

Session Plan

1.00-1.05	Introduction
1.05-1.20	What is a personalised ecology?
1.20-1.30	The Huddle process
1.30-1.45	Questions and discussion
1.45-1.55	Next steps

Why Personalised Ecologies?

Traditionally, ecologists have focused on understanding the ecological world unbiased by how human observers interact with it.

However, both the positive and negative nature interactions that people experience are the result of biases.

We need to determine and account for this ‘personalised ecology’, to better understand and balance the benefits that people gain from the natural world, whilst limiting negative impacts upon it.

From Personalised Ecology, Prof. Kevin Gaston et al, Trends in Ecology & Evolution

Nature*

*(*according to Wikipedia)*



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What is a Personalised Ecology?

The direct (especially sensory) interactions that each of us has with nature

- We all have one
- They are unique
- They ebb and flow over time (short and long-term)
- They will be different in different parts of our lives (e.g. weekend, weekday)

What determines our Personalised Ecologies?

Motivation

Opportunity

Capability

What determines our Personalised Ecologies?

Motivation

Opportunity

Capability

- Automatic motivations: unconscious responses, such as emotional reactions
- Reflective motivations: more cognitive and purposeful, such as intentions



Unsplash/Maja Petric



Unsplash, Syed Ali

What determines our Personalised Ecologies?

Motivation

Opportunity

Capability

- Physical opportunity includes the availability of nature in a person's environment with which they can interact.
- Social opportunity includes family values, social norms and public safety.

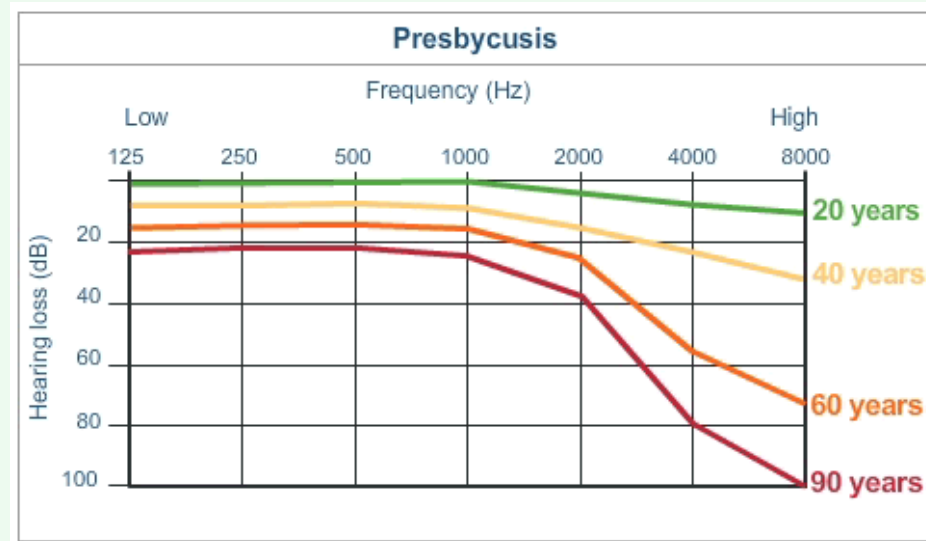


Image: Unsplash/Julian Ackroyd

What determines our Personalised Ecologies?

