



Guided Imagery Script 1.1.1: Visioning a Gender Transformative Community

(Adapt as needed)

Visions of our preferred future are the pictures we carry in our minds and hearts of how we want something to be when we have gotten it right. Our visions inspire us to work toward the ideal. So now, we are going to picture a preferred future in which people are valued and their needs are met throughout their lifespan. Then we'll share the dreams so we can get to work on making it happen.

Please settle comfortably in your chair. Leave pencils and papers on the table, hands in your lap. Now close your eyes...relax...listen...and imagine what our community will look like when we get it right.

(Allow people to settle and relax. You may choose to softly play music in the background.)

It is the future – 20 years from today. A very special tour arrives in our community. Filling the bus are leaders from across the state, the country and the world. They are here to see our community, the best community for people – men and women, boys and girls - to grow up, live and work, and grow old.

The bus pulls up to the curb and stops so someone can get on. This someone is the tour guide who will be showing the guests around. The tour guide is ...YOU! And why not you? You are responsible for the progress this community has made. You were an integral member of the health team that pulled everyone together, dreamed big dreams that got people excited and eager to use their gifts and talents to build a community that's a good place where men and women are healthy and able to live and grow old. Now these leaders, from all over, have asked you to show them what your community is like and how it was done. You're happy to be pointing out all the ways your community provides a good quality of life for everyone, men and women, boys and girls. And at each stop you explain how your group has influenced the community's progress in this area.

You see people of all ages. You see men, women. You see boys and girls. They are: Going to work...

- Where do they work?
- What kind of work do they do?
- How do they get there?
- What are these workplaces like?
- How do people work together on the job?
- How are men and women working together to make the work they do more effective?

Children going to school...

- What do the schools look like?
- What activities are going on?
- What are the children learning?
- Who are they learning from?

- How are the students, teachers, parents, neighbors and administrators interacting?
- How is the role of educating youth viewed by those who are not parents?

Women...

- Where do they live?
- What are they doing?
- How are they getting around and finding services?
- With whom are they interacting?
- What quality of life do they enjoy?
- How are they viewed by the rest of the community?

Teenagers...

- What are they busy doing?
- How are they spending their time and energy?
- What do they value about their community?
- For what are they valued by the community?
- How do they interact with those older and younger than they are?

People in neighborhoods...

- What do the neighborhoods look like?
- The streets?
- The houses?
- How do people feel about their neighborhoods?
- Do they feel safe?
- Are they proud to live there?
- What are the people doing together?

People – men and women - are going places to enjoy leisure time...

- Where are they going?
- What are they doing?
- How do they interact with others?
- What kinds of opportunities for leisure do they have? In the arts? Recreation? Outdoors?
- How are people getting there?

People are volunteering...helping each other.

- Why are they doing this?
- What are they doing for each other and with each other?
- Who are the recipients of these efforts?

Important decisions are being made in your community...

- What are the decisions being made about?
- Who's involved in the decisions?
- What processes are being used?
- Do people like the results, process and the way they are treated?

People are worshipping...

- What impact does faith have on the life of the community?
- How have differences between faiths been resolved?

The people you see are, as always, a mix of races, beliefs, ages and perspectives. How do different people and groups of people show they appreciate, understand and value others?

People are coming and going at civic meeting centers around town...community halls, schools, health centers, etc. ...

- What's going on there?
- Who's participating?

People are going to places of health care...

- What is their state of health?
- What do they do to promote their health and wellness?
- Where is health care provided?
- Who receives health care?
- How are health decisions being made?

The tour is almost over...You've covered it all...or nearly all. As the bus heads back to your departure place, you swing by one more spot. You don't want the visitors to miss this... it's the part of the community of which you're most proud...What do you show them and what do you tell them?

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Now the tour is over. It's time for you to leave the bus. Before getting off, you walk down the aisle for personal goodbyes. One by one the visitors thank you. One by one, they tell you how they liked what they saw. "Congratulations," they say. "You got it right! This is what we want, too. We want communities that work just as well for all members as yours does!"

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