

## COURSE DESCRIPTIONS

### **Introducing the Story of Self, Us and Now**

Understanding the way our personal story is related to the larger community/human experience and knowing how to bring people into a collective vision in order to inspire action.

### **I Come From (Capturing Your Story of Self)**

Building on Introducing the Story of Self, Us, and Now, delve into the import parts of your story of self and how to present this in a group setting.

### **Capturing Your Story of Us and Now**

Building on Introducing the Story of Self, Us, and Now, discover the importance of connecting your personal story with your community (Us) and to a sense of urgency about what to do next (Now).

### **Talk the Walk (Practice Talking About The Food System)**

Learn to discern where people are at in the stages of change and methods to effectively talk about the food system intelligently and convincingly. Practice active listening and identify opportunities to engage others.

### **Mentor Concept and Mentor Introductions**

Develop a greater understanding of the role and benefits of mentorship. Meet past Food Leader Certificate Program graduates and your mentors for this program.

### **Team Activities: Perception, Inclusion, Celebration**

Participate in team building activities as participants as well as learn how these skills translate into teams within your own project.

### **Group Agreements**

Understanding the importance of agreement among groups and teams. Learn to how to develop group agreements that are foundational to successful team development.

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### **Visioning the Future**

Discover that a vision is more than just setting a goal. Practice the concept of creating a group vision statement and vision board.

### **A Racial Equitable Food System**

Delve into the deep, dark details of the Food System and discover the potential for a racially equitable food system.

### **Food System Timeline**

Deepen your understanding of why we are where we are and what positive and negative things have happened to shape the way we eat from the global, national, and local lens.

### **Rethinking the Food System**

Understanding the realities of the current food system and identify strategies to create a community-based, socially just, ecologically sustainable, and nutritious food system.

### **Food Policy**

Understanding food policy on all scales will help us understand what we can do to change it, what is already allowed, and what is missing from the system.

### **Past Food Leader Food Story and Presentations**

Hear from past food leader certificate program graduates. FLCP graduates will share their personal food story and project presentations. Q&A time will provide insight into their project details and learning opportunities.

### **Servant Leadership**

Learn the core tenets of servant leadership theory. Connect their mission, vision, and core values to their practice of leadership. Articulate practical skills to practice leadership that works for social justice.

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### **Asset Mapping**

Discover your assets through strength and weakness mapping. Learn how to identify these as assets in yourself as well as in others and how to use these to catalyze your project.

### **Move Grass Class: Soil Rehabilitation**

Many urban lots are contaminated with lead or other toxins. Learn how to handle soil contaminants, identify soil types and improve soil through basic techniques like composting, mulching, vermicomposting, and using natural fertilizers.

### **Move Grass Class: Spring/Fall Planting**

Learn the basic concepts of planting for optimal food production and extending the growing season.

### **Move Grass Class: Harvesting**

Discover ways to extend the harvest season from green tomatoes to red tomatoes. Learn how to put away food for those long winter months, making your harvest bounty last well beyond the growing season.

### **Land History**

Discover the dirty little history of Wisconsin's land including soil contamination and toxins. Learn how to identify a land history in order to plan a health project.

### **Public Health**

Learn the impact the food system and nutrition have on public health and how to engage food system projects to positively impact a community's health.

### **Rain and Water**

Explore the benefits of rainwater, storm drainage, and how to identify healthy resources to use natural rain to your advantage.

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### **Nutrition**

Discover the affects the current food system, diet, attitude, and knowledge has on our own health as well as those around us. Develop personal nutrition goals that will positively impact your health.

### **Developing Your Personal Mission**

Strong leaders have a sense of purpose and are guided by their personal mission. Developing your personal mission offers an opportunity to establish what is important, create accountability, and chart a course of action.

### **Project Cycle, Vision, and Mission**

Delve into the process of developing, planning, and managing a project. Learn the essential elements that will provide a solid foundation for success.

### **Project Management: Action Plan and Setting Timelines**

Now that you have developed your project mission, vision, and goals, learn key elements to implementing your project including developing an action plan and timeline.

### **Project Design: Setting Goals and Objectives**

Learn the importance of setting project goals and objectives. Identify the intent of your project by developing a project goal and objective that will help create results that can be expected and indicators of success.

### **Project Management: Identifying Resources and Budgeting**

Develop a project resource and budget plan that includes identification and deployment of the teams' human resources (labor) and the planned financial impact of the project. Discern the project scope and schedule for effective resource utilization.

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### **Project Brainstorming, Review, and Presentation**

Time and support to develop your individual food system changing project with opportunity to brainstorm on your own and as a team, create a work plan, and finalize the project plan – all before you go home so you are prepared to start when you are home.

### **Embracing Your Identity as a Leader and an Agent for Change in Your Community**

An introduction to social change theory, organizational development strategies, and identifying projects as part of your communities' transformation for justice. This 4-part series includes How Community Transformation Happens: Power and Social Change; Organizing and Leading Your Team: Culture and Structure; Defining and Measuring Victory: Values and Work plans; Meet People Where They're at: Supporters and Opposition