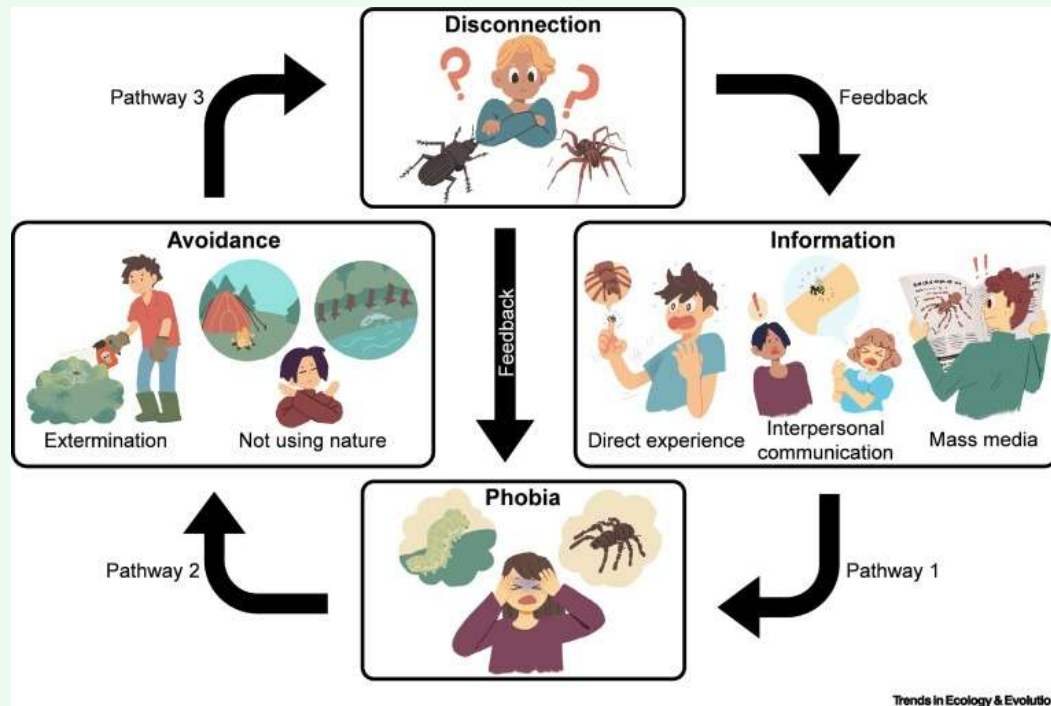
Motivation
Opportunity
Capability

- Physical capability includes our ability to detect particular species, for example, being able to see birds or hear birdsong.
- Psychological capability includes knowledge, skills, stamina and confidence, for example the ability to recognise particular species.

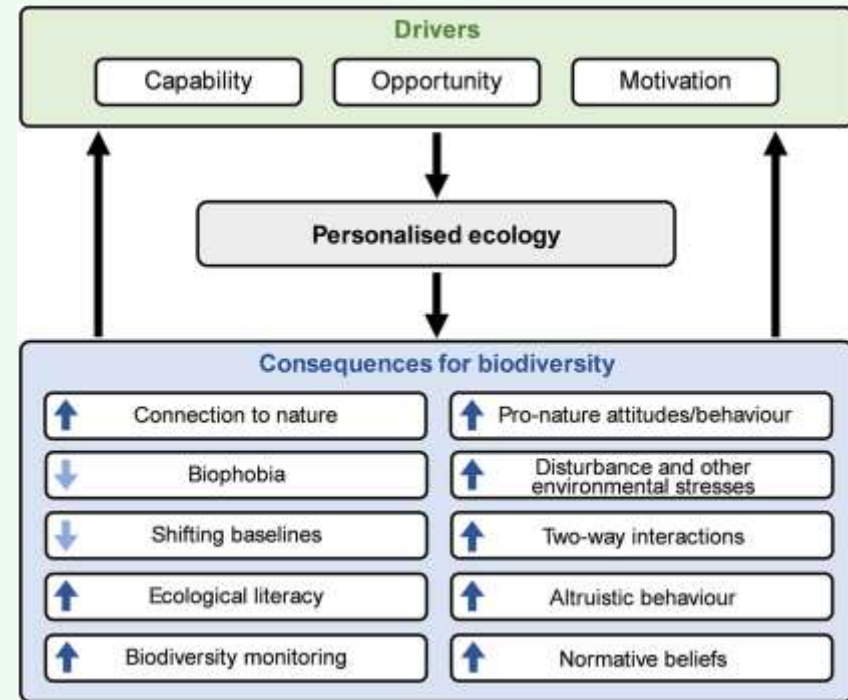


Source: Hear Birds Again

The impact of Personalised Ecologies



Source: Trends in Ecology & Evolution



Source: Gaston KJ, Phillips BB, Soga M. Personalised ecology and the future of biodiversity. Cambridge Prisms: Extinction. 2023;1:e18. doi:10.1017/ext.2023.15

What affects our Personalised Ecologies?

Immediacy



More immediate

Image: Unsplash/Katie Moum



Less immediate

Image: Unsplash/Etienne Boulanger

What affects our Personalised Ecologies?

