



ACT-ivate INSPIRATION



From **what to why** exploring personal motivations



Every participant is sustained by **something**—a poem, a rousing speech, a quote, a song, a story. **This activity asks participants** to prepare for the session by exploring what this is to them and then **sharing these as gifts of inspiration** with the group.

Drawing on the 'designing social change' programme of Jess Brown and Louie Montoya at the Stanford d.school, and Brene Brown's grounded theory on cultivating **meaningful connection**, this activity aims to **shift team cultures** from understanding the 'what' of the WFG Act to feeling the 'why' of its aims.

INSPIRATION



1. **Send a single ask one week before the session:** find a short piece of text — a poem, a speech, a quote, a mission statement — that captures something you believe about the kind of future worth building.
2. **There are no wrong answers and there is no need to reference the WFG Act directly.**
3. **Read every response before the session.** Look for the threads, be they justice, nature, community or legacy.
4. **Share a selection of submissions at the start and end of your workshop, leaving participants inspired and seen.** If you have time you could create some slides with bold imagery to display the things that have been shared.

WORKS WITH



Act-ivate Knowledge to shape how you frame the WFG Act in the session itself.



Act-ivate Deep Roots where the submissions become the base material for the creative task.

SOURCE

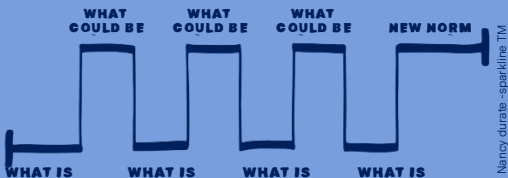
Burgess-Auburn, C. (2022). You Need a Manifesto: How to Craft Your Convictions and Put Them to Work. United States: Clarkson Potter/Ten Speed.





ACT-ivate KNOWLEDGE

How you share the WFG Act matters as much as what you share.



Most people lose their audience not because their content is weak but **because they forget who they're talking to.** Your job is to know them well enough to make the WFG Act feel like **something that was already theirs.** Nancy Duarte analysed history's greatest talks and found they share a common shape -a **rhythm of contrast between what is (the current reality) and what could be (the better future made possible by an idea).** That contrast creates momentum. It **makes ideas feel not just interesting but urgent, necessary, and achievable.** This card shows you how to use that structure when training on the WFG Act.

KNOWLEDGE

1. **Before you design a single slide, map your sparkline** (see front of card) . On one side write what is — the reality your participants are living right now (targets missed, short-term pressures, decisions made without future generations in mind). On the other side write what could be — what becomes possible when the WFG Act is genuinely embedded.
2. **The sparkline is the outline of your presentation.** Make sure that it moves between tension and possibility throughout.
3. **Use the S.T.A.R. moment** (Something They'll Always Remember). Build towards one moment of transformation in your session: a surprising case study or a bold question that reframes everything. That's what people carry out of the room.
4. **Combine story and data deliberately.** Data without story is forgettable. Story without data is unconvincing. Use case studies from the Act.ivate webpage to inspire your participants.

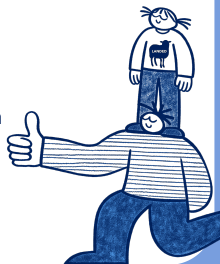
WORKS WITH



Any activity which requires you as a facilitator to impart new knowledge with the trainees.

SOURCE

This activity takes inspiration from **Nancy Durate's** work specifically *Resonate*. She has developed a technique for scripting presentations called a SparkLine (which she has trademarked). For more inspiration you can search for Nancy's TED talk which explains her research.

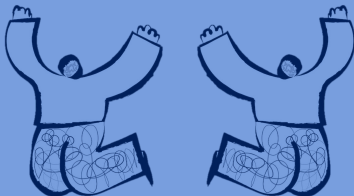




ACT-ivate

KNOW YOUR CROWD

Your participants are the heroes. Your job is to know them before you meet them.



The WFG act lands differently **depending on who is in the room.** A finance team needs different direction to a communications team. A room full of cynics needs a different opening than a room full of converts. **This pre-training survey helps you** tune to the frequency of your audience to **tailor the sessions so your content meets their needs.**

KNOW YOUR CROWD

1. **Draft a 3 minute survey.** Ask four core things,
 - their baseline knowledge of the WFG Act;
 - their confidence applying it;
 - their tolerance for uncertainty;
 - and the single practical outcome they need from the training.
2. **Review your findings.** Think about the range of personality types you see in the responses. Identify the ratio of enthusiasts, sceptics, and pragmatists to form your facilitation brief.
3. **Target the sceptics.** Design your opening specifically for them. If you win them over early, the rest of the room will follow.

