

Doughnut Economics

Purpose

Regeneration depends on economic models that produce ecological and social wellbeing, and resilient local economies. Current extractive economic models stand in tension with sustainability and regeneration. To give participants ideas about how the economy can be regenerative, we used Kate Raworth's Doughnut Economics model.

Goals and Outcomes

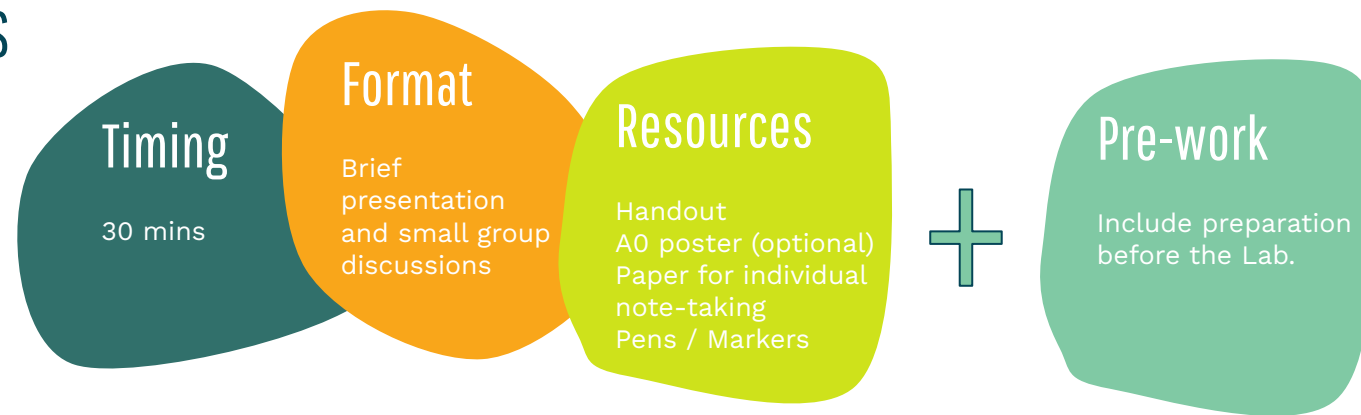
- Engage with the concept of a regenerative economy
- Explore the model
- Locate where individual projects and work contribute
- Locate regional needs and opportunities



INNOVATE TO
REGENERATE



DOUGHNUT ECONOMICS



Instructions

Assumptions

This activity is set up to introduce the concept of an alternative, regenerative economy. It is not designed for a deep dive into economics or science, etc. The intent is to provide inspiration, context, and an anchor for regional, group, and individual regenerative ideas and goals.

Step 1: Framing [10 min]

- **Test familiarity:** Prior to the Lab, test for familiarity with Doughnut Economics. Adjust introduction and activities accordingly. You can have a show of hands as well during the Lab.
- **Frame the need and vision for an alternative economy:** eg. an economy that works for planet and people. A non-extractive economic model that works within the carrying capacity of the planet. A strong social foundation that leaves no one behind.
- **Share the origin of the Doughnut Model:** e.g. Economist Kate Raworth has developed this model of an economy that has a floor or foundation for the wellbeing of people and an ecological ceiling for planetary wellbeing
- **Introduce each of the elements of Doughnut:** eg. The inner ring as social foundation, the outer ring as the ecological ceiling. Local and global dimensions. The identification of factors that contribute either to the foundation or ceiling, such as ozone depletion and social equity, etc
- **Discuss the models that communities have developed,** e.g. the examples in the handouts [See Slide 6 of this Play]
- **Ask for questions**

Step 2: Group discussion [20 min] In groups at tables

Option 1: Connect the inner and outer ring [20 mins]

Ask groups to select one element on the outer ring, such as Chemical Pollution, and one element on the inner ring, such as Health. Discuss the many ways these two elements are interrelated. Discuss how changes in one can impact the other. Prompt the groups to look for positive correlations rather than negative correlations.

Option 2: Connect to your own work [20 mins]

Give participants a couple of minutes to review the model and choose an element that they POSITIVELY contribute to in their own work or life. Ask the groups to discuss what each person selected and why.
Extension: Choose an element with potential for IMPROVEMENT.

Option 3: Unpack one person's project [20 mins]

Ask one person in each group to volunteer to share their own project. Have each group brainstorm elements on both the inner and outer ring that this person's project POSITIVELY contributes to.

Step 3: Quick Debrief [10 min]

Ask each group to share a little about their discussion.



