

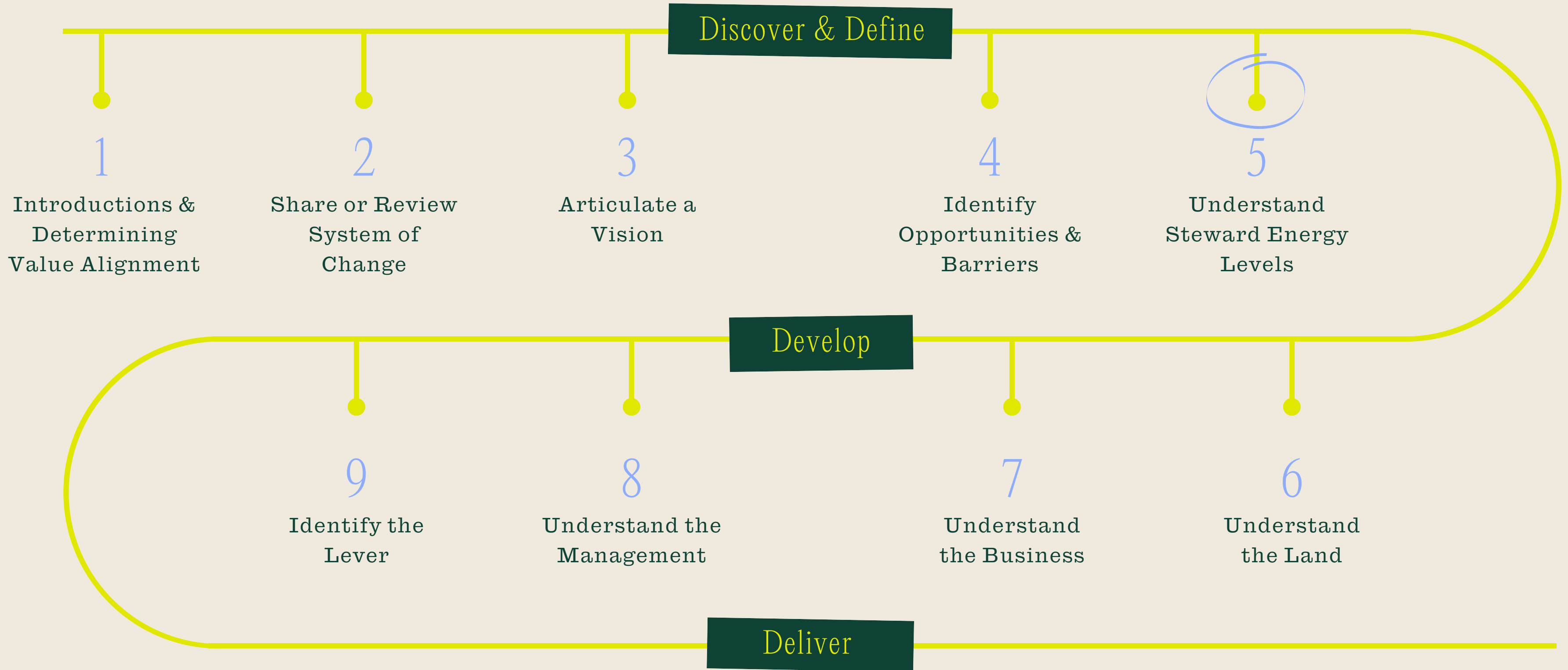
MAD!



ENERGY LEVEL FRAMEWORK

Regenerative Stewardship Curriculum: Discover & Define

REGENERATIVE STEWARD COURSE PLAN



Overview

TIMING

During each interaction with the steward and their team.

OUTCOME

This will help you become more aware of your and others' energy levels. Using this as a planning tool will allow for more spacious conversations about resource concerns and opportunities to implement regenerative practices.

PREP ITEMS

None.

DELIVERY

Keep this in mind whenever you are communicating with farmers.

STAFF

Planner.

