CO-DESIGN

A TOOL TO DESIGN FOR WISER ACTION

ANOTHER INTREPID WAY

Intrepid Landcare

HELLO

Why co-design? While the theory and practice of co-design is explained in the following pages, we firstly want to invite you to understand and reflect on why we might use the practice of co-design. Engaging young people, or all people in the environment requires creativity, collaboration and critical thinking. Co-design presents a way to bring such elements to the fore when designing 'stuff that matters'.

"STUFF THAT MATTERS CAN BE A CAUSE, PROJECT OR INTEREST THAT IS IMPORTANT AND MAKES A DIFFERENCE"

In our craft, co-design is a core component of how we connect, inspire and empower young people and communities. We have been thinking, practising, and testing our co-design approach, which has provided a process for people in our retreats, forums and workshops to design for wiser and more informed action. Long lunches after a day of weeding in an endangered rainforest, stargazing after citizen science, to traditional dancing to connect with Country after dune care, and surfing and sea spurge action... creating stuff that actually engages people is possible, and can be fun!

This tool demonstrates 'how' we co-design, which builds on our 'Intrepid Way' practices - a series of tools and processes we draw on to reflect, research, design and action our work. If you have come across this tool, whether it be at a retreat, forum or workshop, or perhaps you downloaded it, or a friend or colleague let you in on what it is all about, we have designed this tool to be used as if we are there with you, helping you to co-design stuff that matters.

Feedback is also most welcome. Should you have any questions or ideas that could make this tool easier to follow, please do not hesitate to contact us.

WHAT IS CO-DESIGN

Co-design is a participatory, co-creative design process that challenges the traditional designer-client relationship to solve problems. Co-design goes beyond 'consultation', as it stimulates a creative, equal, collaborative environment for a wide range of people to contribute, communicate and be bold in designing new solutions for impact.

The role of the facilitator is key. They are usually trained to listen for, and encourage everyone to contribute, generate diverse ideas, and improve customer, user, client and stakeholder satisfaction, and increase enthusiasm for innovation and change.

This is why we have designed this resource to share how we guide young people, professionals and communities to co-design for impact. You could be designing a simple, one day experience to engage people in a cool project, to a multi-staged, long term program or perhaps innovating another way to approach a complex problem.

This tool will empower you to co-design anything!

THE AIM

The aim of co-design for impact is to identify what the possible solutions are. The process can be simple, fast, and duplicable - so try not to get hung up on not having enough time and trying to flesh out everything at the start.

More details and required research can be investigated later, in fact this is an essential part of the overall process. Co-design is meant to be a fast, creative process aimed at harvesting ideas which may be worth exploring without limits.

THE BENEFITS

The co-design process requires people to think beyond their perceived boundaries and limiting beliefs, whether they be individual or institutional, and involves four core elements:

1. Promote skills-based learning

- People in the co-design process will learn something new
- Reflect on common barriers for action, but not be limited by them
- Demonstrate benefits of innovation
- Brainstorm ways to address needs and issues
- We all have something to offer and gain

2. Develop a sense of community

- Explore empathy, accountability and shared responsibility
- Discuss decision-making and cooperation
- Explore the benefits of diversity
- Explore personal and collective impact

3. Develop identity and sense of place:

- Examine the power of choice
- Explore areas of personal contribution and growth
- Raise awareness of results from action
- Choose course of action

4. Reflect on processes

- How did we go?
- Where can we improve?
- What have we learnt?
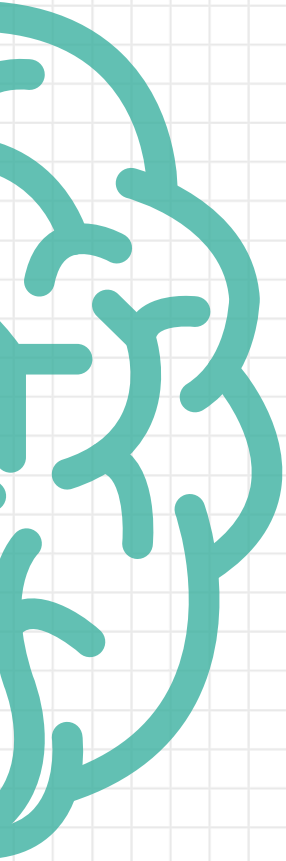
EQUIPMENT

- A stack of Post-it notes (3 Post-it note stacks per group)
- 2 Permanent markers
- 2 large piece of paper (A3 or bigger) / butchers paper
- 1 printed copy of this resource, including the 'co-design canvas' template & 'Design for Wiser Action' template

ROLES

Self-organise into a group of 3-6 people who share the desire to collaborate, and offer ideas, skills and knowledge on the issue of interest.