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Tips

Test for familiarity

Check to see the proportion of your participants who are familiar with the Doughnut model, and adjust the introduction and activities accordingly. Some groups will prefer step-by-step walking through explanation and offering examples. Some groups prefer to self-organise and discuss ** Check in registration.

Data and History

This activity is enriched by providing local environmental and social data. Include data that tells positive and negative stories. Include the data that reveals complexity. Also provide historical information about the area, any history of colonisation, genocide, and conflict, as well as development and population changes. Highlight areas of regenerative potential.

Your own explanation

Whether the doughnut model is new to you or not, develop your own way of telling the story and introducing the model.

There are a number of examples, stories and resources on the DEAL website: <https://doughnut.economics.org/>

Consider developing your own handout and choosing examples even more relevant to your audience / place

Overwhelm and Hope

The challenges associated with addressing climate change, planetary boundaries and economics can be overwhelming. Check in with participants.

Focus group discussion on positive impacts rather than negative impacts

Consider sharing where you find hope in this model, and asking participants to do the same

Handouts

On the next pages you will find the following handout:

Doughnut Economics - examples of customised doughnuts

The Handout on Slide 5 and 6, shares the original doughnut, created by Kate Raworth and the Doughnut Economics Action Lab (DEAL) on page 2. It also includes four different examples of doughnut economy models that have been customised by local communities. During the Lab it was explained verbally and through group discussion, so there is limited written text.

The Nanaimo model is the doughnut version we shared that is closest to the original doughnut.

The Greenprints/Brisbane, Melbourne, and Te Reo Māori/New Zealand models were all chosen for their relevance to Australia. In particular, they were chosen for the variety they present in how different communities have adapted or redesigned the doughnut model to incorporate First Nations wisdom and worldviews.

A0 Poster version

For ease of group presentation, in addition to the handouts, consider an A0 poster of the doughnut model

BONUS: Go further

Potential of Place

This activity provides great context for:

- Linking with data and historical information about your region
- Discussing needs and opportunities for regional regeneration projects
- Building group consensus about where to prioritise efforts

Refer to the activity titled 'Potential of Place' (B7)

Regen Communities initiative

- Cities, communities, and regional areas around the world are adopting the Doughnut Model. In some areas this is called the Regen Cities or Regen Community movement. Whether grassroots or centrally led, this movement brings people together around shared ecological, economic and social goals, and provides a platform for developing a shared vision.
- This activity can help introduce, validate, and/or galvanise interest in a Regenerative Communities initiative.