Overview

PURPOSE

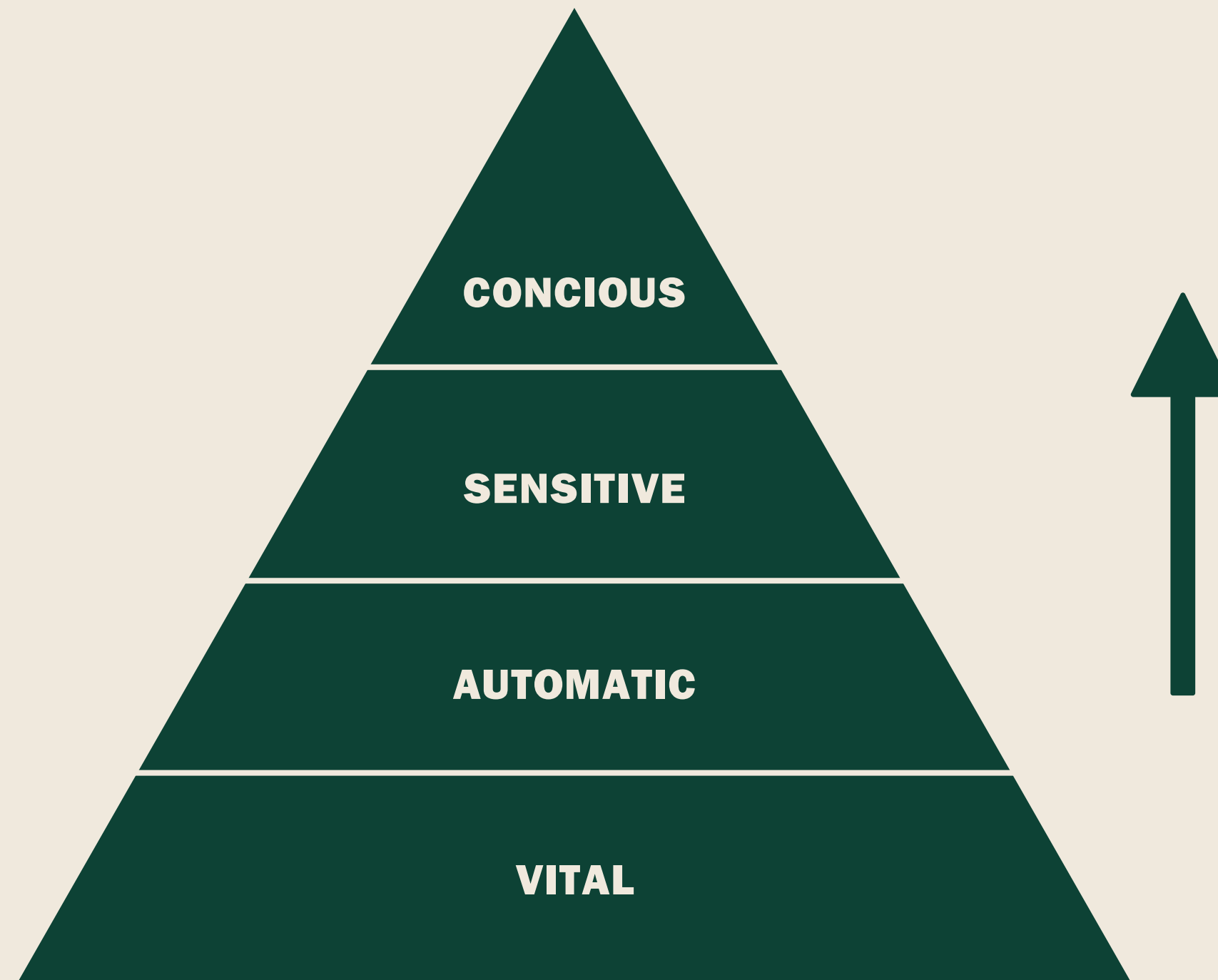
The following framework from Carol Sanford helps us to identify what energy level a steward is operating under during the planning process.

The Energy Level Framework provides us with a description of the four main "levels" that people tend to fluctuate between, depending on their state of mind and being, stress levels, and the pressure they are operating their business under.

With practice, one can quickly identify what energy level a producer is operating in at the time of an interaction. You can use this knowledge to be a more compassionate planner.

Energy Level Framework

With each level one moves up the Energy Level Framework triangle, the more space the steward has for reflection and regenerative thought processes.

