2020

MASTER's PROJECT: BE YOU: A JOURNEY TO FIND COURAGE

Amaya Mirentxu Carrasco-Torrontegui

University of Vermont

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MASTER PROJECT:
BE YOU: A JOURNEY TO FIND COURAGE

A Project Presented

by

Amaya Mirentxu Carrasco Torrontegui

to

The Rubenstein School of Environment and Natural Resources
University of Vermont

In Partial Fulfillment of the Requirements
for the Master’s Degree in Science Specializing in Leadership for Sustainability

October 2020

Defense day: 25 September, 2020
Committee:
Matt Kolan, Ph.D.
Sayra Pinto, Ph.D.
ABSTRACT

This capstone project has been transformational, a journey to courage. My project was focused on assisting the Latino community to create a sustainable food system and support their physical, mental and economic wellbeing during Covid-19. In this project, I applied observational and quantitative methods. Through this process, I was able to discover my capacity for self-awareness, leading by example and the heart. Outcomes of my capstone project included the development of an eight-session seminar on sustainable food production in collaboration with the Missouri University Extension that was attended by 240 participants from nine different countries. Additionally, I supported several people to grow their own food with sustainable agriculture techniques in the United States, Ecuador, and other countries in Latin America. These outcomes were made possible by exercising relational leadership and cooperative work. This capstone project showed me what it means to work within a community; if we take care of our community, they take care of us (reciprocity). This journey has been a process guided by my core values and unity, which has helped me to combine my passion to serve communities with personal and professional growth.
ACKNOWLEDGEMENTS

“Mucha gente pequeña, en lugares pequeños, haciendo cosas pequeñas, puede cambiar el mundo”
Eduardo Galeano

I would like to acknowledge the University of Vermont which has given me the opportunity to be part of the Masters in Leadership for Sustainability.

Also, to all my classmates of the Masters in Leadership for Sustainability. This path has been a magic adventure and the rigor and hard work of all of you has been an inspiration. The ecosystem that we have created together, during the last two years, has been full of reflection and mutualist cooperation.

To my teachers Dr. Sayra Pinto, Dr. Matt Kolan, Two-Trees, program managers Emil Tsao and Quinn Karley, a former student Lauren Akin and master affiliates who shared their wisdom with me and have been my support and guide throughout these last two years. Thanks so much for creating the opportunity and the space to grow.

To Drs. Juan Cabrera-Garcia and Ramon Arancibia from the University of Missouri Extension, who believed in me and in my project. Thanks so much for your wisdom and the opportunity to challenge myself in the implementation part of my capstone project.

I would like to acknowledge my communities, friends and people that believed in me and my project. It has been great to understand in many dimensions that we are plural and if we take care of our communities, they take care of us.

In addition, I would like to acknowledge the little ecosystem that we have at home, with all the plants, seeds, mushrooms and pests. They have been excellent companions, inspiration and teachers during this pandemic and implementation of this capstone project.

To my parents for their unconditional love, teachings, and support throughout my life. I am lucky to have you both at my side, to support me and guide me in my life adventures.

To my brothers and sisters for their example, trust, guidance and for walking with me in the path of life. I want to express that during this process I also have been constructing a stronger relation with my brother, Nacho. Thanks so much for believing in me and my project.

To my nephew that with his existence feeds my hopes, inspires and exemplifies the present and future generations.

To my husband for creating a relationship with me, where we both support each other to achieve our dreams, nurture ourselves and grow in freedom. Thanks for your support and guidance during all these years.
TABLE OF CONTENTS

CHAPTER 1: INTRODUCTION.................................................................................................................... 1  
CHAPTER 2: METHODS............................................................................................................................ 4  
CHAPTER 3: RESULTS............................................................................................................................. 6  
CHAPTER 4: EVALUATION/ASSESSMENT ............................................................................................. 8  
CHAPTER 5: KEY LEARNINGS / NEXT STEPS ................................................................................... 9  
REFERENCES........................................................................................................................................ 11  
APPENDIX.............................................................................................................................................. 13  
  APPENDIX A: IMAGES......................................................................................................................... 13  
  Posts in social media ............................................................................................................................. 14  
  Posts in social media ............................................................................................................................. 14  
  Urban agriculture participants .............................................................................................................. 15  
  Inside out (My daughters and me) ........................................................................................................ 16  
  My urban agriculture space .................................................................................................................. 17  
  Urban agriculture class with the older adults of the 60 and Piquito Project................................. 18  
  Urban agriculture class with the older adults of the 60 and Piquito Project................................. 19  
  Journal ............................................................................................................................................... 20  
  Sustainable urban agriculture seminar ............................................................................................... 21  
  Story in the newspaper ....................................................................................................................... 22  
  Creative representation of the MLS’ capstone project .................................................................... 23  
  APPENDIX B: ARTIFACTS................................................................................................................ 24  

TABLE: ................................................................................................................................................... 27
Amaya Mirenxtu Carrasco Torrontegui, 2020
CHAPTER 1: INTRODUCTION

Inspired by the question: *how can I participate in creating a just relationship between rural food producers and urban consumers?* I actively started my capstone project. However, COVID-19 changed my course of action and brought new dimensions into my project.