Sharing projects

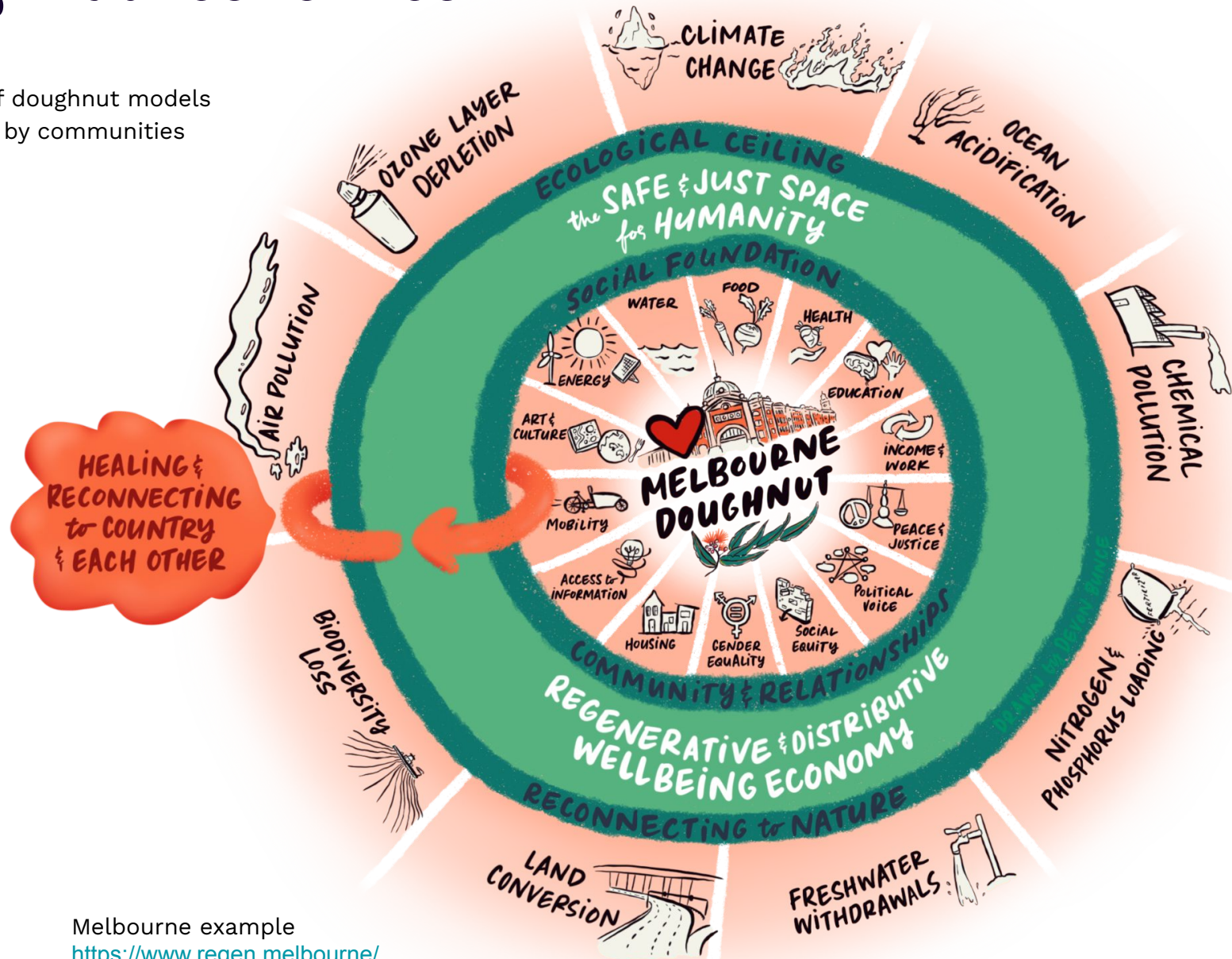
If individuals in each group have not had a chance to get to know one another's projects at this point in the event, allow extra time for individuals to share their work with each other.

HANDOUTS

Doughnut Economics

HANDOUT

Examples of doughnut models customised by communities



Melbourne example
<https://www.regen.melbourne/>

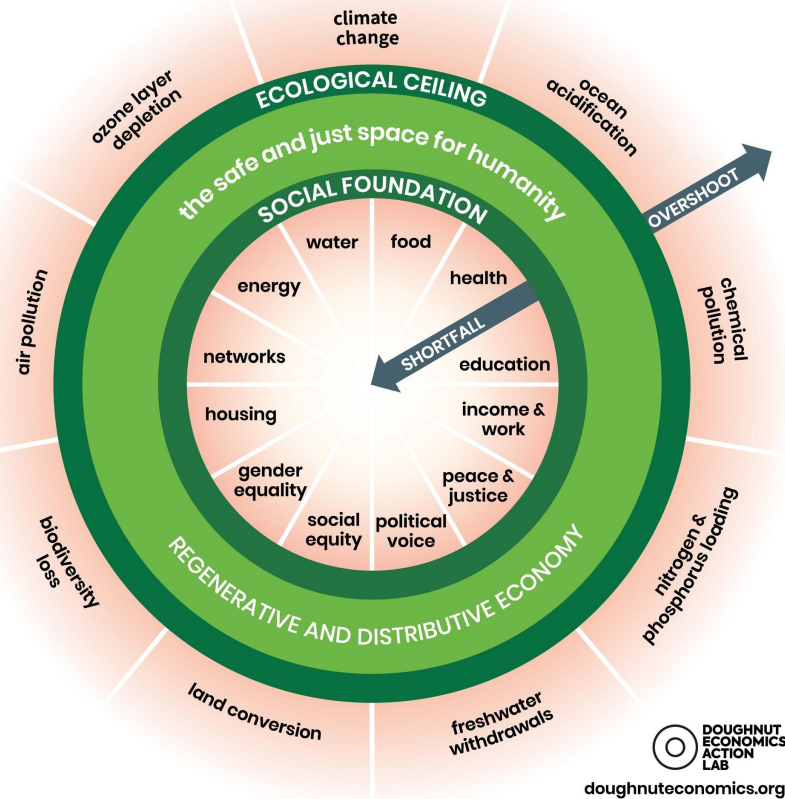


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Doughnut Economics was originally developed by economist Kate Raworth.