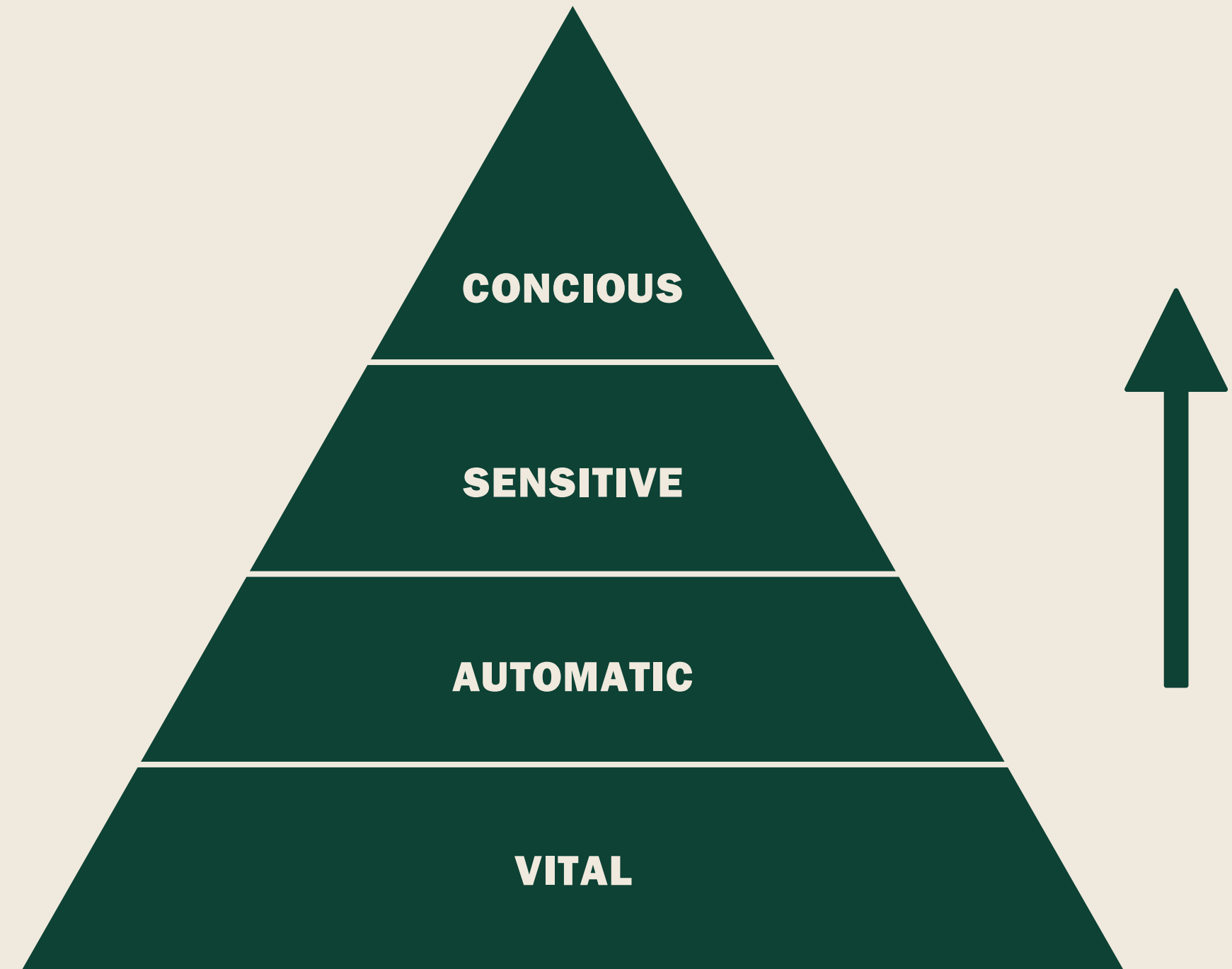


Vital

A steward has vital energy when they can only focus on addressing the immediate issue at hand to restore order.

One example where vital energy could arise would be if a piece of equipment broke down during a harvest, and the harvest could not proceed until the equipment was fixed or a new plan was created.

Ex: "Sorry I cannot meet about business planning today, I have to get the hay up before it rains."