The original question led me to study different possibilities to support rural food producers to receive a fair price for their work, maintain their ancestral knowledge, and create a sustainable food system. It recognized that the usage of agriculture ancestral techniques, from a health and sustainability perspective, are beneficial for growers, consumers, and the Earth (Altieri & Nicholls 2020). In order to answer that question, I conducted a literature review and created open-ended questions to interview key informants in the United States (U.S) and Ecuador. For example, I interviewed a representative of the Ecuadorian Ministry of Agriculture and a well-known food sovereignty activist in Kansas City. However, with the pandemic – and the consequent lockdowns and stagnations of the food systems – the communities where I belong required something different from me.

During the past four years, I have been working in different positions as a practitioner and in the academic sector in the intersection of farming, food systems, and climate change in the U.S. and Ecuador. I also had the opportunity to have hands-on experience working in urban farms, school gardens, and roof-top farms. All these experiences created relevant knowledge that was particularly valuable and useful during a pandemic. With the beginning of COVID-19, we saw food shortages in supermarkets and a rising interest in urban agriculture. As a result, I started to receive requests from people that wanted support to grow food. I must admit that I thought that I was not ready, but the love for my communities and my people gave me courage to respond to the call.

I was fortunate in having the guidance of Dr. Sayra Pinto, my coach for the capstone project. She encouraged me to respond to the call, to the challenges of the communities around me, and to follow my heart. I shifted the focus of my efforts and made the “unexpected” decision to alter my capstone project for the Master in Leadership for Sustainability (MLS).
The process of changing, to follow my heart, was deeply inspired by different historical characters, activists, spiritual and intellectual leaders who helped me stay motivated during this journey. However, I would like to mention one scholar that has been very significant to this work: Dr. Brené Brown, specifically her work related to vulnerability and courage. Dr. Brown's work has been stimulating for me to create deep relationships and open up myself to allow others to see me, as well as to listen to my heart even when things seem daunting. The word courage has the Latin root cor— that means “heart,” the etymological meaning of the concept is “to speak one's mind by telling all one's heart” (Brown, 2019). This has been a fundamental tenet of my work, as Maya Angelou (2013: 23) says: “courage is the most important of all the virtues, because without courage you cannot practice any other virtue consistently.”

My project also was inspired by the concept of unity created by Dr. Cloninger (2013), which allows us to approach life with a self-transcendent outlook of unity that leads to love, hope, and humility operating to serve others, rather than just ourselves. By doing this, it is possible to become self-sufficient producers and moderate consumers, live in sustainable harmony with nature and with generosity to aid others generating mutually beneficial relations (Cloninger, 2013).

As a result, in the implementation of my capstone project, I started to support people to grow their own food, mostly in the U.S., Ecuador and other places in Latin America. Promoting sustainable agriculture is fundamental to reduce the use of products that cause damage to biodiversity and human health, and that increase harmful greenhouse emissions (RUAF & FAO, 2019). The food sector accounts for about 30% of total energy consumption in the world and 22% of total greenhouse gas emissions (Poore & Nemecek, 2018). In addition, it is expected that by 2050, global food production will need to increase by 60% to meet the demand for food (FAO, 2015). For these reasons, and considering the needs of future generations, with this capstone project one of the objectives was to increase the amount of food that people produce in urban settings.
It is important to mention that during the implementation of this capstone project, George Perry Floyd, Jr. was killed. This tragic event, during a pandemic, has made particularly visible the systemic dynamics of power, privilege and inequity among Black, Indigenous and People of Color (BIPOC) around the world. As an example of this inequity, BIPOC are the majority of people living in food deserts in the U.S. People living in a food desert are on average 38 miles from a fresh food source and they must commute from 20 to 40 minutes by public transport to buy it (US Department of Agriculture, 2019). The closer food sources are micro-markets or fast food restaurants with processed foods (US Department of Agriculture, 2019). This lack of fresh food contributes to poor diets, obesity, and other diet-related illness, like heart disease or diabetes (National Research Council, 2009). The Latino population usually lives more than ½ mile from the nearest store where there is available fresh food (United States Department of Agriculture, 2019). For this reason, this project also focused on helping Latinos to grow their food to support their physical, mental and economic wellbeing.

The work that I conducted for this capstone project was made possible by exercising relational leadership and cooperative work among many people. I have followed key lessons from Dr. Pinto’s (2015) dissertation, “The Ontology of Love: A Framework for Re-Indigenizing Community” regarding relational leadership:

[…]

the transformative power of collaborations can build bridges of trust and understanding where there were none that could be imagined. Truly, human relationships hold the key to implementing and sustaining meaningful change (Pinto, 2015:273).

