

## **Buddying Guide for Context Development**

Welcome to your regenerative pairing journey! You've been matched with a buddy—someone to walk alongside you as you explore and shape the context for your land and future regenerative system.

### **What's the Role of a Buddy?**

Your buddy is a:

- Sounding board – someone to share your thoughts and reflections with
- Mirror – offering insights, questions, or gentle challenges to deepen your clarity
- Witness – present to the process as it unfolds, without the need to fix or advise
- Co-dreamer – sparking new ideas, holding space for possibilities

### **Suggested Journey (Over ~10 months)**

#### **1. SEEDING (Month 1)**

Goal: Get to know each other & set intentions

- Schedule a 1-hour Zoom, phone call or in-person chat
- Share your backgrounds, values, and connection to the land
- Discuss what kind of support you'd appreciate from each other

#### **2. ROOTING (Months 2-4)**

Goal: Begin the context development process

- Land owners working through context-setting exercises
- Aim for fortnightly check-ins (Zoom, call, in-person visit or email update)
- Buddy listens, asks reflective questions, and helps clarify ideas

#### **Tips:**

- Keep a shared Google Doc, voice notes, or journal to track evolving thoughts
- Don't rush—allow for questions to sit and deepen

#### **3. COMPOSTING (Months 4-6)**

Goal: Reflect, share, and deepen

- Land owner shares early drafts, visual maps, or audio reflections
- Buddy offers observations, encouragement, and thoughtful feedback

- Discuss emerging themes, patterns, or surprises

Optional Activity: Try a “Walk and Talk” if you can meet on the land—some of the richest insights come while walking together.

#### **4. SPROUTING (Months 7–10)**

Goal: Begin shaping the final context

- Land owner starts pulling the pieces together into a context summary document
- Buddy helps review and reflect—“Does this feel true? Complete? Alive?”

Closing Conversation:

- What have we learned through this process?
- How have our perspectives shifted or grown?
- How might we continue to support each other beyond this?

#### **Rhythms & Reminders**

- Check-in Rhythm: Every 2 weeks (or as needed)
- Communication Style: Choose what works—Zoom, phone, voice notes, walks
- Keep it Light: Don’t aim for perfection—just presence
- Be Real: This is about connection, not performance
- Stay Curious: Let your questions lead, not your answers