

Head Heart Hand Hear



In every community group there are **all sorts of skills and experience** to draw on.

Have each person in the group write at least ONE thing under each category below. The notes can be collected under each heading to show the know-how existing in the group.

Write your name:

Head

What do you know about?

What is your area of knowledge?

Write your name:

Heart

What are you passionate about?

Write your name:

Hand

What practical skills do you have?

What can you do?

Write your name:

Hear

Who listens to you and your ideas?

Who do you have influence with?

Write your name:

Your services/advice/assistance

Are you willing to provide these for free, through trade or for a cost?

[Adapted from "With head, heart and hand: Dimensions of Community Building" by Anthony Kelly 1988]

