (optional):** Groups can choose to do another 3D map on their emerging prototype. To be prepared, we suggest you come with 3D mapping materials.
- **Supplies:** Journals or paper, pens, Post-It notes, chart paper (on the walls or easels), markers

SEQUENCE — PART I: CO-SENSING

Time: 60 minutes, prior to live session

The intention of the first part of this month's workshop is to help your team differentiate into prototype teams. At this stage, it's important to try a variety of prototypes, learning by doing, rather than having the whole group pursuing a single prototype. In these first 60 minutes, aim to identify meaningful prototype initiatives that each address key leverage point areas that could shift the system from, in the language of 4D mapping, "sculpture 1" to "sculpture 2".

Step 1: Start in a circle as a whole group

Reflect on your team's 4D mapping experience, and review the 4D map you created together in the previous workshop, including 2-3 prototype initiatives you may have identified in your previous meeting.

The facilitator can pose a few questions to help the group review or specify possible prototype ideas:

Where did movement begin in sculpture 1?

Facilitator notes: The place where movement begins in a 4D map is significant because sculpture 1 is considered a "stuck" situation - a current reality that is not sustainable. Because the journey from sculpture 1 to 2 represents a possible pathway from current reality to an emerging reality, your group may want to focus one prototype initiative on creating the conditions (in real life) for that first movement to begin.

What were the key structural differences between sculpture 1 and sculpture 2?

Facilitator notes: A 4D map is a representation of how different elements in a system relate to each other. Remember, the 'vocabulary' we use in a 4D map to represent these relationships includes each role's *level* (standing, sitting, lying down) *direction* (who are they facing? Who are they not seeing?) and *proximity* (which elements are closer, farther away from each other)?

Taken together, these elements offer a window into the power dynamics of a system: where individual and collective attention is focused as well as where it might be absent. In addition to these external realities of the 4D map, it's equally important to understand the 1st person experience of each role in the system. This data can only be gathered by asking the people who embodied the various roles about their experience. *How did it feel when X, Y, or Z happened?*

Learning the felt experience of various roles might yield surprising insights into prototype possibilities. For example, in a 4D map many years ago, during Occupy Wall Street, the role of the Big Banks stood on a chair in the center of sculpture 1, towering above the other roles. As the sculpture evolved from 1 to 2, this role remained in the center, at a slightly lower level, obstructing progress. It was eventually pushed aside by other players in the system. In the debrief that followed, the person in the Big Banks role surprised the group in what he said. From the outside, the role appeared to be aggressively clinging to power. But the felt experience was that of fear; fear that in the new system, society would have no place for him. This suggested an alternative way to engage with Big Banks: rather than going on the attack against them, explore *with* them what their future role in a healthier society could be. This was not to say that activism was the wrong approach; rather, that there might be other unidentified or unexplored leverage points for creating change in the system. Such leverage points present great opportunities for prototyping.

What are the most important barriers or bottlenecks that, if removed, could help the current system to evolve?

What did we learn in our stakeholder sensing activities last month about how these barriers might be removed in our journey from sculpture 1 to 2? What else did we notice in our stakeholder interactions that is of potential relevance here?