Roles:

- Facilitator - the person asking questions
  Harvester - using Post-it notes and a permanent marker, 'the harvester' will capture ONLY key words in the conversation (can also be the facilitator)
  Barriers harvester - have someone parking perceived barriers / limitations and capturing them on Post-it notes
  Time keeper - remember, the short time frames will make the group focus and ensure something tangible is discovered in the co-design process. This means that you will also need a timekeeper to keep track of the time

Note these roles can be done by the facilitator in a one-on-one scenario, but it is good practice to give others roles to keep them invested in the process.

SHORT, SHARP, FUN...

Try not to get stuck on barriers such as funding, time or resources, or who might say 'no' in the first few steps. The initial conversation is about harvesting limitless creative ideas and possible solutions, no matter how wild they are. If limitations and barriers are raised, acknowledge and capture them (as 'parked items') so that these assumptions can be tested with follow-up research later.

Allocate 1 hour for the co-design process

And have fun!

HARVEST QUESTIONS

To get your creative juices flowing, we have prepared our top harvest questions we ask when we co-design. We follow the flavours of Appreciative Inquiry - Define, Discover, Dream, Design, Destiny.

Give yourself 10 minutes to explore the following questions in a conversation and capture ONLY key words on Post-it notes. Remembering to start scribing asap.

Define:

- What is the actual issue and to what extent?
- What do we want to address and why?
- Where is the target area (geographically)?

Discover what is possible:

- What could be possible?
- Who could be involved?
- What will you need to do to make this a reality?

Dream the ideals:

- What is the ultimate impact?
- What is the ultimate outcome(s)?
- What is the ultimate goal?
- What is the experience you want to create (vibe)?

Design for impact:

- What is the shared vision?
- What do you need?
- What could happen?
- What is the project?

Destiny / Delivery:

- What is needed (resources / knowledge / energy / people) to empower, learn, and do something?
  What will you do (as part of the project / initiative)?

Other questions that might work:

- What is happening already that works?
- How could we make things better?
- If there were no barriers, what could we actually do?
- What gets us excited about this?
- What is our experience when we have this issue?
- Imagine the ultimate solution happens, what is your experience of achieving such?
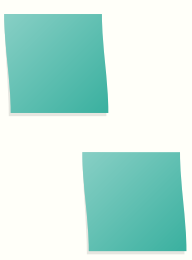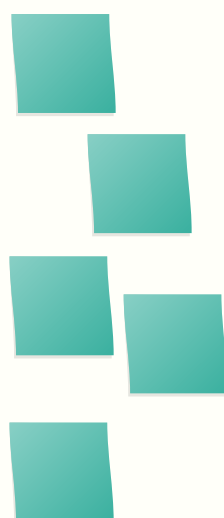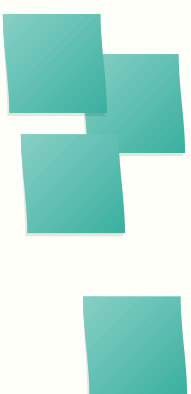- What assumptions do you hold?
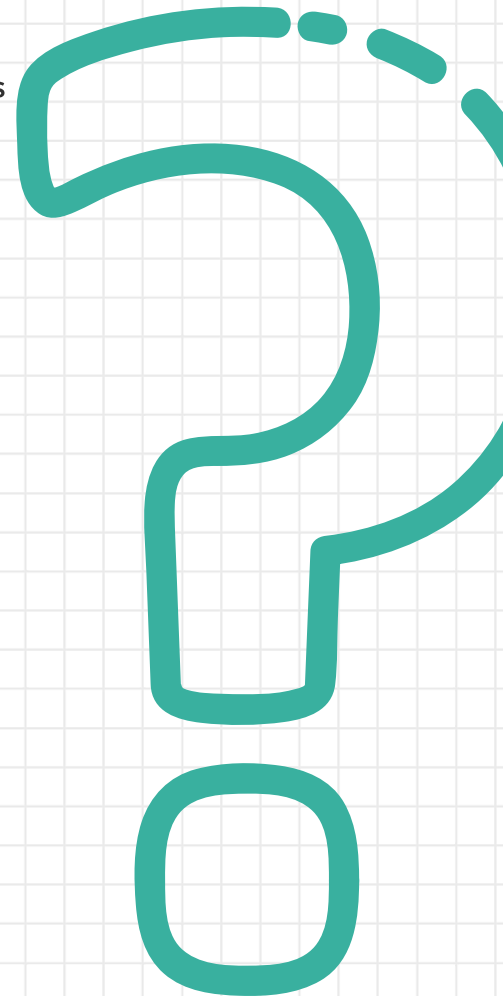
⚡ MAP IT OUT