Consciousness



More conscious

Image: Unsplash/Sandra Seitamaa



Less conscious

Image: Unsplash/Roman Fox

What affects our Personalised Ecologies?

Intentionality



More intentional

Image: Unsplash/Red Charlie



Less intentional

Image: Unsplash/Mithil Girish

What affects our Personalised Ecologies?

Degree of human mediation



More mediated

Image: Unsplash/Daiga Ellaby



Less mediated

Image: Unsplash/Diana Parkhouse

What affects our Personalised Ecologies?

Direction of outcomes (for humans)



Positive

Image: Unsplash/Peter Conlan



Negative

Image: Unsplash/Nick Bolton

What affects our Personalised Ecologies?

Direction of outcomes (for nature)



Positive

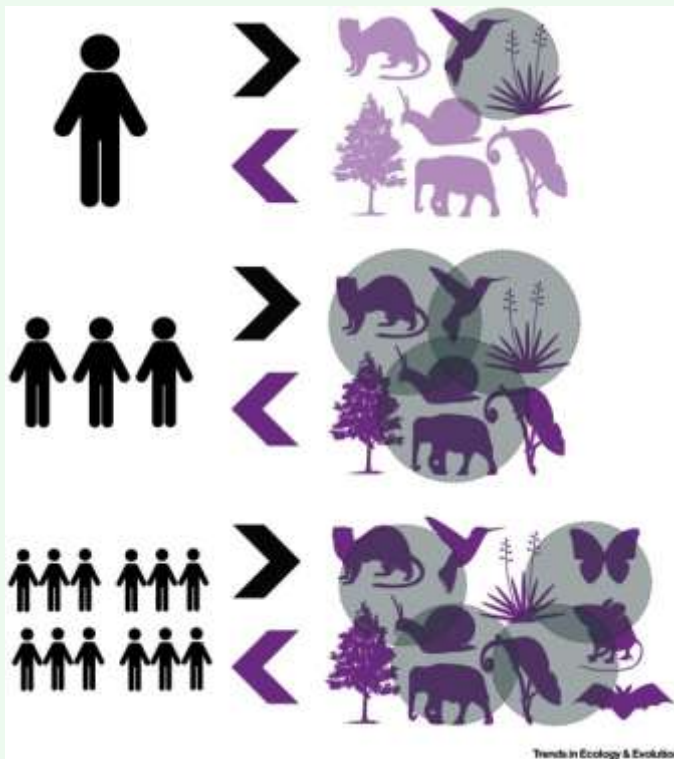
Image: Unsplash/CDC



Negative

Image: Green Futures

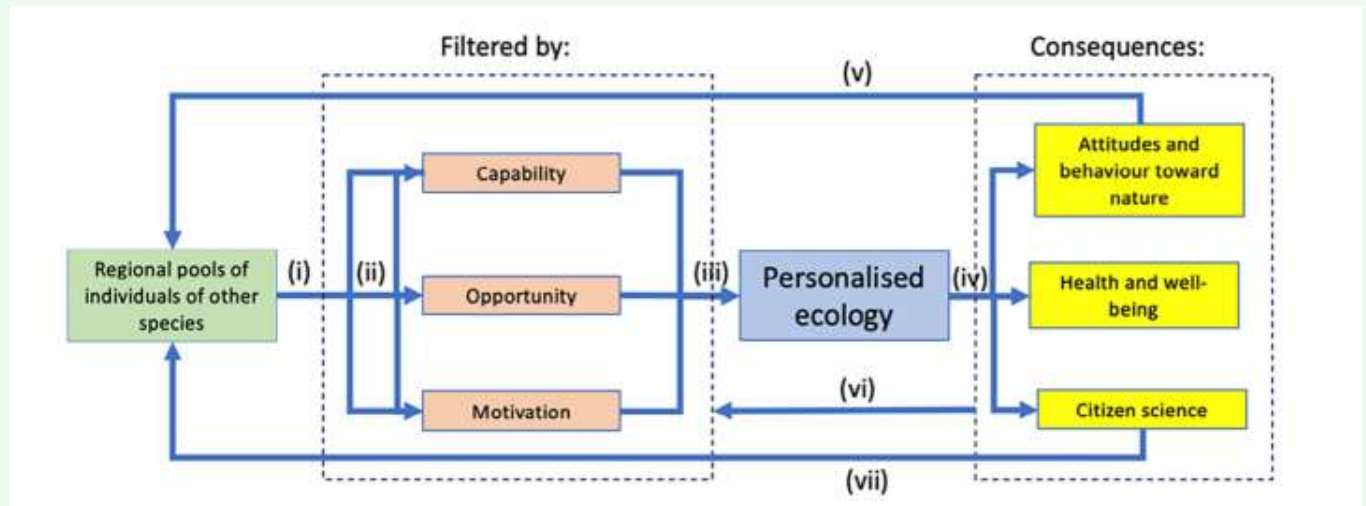
Summary of the framework



From *Personalised Ecology*, Prof. Kevin Gaston et al, *Trends in Ecology & Evolution*

We define personalised ecology as the investigation of the direct interactions between individual people and nature and their ecological dimensions. We define nature to span individual living organisms to ecosystems, but to exclude organisms that are not self-sustained (e.g., crops, house plants, zoo and domesticated animals).

From *Personalised Ecology*, Prof. Kevin Gaston et al, *Trends in Ecology & Evolution*



Source: Gaston KJ, Phillips BB, Soga M. *Personalised ecology and the future of biodiversity*. *Cambridge Prisms: Extinction*. 2023;1:e18. doi:10.1017/ext.2023.15