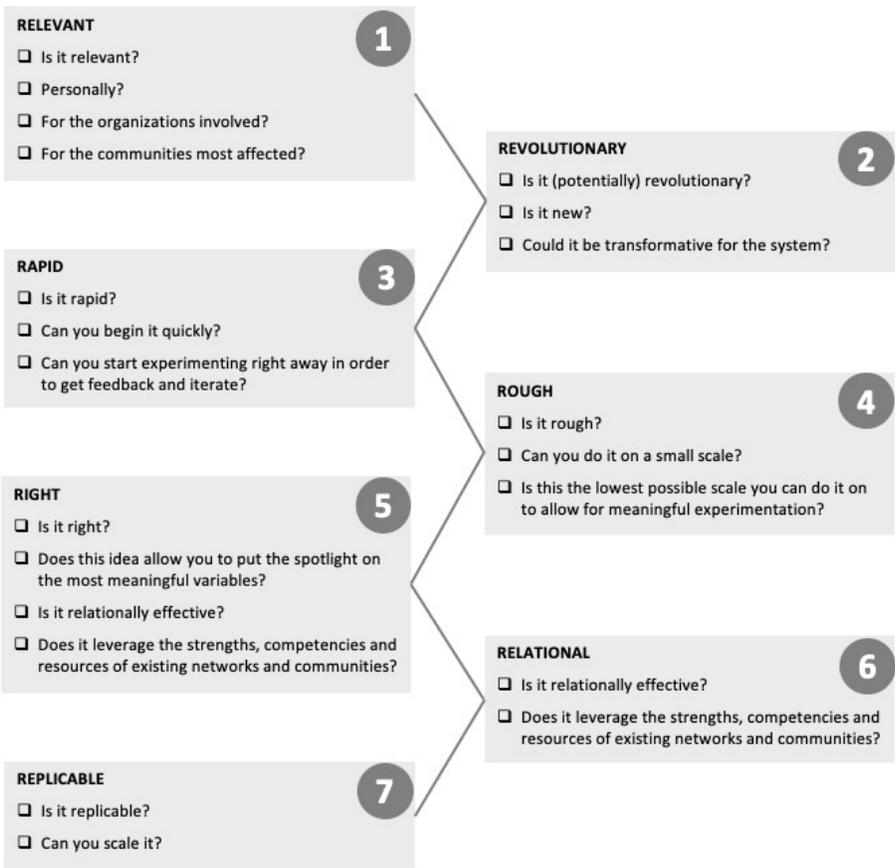
Step 2: 7R Criteria

Form groups, of 5-7 team members each, around the 2-3 or so most relevant prototype ideas. Use the 7R Criteria below as a guide. In the prototyping phase you want to try a variety of things and “learn by doing” in small groups, rather than have a large group debating over what to do.

PRESENCING INSTITUTE TOOLKIT

PROTOTYPING: 7R CRITERIA

WHAT IS BEING EVALUATED? _____



KEY LEARNINGS:



Once groups are formed, Step 2 is complete. You will return to these groups after the live session.

PLEASE NOTE: Be sure to leave time for a break prior to the live session. At the conclusion of the live session, we encourage you to go immediately into the next activity without a break in order to maintain the field of connection that often arises through the journaling practice.



SEQUENCE — PART II: CO-INSPIRING / JOURNALING

Time: 75 minutes, during (or with the recording of) the Live Session

The purpose of the live session is to link prototyping with each team member's deeper life intention.

So far in u.lab-S, we have mapped our system and looked at it from different perspectives (February/3D). We've stepped inside current reality of our system and investigated how it wants to evolve from current reality to emerging future (March/4D mapping). At this stage, a core part of the U process is connecting with our deeper sources of knowing prior to moving into action - and when we do move into action, staying connected to our deeper sources of knowing. In the following journaling process, we'll invite you to look at your current reality -- including what you've learned and accomplished so far in u.lab-S -- from the future. We will invite you to let go of any ideas of what you want to do now, and see what else might be waiting for you to bring it into reality.

Please note: Otto will facilitate this journaling process for your team during the live session. Unlike past sessions in which you watch a demonstration, then facilitate it, we strongly recommend for your team to do the process during the live session (or while playing the recording of the live session, for those who are not able to join on April 11th). There are particular process elements not included below that Otto will facilitate - hence the importance of having your team follow along with the video.

1. What are the 3 most important insights from the 4D review conversation you just had?
2. What about your current work and/or personal life frustrates you the most?
3. What are your most important sources of energy? What do you love?
4. Where do you feel the future wanting to emerge now?
5. Watch yourself from above, as if from a helicopter. What are you trying to do at this stage of your professional and personal journey?
6. Now, watch the journey of your u.lab-S team from above. What are you trying to do in the present stage of your collective journey?
7. Now, feel the connection of our global u.lab-S community that is present across the planet in this moment: What is our collective highest future possibility? What could we be an instrument for? What could we collectively create within the next 3-5 years?

8. Who makes up your community, and what are their highest hopes in regard to your future journey? Choose three people with different perspectives on your life and explore their hopes for your future (examples: your family; your friends; a parentless child on the street with no access to food, shelter, or education). What might you hope for if you were in their shoes and looking at your life through their eyes?
9. Look at your current situation from the viewpoint of yourself as a young person at the beginning of your journey. What does that young person have to say to you?
10. Imagine you could fast-forward to the very last moments of your life, when it is time for you to move on. Now look back on your life's journey as a whole. What would you want to see at that moment? What footprint do you want to leave behind on this planet?
11. Advice from Self to self.
12. Crystallize what it is that you want to create: set your vision and intention for the next five years. What vision and intention do you have for yourself and your work? Be specific and concrete. Put yourself into the year 2025 and describe what you see: personally, professionally, relationally, family, organizationally, society. Describe the images that occur to you - the more concrete, the better.
13. What in your current context and life provides the seeds for the future that you want to create? Where do you see your future beginning?
14. What would you have to let go of in order to bring this vision into reality? What is the old stuff that must die? What "old skin" (behaviors, thought processes, etc.) do you need to shed?
15. Over the next month or two, if you were to prototype a microcosm of the emerging future in which you could discover "the new" by doing something, what would that prototype look like?
16. Who can help you make this highest future possibility a reality? Who might be your core helpers and partners?
17. What practical first steps will you take over the next 3 to 4 days?