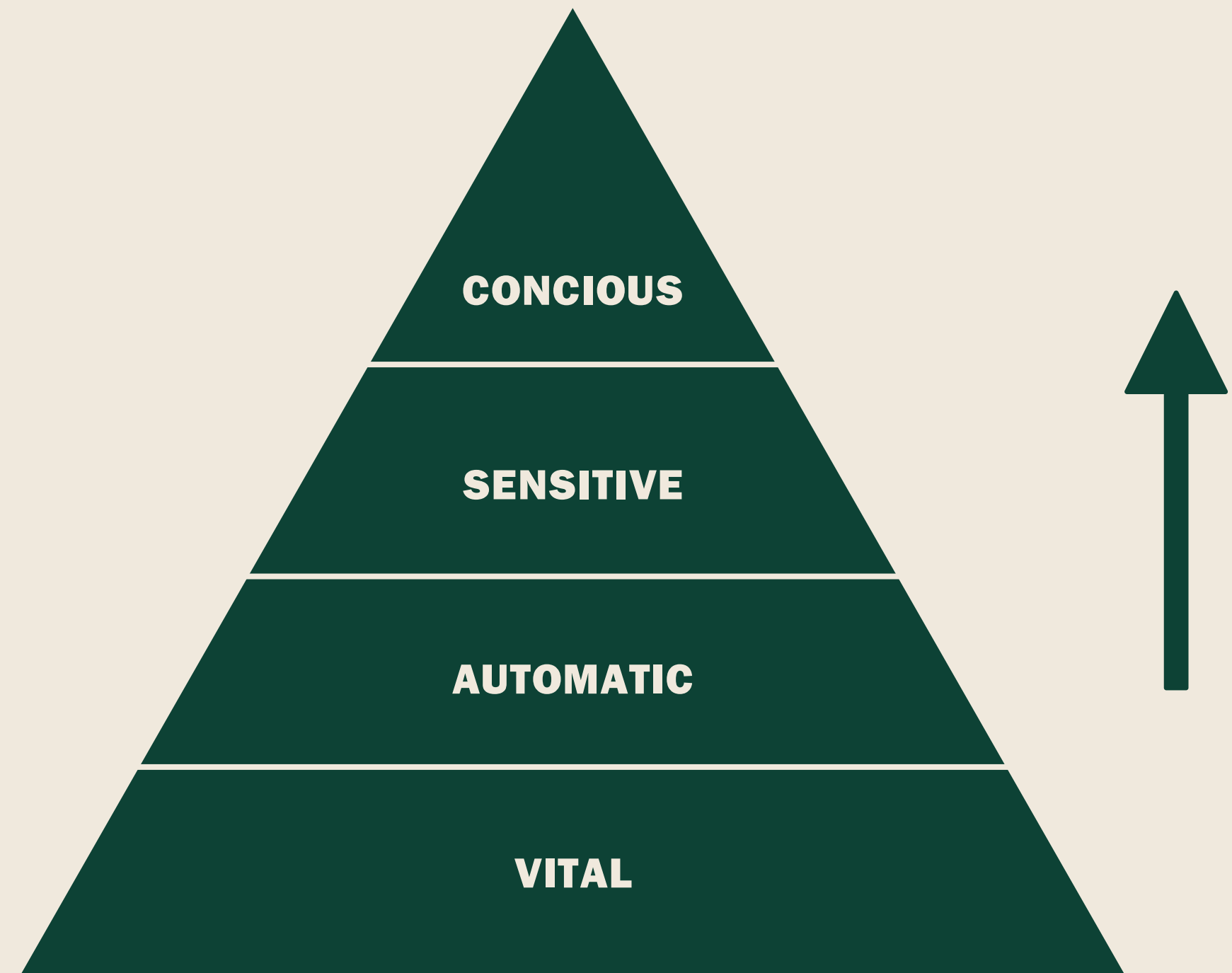


Automatic

At this level, the steward is mostly working habitually without much thought and intention.

They are doing their work without thinking about why or how it affects the systems around them. They are doing things exactly the same as they always have because the outcome is predictable and low-risk. When things are going as expected, they do not have the appetite for change or improvement.

Ex: "I bale straw after harvesting grain because it's what I have always done."