WORKS WITH



Act-ivate Inspiration to gather both values and context before the session.



Act-ivate Knowledge to translate what you find into how you pitch the session.

SOURCE

Nancy Dürate (2010). *Resonate: Present Visual Stories that Transform*
Audiences. United Kingdom: Wiley.





ACT-ivate

PROJECT PRIMER

Ask participants to look at their own work through the lens of well-being before the session begins



Asking people to **bring a real project to training** changes everything. It **shifts the day from abstract to immediate.**

The WFG Act stops being a policy and starts being a helpful tool.

This task works best when training is aimed at embedding the Act into live work programmes.



PROJECT PRIMER

1. **Send participants a link** to either the ways of working checker, project framework or scrutiny framework.
2. **Ask them to run one current project or work programme** through the relevant tool.
3. **Reassure them this isn't a test.** It's a starting point for the conversation on the day.
4. **Build time into the session to work with what they bring.** That's where the real learning happens.

WORKS WITH



Act-ivate Refelction to move from self-assessment into rigorous scrutiny.

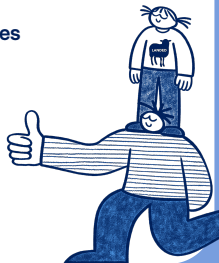


Act-ivate Commitment to close the loop between the project they brought and what changes next.

SOURCE

Future Generations Commissioner Resources

- Ways of Working Checker
- Framework for projects
- Framework for scrutiny





ACT-ivate

PROVOCATION PRE-READ

**Send one story that
makes business as
usual feel impossible to
defend**

A single well-chosen case study, landing in someone's inbox 24 hours before training gives people time to sit with an idea privately, before the workshop begins. Choose something local, radical, and real.



PROVOCATION, PRE-READ

1. **There are so many inspiring case studies out there** so feel free to use anything that you feel will work. If you are stuck for ideas you can check out case studies gathered by the Future Generations Commissioner - on their website or in the Future Generations Reports.
2. **Send your selected case study to your training cohort ahead of time** with a single line of context and one question to spark thinking. Example question, *what would need to be true in your organisation for this to be possible?*
3. **Make reference to this case study during your session.** It is your tool to prove that delivering the WFG Act is an investment that reaps rewards.

WORKS WITH



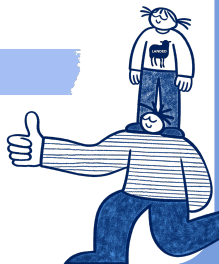
Act-ivate Consequence to connect the external example to internal decisions.



Act-ivate Project Primer for a full pre-training sequence that arrives ready to work.

SOURCE

The work of public bodies of Wales as curated through the Case Studies available on the Future Generations Commissioner's Website.





ACTivate

TIME BRANCH

Spark a creative mindset when a secret dispatch from the future lands in your participants' inboxes before training begins.

CLASSIFIED



TOP SECRET

Arriving as a **classified** memo sent from a minister writing in the future, this provocation tells **participants** they are standing at a critical time branch. **The future is not fixed.** The decisions made now, in this organisation, in this room, will determine which path is taken. Participants arrive already thinking like agents of change.

CLASSIFIED

TIME BRANCH

1. This is a pre-training provocation utilising magical realism to use when you are seeking to disrupt the everyday. It will not be everyone's cup of tea, so use it wisely.
2. You will need to write a memo 'as if' you are a future Minister asking for help from your ancestors.
3. Using the idea of time branches, you can posit the idea that the group have the power to forge a new branch that will avoid some future disaster.
4. Deepen the impact by adapting the scenario with local details such as naming the specific organisation and meeting room where the time branch has been tracked by tempologists..
5. Maintain a hopeful tone by identifying participants as 'the potentials' - individuals who have been identified by history for their unique capacity to accelerate a specific paradigm shift.
6. Conclude the briefing by thanking participants for their service to the yet to come.

TOP SECRET

WORKS WITH



Act-ivate Future Vision – any creative activity which asks participants to think differently about how their decisions impact the future.



Act-ivate Passage of Time - to help participants get used to the idea of multiple pathways in time

SOURCE

National Infrastructure Commission for Wales - Governing with Nature as supported by Landed Futures CIC