Huddlecraft

The Huddle process

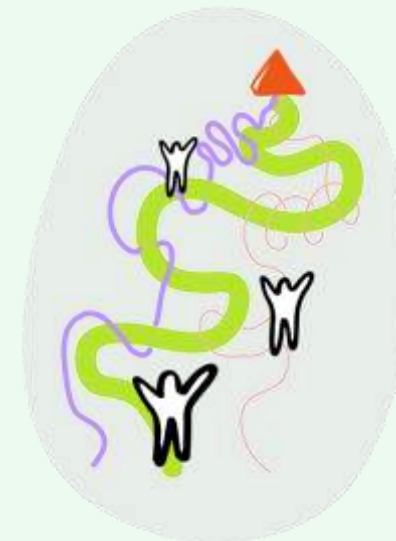
A Huddle is a structure for peer-learning that supports people to grow themselves, together.



You want to **grow to meet** a **challenge** you're facing, at work, in life, or in society.



Fuel your growth by joining a peer group and taking on your challenges together.



Your Host will guide you along the path; designed to **harness your collective potential**.



Emerge more capable, purposeful and connected, having met your challenge.

Key things to note

It is an active process

Huddles are peer-led and co-designed. You will be expected to step in and hold responsibility for a session, and contribute to the learning journeys of other Huddle members.

It is a commitment

We will meet for 2 hours every 2 weeks, and you will also be expected to spend time connecting with your Buddy and preparing for your session. Estimated 3 hours a week on average.

Three 'rules'



*Your Learning Question

Your Learning Question is an enquiry that guides your ongoing learning. It might change over time, but it always encourages motivation and curiosity.

Previous examples include:

- 'How can movement and performance be used to overcome limiting thinking habits?'
- 'How can I create and market self-love workshops for adults?'
- 'How can charities and funders contribute to solving social, environmental, and equity issues together by supporting positive tipping points?'