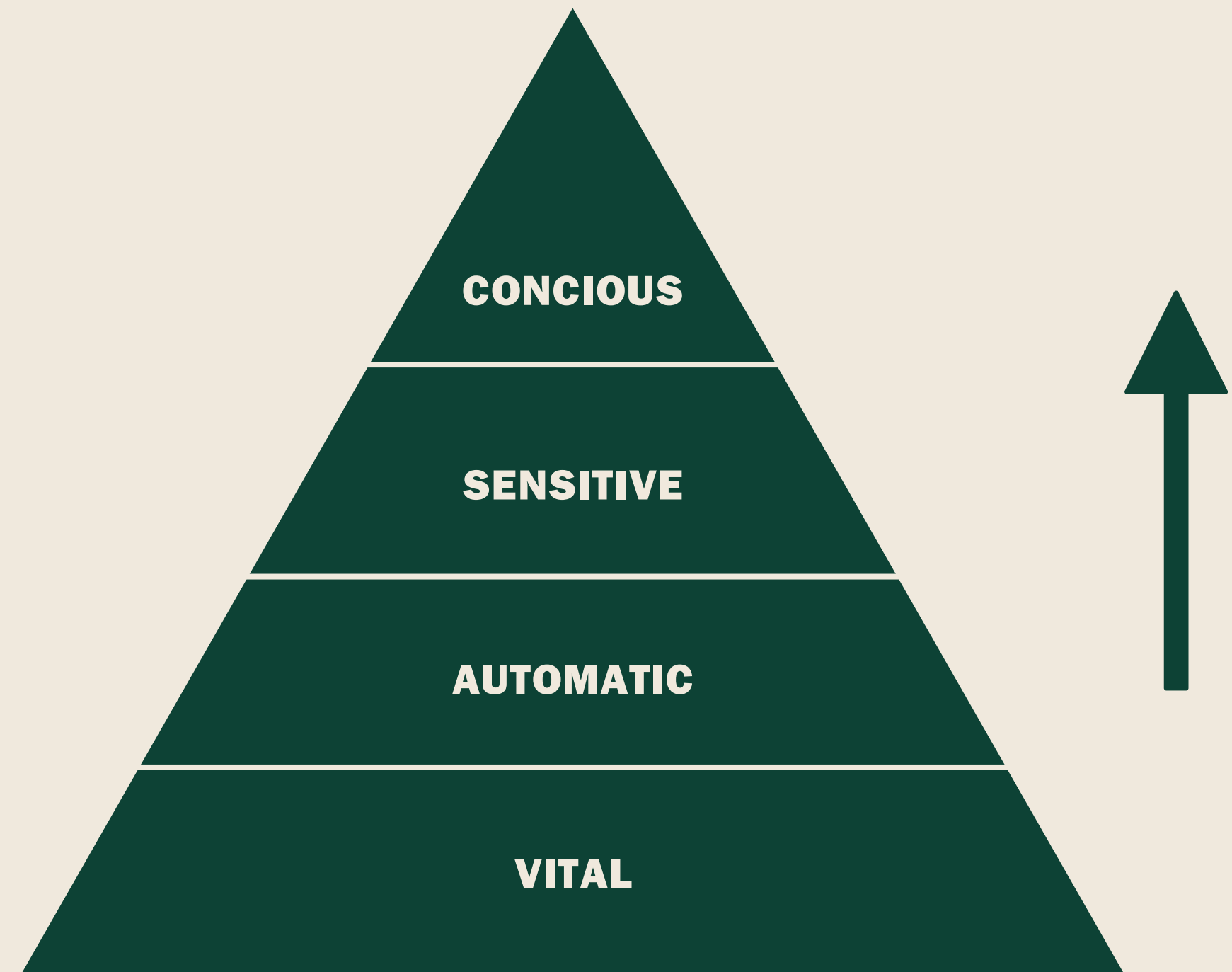


Sensitive

At this level, the steward is experiencing a high degree of awareness about the people and environment around them.

They see the birds and the soil, and they can recognize any tensions amongst the farm team. They want to be helpful by doing something, but not necessarily by empowering change in the farm system.

Ex: "I might think about buying that piece of equipment for someone who has not yet thought to buy it for themselves or seen the importance of using it in their system."