SEQUENCE — PART III: CO-CREATING

Time: ~ 2 hours, after live session (or recording of the session)

Immediately after journaling, move back into your prototyping groups. Each person will be invited to share what came up for them during the journaling practice. Then, having listened to everyone, each team will begin to further specify their prototyping idea. *If possible, delay having a break. Journaling brings people into a deeper space of reflection and possibility, and a break can disperse the energy. Once dispersed, it's hard to get back.*

Step 1

30 minutes. Start with a simple circle. Each person who wants to share can briefly describe what came up for them during journaling. Then, building on each other's, ideas continue to clarify and specify your prototyping idea, using the following four organizing questions:

- **What:** Clarify the intention/big idea of the prototype
- **Why:** Clarify why that big idea is addressing one or several of the systemic root issues
- **Which:** Identify which questions your prototype aims to explore
- **Who:** Clarify the stakeholders who need to be involved

Step 2

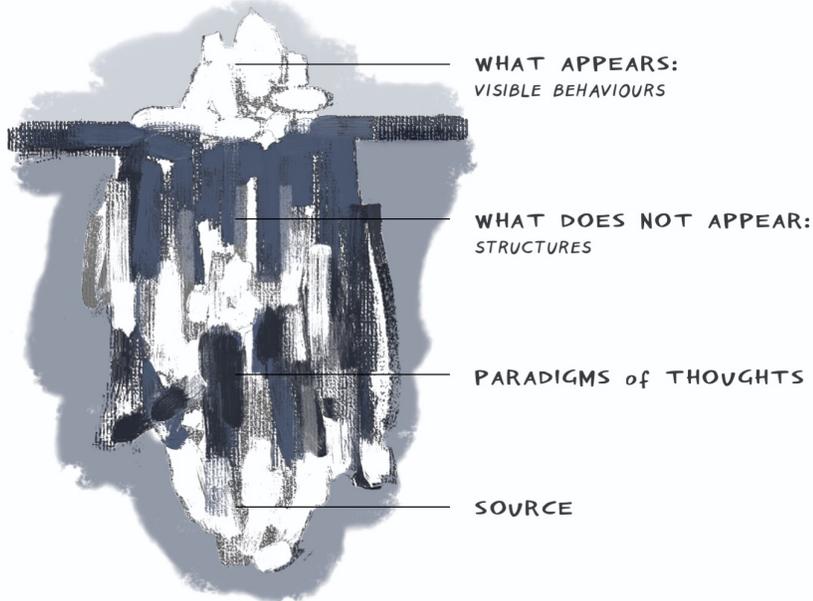
45 minutes: 4D on your emerging prototype

- Use a quick 4D mapping process to explore the deeper system dynamics that your prototype will engage.
- Refer to the earlier 4D mapping instructions (March module) as needed. The process is identical, but instead of many roles you may just have four or five roles.
 - Co-initiate by identifying the four to five most important roles in your prototype
 - Co-sense by mapping current reality in the system (sculpture 1)
 - Co-presence by moving into a moment of stillness, out which a movement begins to emerge.
 - Crystallize by moving into sculpture 2 and capture insights. Remember, the key to 4D mapping is not to act or “play out” a preconceived idea, but stay connected to the feeling of the body -- what the body wants to do -- and allow the intelligence of the body and awareness of the surrounding system to be the sources of movement.
- Harvest the insights from this 4D map. Debrief the shift from sculpture 1 to 2 from the viewpoint of all key stakeholders. Use the debrief principles (stick with the data: I saw, I felt, I did...) and questions listed in the 4D mapping instructions.

Step 3

20-45 minutes, depending on group size. Prepare and then present results of mini prototype strategy to each other, across teams. Aim for about 10 minutes per group (5 to present, 5 for feedback).

1. What's the big idea?
2. Why does it matter (systemic impact)
3. Who needs to be involved (stakeholders)
4. Key insight from your 4D
5. How you can translate your big idea into a small actionable prototype
6. Where you need help



Presenters can elaborate on the systemic impact of their prototype by making reference of the 7R criteria, the Iceberg Model (left) and insights that arose from 4D mapping.

In the feedback round, build on each other's' ideas. One member of each team should gather and capture quick feedback from the group receives after its presentation.

As a process note for those who are interested: this cycle (Steps 3 & 4) is the prototyping process in a nutshell: you put an idea out to the world in order to get feedback on it, and then you iterate.

Step 4 (20 min): Return to your own prototype team to integrate feedback to the evolution of your idea and clarify next steps. Skip this step *if your whole team is small and you only have one prototype.*

NEXT STEPS

- Translate these key insights to a specific mini-prototype experiment later this month that explores the future by doing. How can you shift a small microcosm of the system from sculpture 1 relationships to sculpture 2 relationships?
- You might also choose to do another 3D on your prototype.
- Continue to think about: what is the narrative of your journey? If you haven't been clearly documenting your journey so far, now is the time.

Enjoy the process!