Once you have completed the 10 minute co-design conversation, it is time to map it out into 'now', 'soon' and 'future' actions onto the 'co-design canvas' to see the emerging co-designed solution. Please note that it is common to see the same thing come up as an issue and impact, so in this step, really think about whether something is an issue or an impact. This opens the opportunity to rethink issues as opportunities, and further discuss how you could turn an issue into an opportunity.

Mapping your ideas onto the co-design canvas should take 15 minutes. If you get stuck, start from the actual issue (again), and move the Post-it notes around. This is where the art of a trained facilitator can demonstrate their magic, as they may see what you might not be able to see. And what did you park? Remember to include this on the co-design canvas.

⚡ CO-DESIGN CANVAS

On a large piece of paper, e.g. butchers paper, draw the below template - this is the 'co-design canvas' template. You might want to have a conversation about what 'now', 'soon' and 'future' actually means in terms of a real-timeline, temporal scale. 'Now', 'soon' and 'future' are potential milestones for a project to be designed and delivered. Have a think about what you might need to do first and what you could do now to kick-start the process, and then go from there. The idea is to be in motion to make an impact.

Issue	Now	Soon	Future	Impact

DESIGN FOR WISER ACTION

This body of work was co-created by a number of Art of Hosting practitioners in Queensland. We've put an Intrepid twist on the template to flow on from our co-design process!

Referencing back to the post-it notes on the co-design canvas, you can start to fill in the blanks on the 'design for wiser action' template. This is a simple one-page canvas, where you can start to flesh out more detail and your idea / project starts to take a more concrete shape. It is also an opportunity to invite others to have input or share wisdom they might have around your idea so you can engage further with your community or colleagues. See attached template.

Tip: Before you start discussing the finer details get out your iCal, Outlook or Google calendar, or old school paper diary, and schedule 2 X 1hr check-ins (the 1st check-in is to recap and reflect on the co-design process, and share new ideas, the 2nd is to start to allocate resources and commitments towards the co-designed solution). Both meetings should be hosted within one-month of the co-design process.

FOLLOW-UP RESEARCH

We always say, "want what you already have!" Most of the time we already have the answers, and a load of resources we can find and share to make stuff happen. We just have to be a bit more creative and put some time into research. To want what you already have, here is a simple resource mapping questions to identify resources that you might need and where to look.

What initiatives already exist that we think align with what impact we want to create?

What do we need?

Team
Equipment
kick-start
funding

What do we have access to?

Who will be responsible for this?

When will this be done?

PITCH-UP & FIRM-UP

With only 10 minutes to spare, it is now time for the entire group to come back together (i.e. if you are part of a larger group similar to a forum, workshop, team building activity). Nominate three people from your group (one to be a spokesperson, and the other two to hold up the 'design for wiser action' template). Allocate 2-5 minutes for each group to share their co-designed idea (depending on size of group and time).

If you are part of a larger group, encourage everyone to contribute their ideas on how to better firm-up each co-designed solution. Use your crowd to crowd-source ideas, invite supporters and contributors, and demonstrate team culture! You could also use a phone to video people when they pitch so they remember what they said, and how they communicated what they wanted to achieve (this is great public speaking and pitching practice).

Tip: The spokesperson might want to reference back to either the Co-design Canvas or Design for Wiser Action template. Do what works for you. Play fair and do not go overtime, you might be buzzed at 2-5 minutes if time is super short. There will be time to discuss your project in more detail later on at your follow up meetings.

