



Co-Creating Desired Futures Facilitation Intensive
5-session learning journey

Sept 26, Oct 10 & 24, Nov 14 & 21, 2025
12 - 3 pm EST

This page is the Course Description

Click here for the [APPLICATION FORM](#)

Course outline

Session 1: Friday, September 26, 2025, 12:00 pm to 3:00 pm (Eastern Time)

- Creating a Container. Doing this in real time. Who are we? ,
- Reflecting on how and why we create containers.
- Choosing a Topic – what “dragon problem” do we want to work on, for the next two sessions?
- Experiential intro to Empathy Circle practice.

- Debrief: how might we share the Empathy Circle practice with others?

Session 2: Friday, October 10, 2025, 12:00 pm to 3:00 pm (Eastern Time)

- Introducing the agreements for a Dynamic Facilitation process
- Deep dive demo: starting to explore our “dragon problem”
- Reflecting upon what we’ve been experiencing
- Exploring our questions

Session 3: Friday, October 24th, 12:00 pm to 3:00 pm (Eastern Time)

- Opening Up the Inquiry: focusing on the “divergence” part of the cycle
- Taking turns practicing as facilitators in small groups
- Receiving coaching and positive feedback
- Reflecting on our experiences as facilitators, and also as participants

Session 4: Friday, November 14th, 12:00 pm to 3:00 pm (Eastern Time)

Focus on the Convergence half of the Divergence-Convergence Cycle

- Continuing to practice with coaching and positive feedback
- Exploring different ways of wrapping up a session
- Reflecting on our experiences as facilitators and as participants
- Exploring remaining questions

Session 5: Friday, November 21st, 12:00 pm to 3:00 pm (Eastern Time)

- Harvesting our work together
- Content Learnings and Process Learnings
- Special topics, tbd by group
- Preparing for Next Steps: ways to continue our practice

Application process

- 1) To apply for the current intensive or for future ones, please complete the [application form](#) (link is also below).
- 2) Once you’ve done so, we’ll find a time to meet briefly with you online, so we can mutually determine if this learning journey is a fit
- 3) Once you’ve been accepted into the course, you’ll receive an email with a link for payment options to reserve your spot.

Click here for the [APPLICATION FORM](#)

Fees: The regular fee when we offer this as a professional training is \$900 - \$1,200. However, we are offering it to community organizers and activists at a highly reduced rate of \$300 - \$400. Partial scholarships may be available depending on your circumstances.

Fees go toward covering the cost of administrating the Co-Creating Desired Futures project, including the website and newsletter, as well as for our time as organizers and teachers.

Logistics

Size of the group: This 5-session learning journey is designed as a small-group intensive with a maximum of 9 participants. You will be supported by a three-person facilitating team of one lead facilitator and two apprentices. This means that there will be up to 12 of us, in all.

Time investment: The intensive takes place in five 3-hour Zoom sessions. We know that's a lot of time to be online, so each three-hour session will also include a brief break for stretching, moving, and re-fueling.

In each session, you'll experience some of the basic elements of CCDF facilitation. You'll start by engaging in the process as a participant, and then you'll have opportunities to practice facilitating and co-facilitating with coaching and appreciative feedback. During the sessions, we'll be periodically reflecting on what we are learning. This cycle of experience and reflection on experience is a key part of the learning process.

For an optimal learning experience, please plan to dedicate a bit of time between the scheduled sessions, for engaging in "mini-practices" and journaling on those experiences (suggested time between sessions: 1-2 hours.) There are also readings available for you to explore between sessions.

Cancellation Policy: If you need to cancel, and we are able to fill your spot, we will reimburse you whatever you have paid. If not, we will gladly credit you for a future upcoming course. If we need to cancel the course, all payments will be refunded.

Making up missed sessions: While we understand that life happens, we don't recommend missing sessions, as it's not really possible to "make up" the experience. Sessions will *not* be recorded. If you do end up missing a session, you are welcome to connect with other participants to learn about their experience of that session. There will also be a written record of much of the group's work during each session; however, that won't offer the in-the-room facilitation experiences that give rise to the written outcomes.

Reading materials and resources

On Empathy Circles

[Empathy Circle website](#)

Main website by Empathy Circles founder Edwin Rutsch and colleagues

[Empathy Circles as Imaginal Cells for a Regenerative and Co-Creative Future:](#)

Rosa's blog post about why she loves Empathy Circles

[Empathy Circles in Action](#)

Rosa's web page on how she works with Empathy Circles, with additional resources.

On Dynamic Facilitation

[From Conflict to Creative Collaboration: A User's Guide to Dynamic Facilitation](#) (2014)

Available on Amazon in E-book format. Though hard copies are currently out of print, used versions may be available online.

An [early 2006 version of the manual](#) is available freely online. Much has been developed since then, but the basics are here.

Additional links to DF resources can be found [on this page](#).

On Non-violent Communication

[Free resources and materials](#) from Puddledancer Press

["Beginner's Pathway"](#) from NVC Academy

[Some advanced applications of NVC](#) by Miki Kashtan

[APPLICATION FORM](#)

You can contact us [through the website](#) if you have any questions about any of this.
Thank you for your interest in Co-Creating Desired Futures!