

Peer Up

Building a supportive group of path mates that strengthen each other.



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“Whatever it is, you are drawn to do in the Great Turning, don’t even think of doing it alone” Joana Macy

Tags Social; Building community and embracing diversity

Challenge:

Keeping up your energy over a longer period of time - especially when creating and starting a project that is an alternative, even a challenge to the mainstream - is sometimes hard. People tend to lose faith in themselves, their idea, get distracted by everyday life, or tend to set their own dreams as the least priority.

Solution:

Building a group of path mates helps to keep the focus and the joy in your plans and actions. The surplus is “intervision”: together you can reflect, share experiences and give support as needed. Creating self-organised groups of peers, that support each other helps to:

- Keep alignment and focus
- Handle difficulties more easily
- Build and strengthen a network of trust
- See one's own strength when helping other people (“Helping others is a source of strength”)
- Create self-organisation and thus prevent dependency on “professionals”

Examples are Peer-Groups, Success Teams, Buddy Systems. It is helpful to have a simple basic structure (self-organisation tools) and meet on a regular basis.

References:

Scharmer, Otto (2009): *Theory U: Leading from the Future as It Emerges*.
Berrett-Koehler