SHARE, TAG & PROMOTE

Your co-design solution is happening in time and space. Tag us on Facebook and Instagram '@intrepidlandcare', or Twitter @intrepdlandcare to share your co-design adventure.
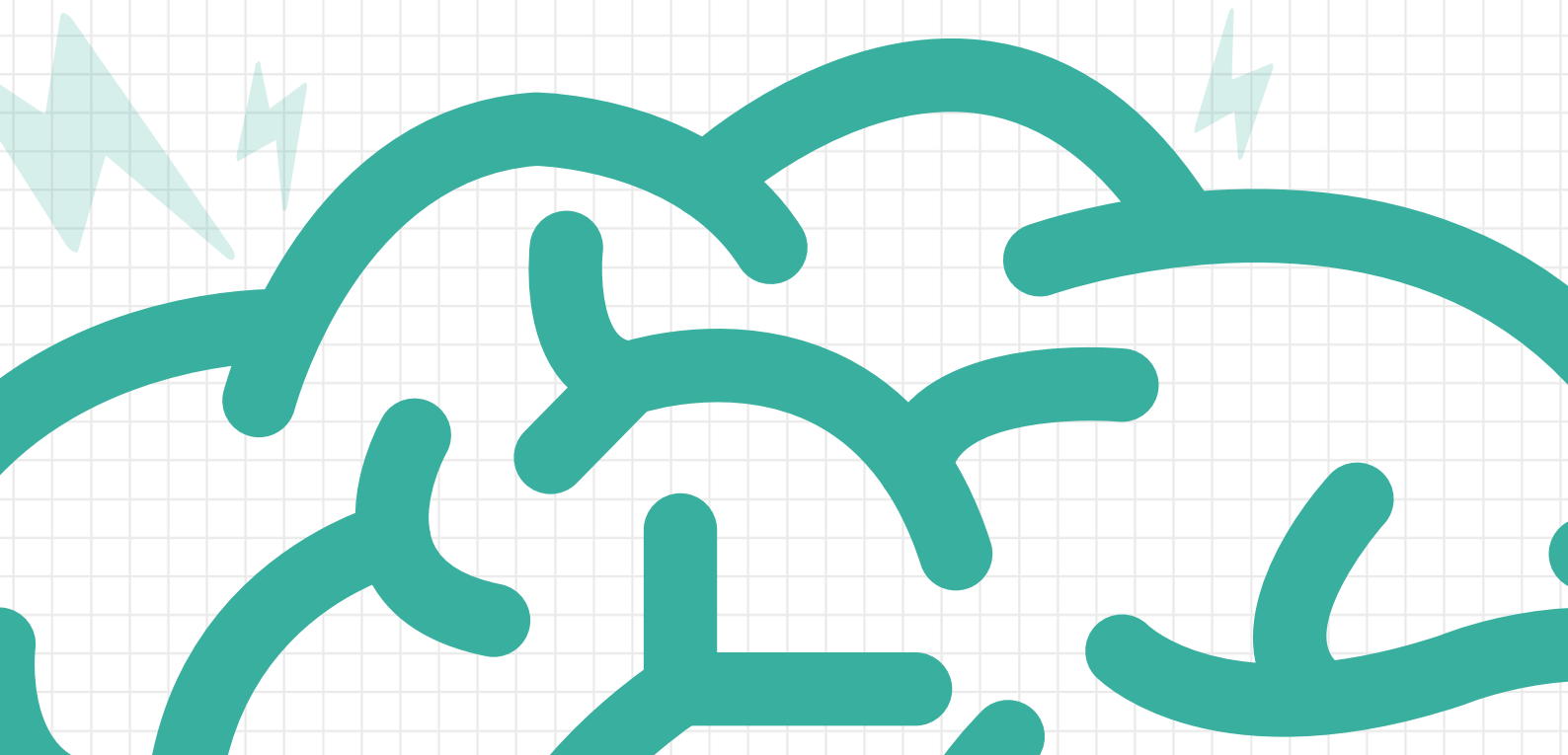
"A REALLY REFRESHING PERSPECTIVE,
I WALKED AWAY BEAUTIFULLY INSPIRED"
-WORKSHOP PARTICIPANT, SYDNEY 2018

DESIGN FOR WISER ACTION CANVAS

Calling question
What is the question we can ask related to our issue, which invites the contribution of others?

Project name & working group

WHAT
(project/event)

HOW
(process)

WHEN
(timeframe)

Follow up
What needs to be followed up?
Who will do what?

Vision
What is our overall vision we are working towards?

Need
What is the need we want to address?

Harvest

How will we demonstrate our impact? What will we capture?

Tangible   **Intangible**

Purpose
What is the purpose of this project?

Core team
Who will be the core team delivering this project?

Partners
Organisations / networks who might be part of the project?

Stakeholders
(Participants, target audience)

Challenges

What help to do we need?

Insights
Surprises or ideas that were imagined before?

Unanswered questions
What answers do we need to progress our project? What research might we need / want to do?

Next steps
What needs to happen next to make our project happen?

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