**How
might...**

I / We
Society / Gov
Community /
Trees

Help / Find /
Make / Change
Learn / Create
Explore

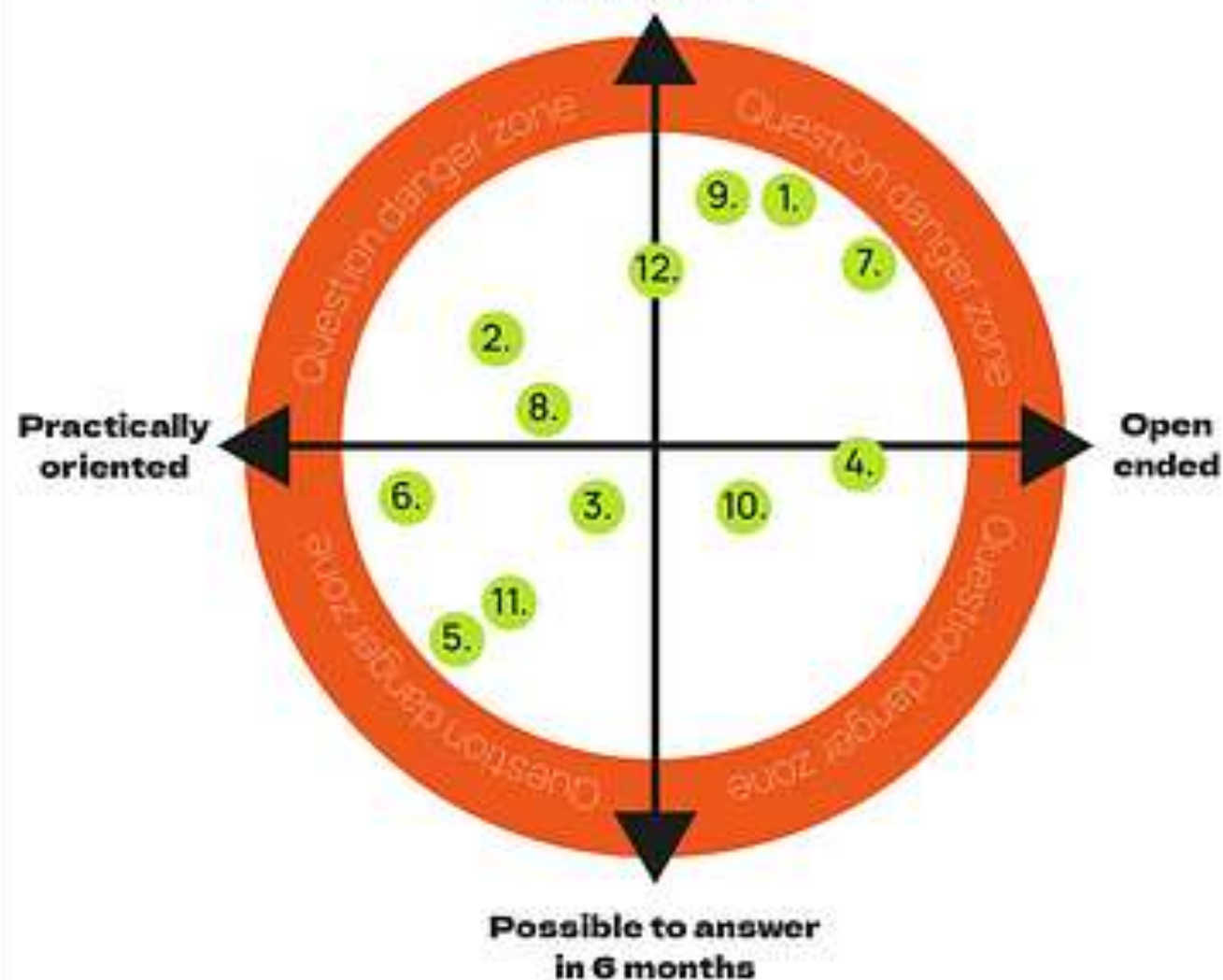
**Your
words
here**

That / To
From / What
/ At / Who
/ If / By

**Your
words
here**

?

Impossible to fully answer



Possible to answer in 6 months

Learning Questions:

1. What is hope and can it be designed?
2. How can youth-led storytelling grow the field of social design?
3. How can I design my business so it stops designing me?
4. How might I (use my skills to) create something of real value?
5. How can I create and market holistic sex and relationship workshops?
6. How can I champion holistic approaches to psychosis?
7. How can we and society listen better?
8. How can we design mental health services with the black community?
9. How can economics be a better tool for humans?
10. How can I only do the work I love with people I want to work with?
11. How can I facilitate greater participation in music ensemble playing?
12. How can we change ourselves before we seek to change the world?

Application process

- Your initial Learning Question
- Your learning objectives
- What tangible things you want to come away with
- Your background and experience
- Your access needs
- Scheduling
- Your commitment to the process

Kick-off sessions:

- Wednesday 30 September 1-3pm BST (UK time)
- Wednesday 14 October 1-3pm BST (UK time)

Fortnightly meet-ups will then continue every other Wednesday from 28 October until 21 April 2027

Why am I doing this?



Credit: Business Illustrator



Credit: Siobhann Mansel-Pleydell



Credit: Hannah Mumby