Original flavour Doughnut ;)



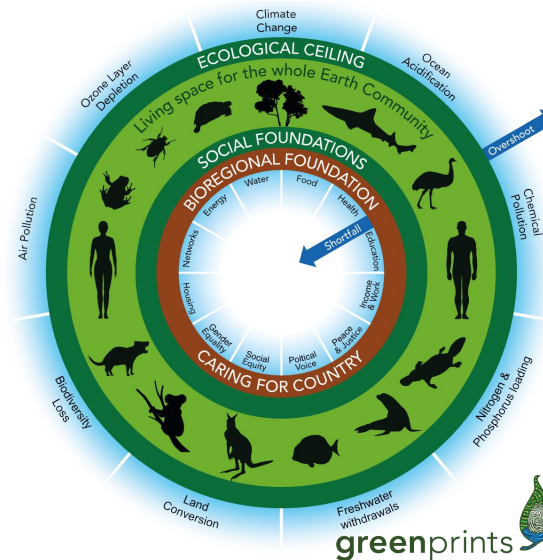
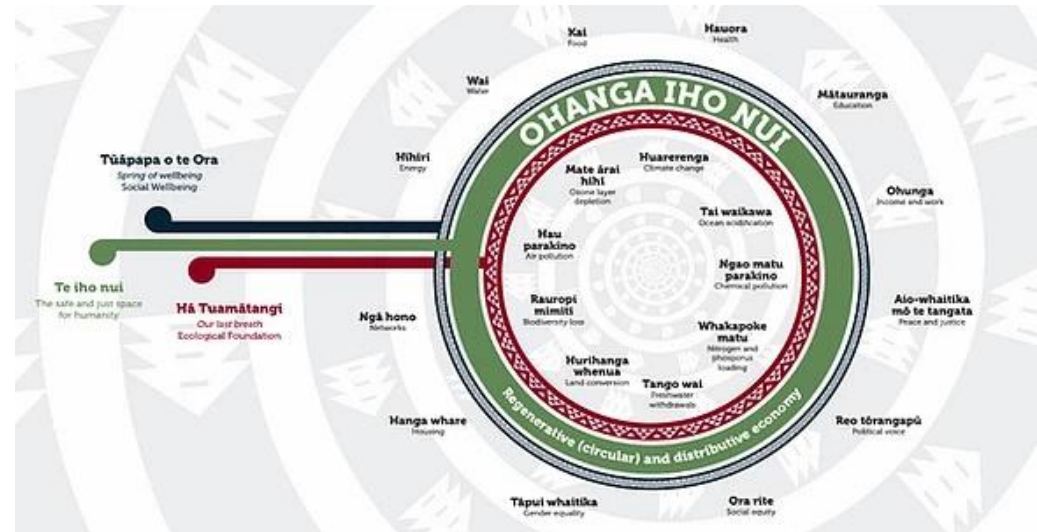
“The Doughnut consists of two concentric rings: a social foundation, to ensure that no one is left falling short on life’s essentials, and an ecological ceiling, to ensure that humanity does not collectively overshoot the planetary boundaries that protect Earth’s life-supporting systems. Between these two sets of boundaries lies a doughnut-shaped space that is both ecologically safe and socially just: a space in which humanity can thrive.”

For more info and tools, visit the Doughnut Economics Action Lab (DEAL):

<https://doughnuteconomics.org/>

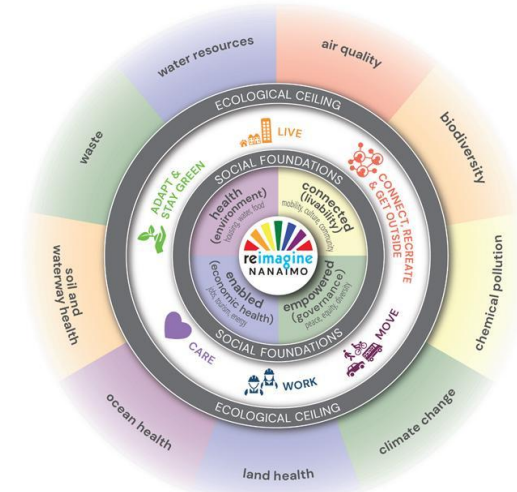
Te Reo Māori

<https://doughnuteconomics.org/stories/24>



Brisbane — Greenprints

<https://www.greenprints.org.au/>



Nanaimo

https://www.getinvolvednanaimo.ca/reimagine-nanaimo/news_feed/quickly-understand-doughnut-economics