## Key CBEL Principles

**Asset-Based Community Development principles**working from assets/strengths or from what is there vs. need based or from a place that frames things as deficits.

**Community Partner Priorities**– **1)** identifying and **2)** seeking to address the balance or alignment between the individual – group - community partners priorities. Working with priorities speaks to ensuring the project has more value to the group *AND* the partner and thus should improve the process and outcomes.

**Relationship Development Focused –**looking at how to develop trust and enhance the relationship through the project process given the opportunities and constraints inherent in the brief window of a project.

Individuals and their partner’s will be somewhere on the **task focus** or **relationship focus** continuum.

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| **The Challenge:**  The **Challenge** is to bring to life your own groups goals, interests and motivations in line with the key **CBEL principles**.   * How do you respond to asset-based approaches with your community partner through the three 3-phases of a project? * How do you identify and incorporate your community partner’s priorities through the 3-phases of a project? * How do you look to develop a functioning relationship and enhance trust throughout the project? |

**The Three Main Phases of a Project**

## TRUST – A way to bring to life relationship enhancing behaviours

**Truthfulness**

* Means being as honest, open, and straightforward as you are able.
* A good guideline is to try to speak in ways that are truthful and useful. Hurtful speech, even if it is truthful, does not build good relationships. It is often wise to pause before speaking and ask yourself if the other person really needs to hear what you are about to say.

**Reliability**

* Means keeping your promises, doing what you say you are going to do. It applies to even seemingly trivial things like returning a phone call when you said you would.
* It requires you to not make promises you can’t keep.
* It is the foundation for relationships where you know you can count on each other. You know you will not let each other down.

**Understanding**

* Means listening to the perspectives of others with an open mind and heart, with empathy. It sometimes requires listening between the lines.
* It means not jumping to conclusions.
* It means being willing to move off an ideological position that could be inhibiting communication.
* It means being willing to acknowledge one’s mistakes and forgive those of others.
* It also means clearly understanding what the roles and responsibilities of the different participants in the relationship are.

**Self-Awareness**

* Means noticing when your own individual needs might be interfering with what is beneficial for the relationship.
* Means noticing when you are being emotionally reactive and then exploring the reasons for your reactivity.
* Ideally leads to a willingness to prevent toxic build-up in the relationship by discussing and resolving the underlying reasons for emotional reactivity.
* It also means recognizing the benefits and joys of working collaboratively.

**Timeliness**

* Means responding to others’ requests as quickly as possible. Sometimes this means giving an interim response just to let the other person know you haven’t forgotten the need to follow-up. This is a sign of the importance you give to the relationship.
* Requires an ongoing assessment of priorities and an ability to adapt according to changing circumstances.

## Additional Resources

**Carnegie Institute UK** has a short introduction to **ABCD**

<http://csl.ubc.ca/files/2010/04/What-Are-Asset-Based-Approaches-to-Community-Development.pdf>

**All Together** has a great 2 paged introduction to the ideas as well (this would be easy and handy for students).  <http://www.altogetherbetter.org.uk/Data/Sites/1/5-assetbasedcommunitydevelopment.pdf>

**Community Priority focussed –** Strand et al 2003. *Principles of Best Practice for Community-Based Research*

Volume 9, Issue 3: Michigan Journal for Community-Service Learning, Summer 2003.

<http://quod.lib.umich.edu/m/mjcsl/3239521.0009.301/1>