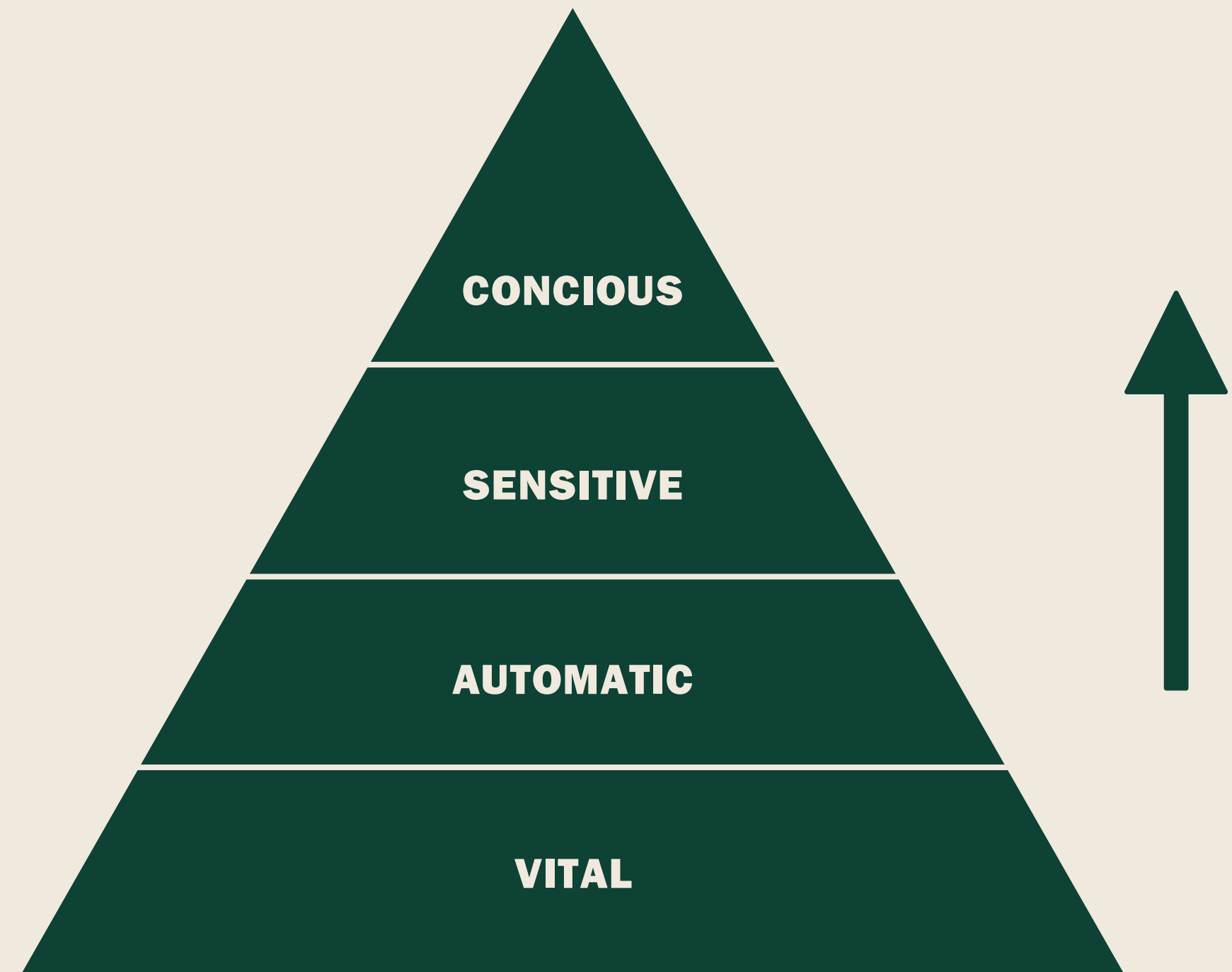
Conscious

At this level, the steward recognizes their role within the broader systems interacting around them.

Ex: “As a steward of the land, it is my responsibility to grow food that nourishes my family and community, ensures habitat for the beyond-human world, and balances the energy that I put into the farm with the intention I put into myself to be present and capable.”

There is time for reflection on the system's health and an ability to focus on the ends rather than the means.

Ex: “Cover crops are an extra expense in my system, but maximizing the time that a living root is in the soil is very important to me.”



Conclusions

Carol Sanford's Energy Level Framework invites us to be more considerate of where the producer is currently coming from.

It helps us to understand that we cannot create and be generative until the most pressing task at hand is taken care of.

Some techniques that can help you recognize and move into a higher energy state are listening, relaxing, walking, doing urgent priority work first, having patience, and being mindful of the timing of your farm visits.



MAD!



The End

Continue exploring tools for
the first phase of our
**Regenerative Stewardship
Curriculum, Discover &
Define, [here](#).**

MAD!