This capstone project is also an example of nanopolitics, also described by Dr. Pinto (2015: 45) as “webs of relationships between individuals and their communities.” This converges with the idea that: “No man [human being] is an island; No man [human being] is an island entire of itself; every man [human being] is a piece of the continent, a part of the main” (Donne & Fallon 1988:1). This journey has shown me that we can learn together as a community, to connect and become a continent.
CHAPTER 2: METHODS

While conducting the capstone project, I applied observational and quantitative methods. I recorded insights, progress and reflections in a creative journal. These resources were especially useful for my own process and application of the relational protocols\(^1\) and core relational leadership practices\(^2\) that were taught during the MLS program (Kolan and Two Trees, 2018). These practices and protocols helped me to recognize unproductive behaviors and my blind spots. Through self-reflection and awareness practices, I engaged in an internal dialogue to deeply understand the transformative process taking place, following a core lesson from the MLS: “internal change makes possible external change.”

In the implementation of this capstone project, the verbal and written conversations that I had with my project coach, Dr. Pinto; the director of the MLS program, Dr. Matt Kolan; a former MLS student, Lauren Akin; and my anchors and mirrors (husband, parents, brothers, and close friends) were significant.

Moreover, I implemented several online methods centered around community work in the U.S. and in Ecuador. For example, social media (e.g. Facebook, LinkedIn and Instagram) posts were important to maintain, create and record new relations.

In addition, I applied one-on-one coaching sessions and kept contact via telephone, WhatsApp and Facebook. Having the opportunity to interact one-on-one with people was relevant to create deeper relations. Nevertheless, I realized that the outreach was limited and not efficient (leverage point). This made me reflect on the need of using videos and virtual technologies for teaching.

I created, along with Dr. Juan Cabrera and Dr. Ramon Arancibia, from the Missouri Extension, a Sustainable Urban Agriculture Seminar. This seminar targeted migrant Latin Americans living in

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\(^1\) Protocols: Proper introduction, listen, invitation, offering, permission and accountability.

\(^2\) Core relational leadership practices: Sovereign logic & self-determination; awareness; critical inquiry; working with difference, multiplicity, ambiguity, & incommensurability; relationship building; systems/relational thinking; conscious communication; creativity, improvisation & play and integrity/accountability.
the state of Missouri, but remained open to people around the world. The objective was to “incentivize Latin American families to produce their own food to create a more sustainable food system while improving their physical, mental, and economic well-being” (Carrasco, Cabrera-Garcia & Arancibía, 2020). We conducted a baseline assessment of the knowledge of the participants, the space where they are gardening and fresh food expenses. In addition, we designed surveys to evaluate the quality and learning outcomes of the sessions and held weekly preparatory and assessment team meetings.
CHAPTER 3: RESULTS

As it was mentioned in the introduction, this capstone project helped me to align my desire to help communities and fulfill my career aspirations, goals, and principles.

Outcomes:

• First, through the assessment of the application of the relational protocols and practices of the MLS, I assessed if the results were aligned to my personal and the program principles. The protocols and practices were important to mobilize innovation, recognizing the skills of others to specialize, cooperate and innovate. They also were important to be vulnerable and show-up with integrity to present my personal perspective in different scenarios, even in tension.

• Second, through several posts on Facebook, Instagram, and LinkedIn, I communicated and learned from others, and created new relations.

• Later, I taught a two-session course via Zoom call for the older adults of the “60 y Piquito” Program of the city of Quito, Ecuador. The “60 y Piquito” is a comprehensive System for the Care of the Elderly. This was an invitation made by Ing. Adela Caranqui, who created an urban agriculture project to support them during the pandemic.

• Additionally, I developed an eight-session seminar in collaboration with the Missouri University Extension. We had counted to 5th July 2020 a total of 240 participants from nine different countries. To the seminar, I also invited some of the older adults of the “60 y Piquito” program. Here are some of the seminar results:

In the U.S:

• Connected with a County Engagement Specialist in community economic development in southwest Missouri, who wants to create a similar program for Latin American veterans to promote the therapeutic and wellness benefits of urban agriculture.
• Recorded a video in Spanish about the Food Roof of Urban Harvest STL (UHSTL). The Food Roof is a rooftop farm. The video was presented during the first class of the Sustainable Urban Agriculture Seminar to promote the benefits of urban agriculture. As an unexpected gain, UHSTL asked permission to distribute the video in their social media as a way to better connect with the Latino population.

• Invited to be a board member of the Ujima NGO in Saint Louis. This NGO aims to cultivate community by empowering communities through food access and employment, while addressing the issue of food scarcity for BIPOC.

In Latin-America:

• The seminar is being used for a new project, "Plant Your Food", in Esmeraldas, Ecuador. This is a pilot food security project, which seeks to benefit 8,000 families (estimated 32,000 people). Esmeraldas has a 43.9% Afro-descendant population (largest Afro-descendant population in Ecuador) and is the poorest province in the country. The Afro-descendant population is only 7.2% of the country's population, yet they represent 40% of people living in poverty (TRT, 2019).

• I was invited to write an article about food sovereignty and sustainable cities that aims to inspire and inform decision makers and public servants in autonomous decentralized governments that have the constitutional duty of assuring food security in Ecuador.

• Lastly, I participated in a panel to discuss applied research to support resiliency in cities in Latin America. This was part of the launch of a book I co-authored: “Applied research on climate change: contributions for cities in Latin America.” Through this presentation, I was able to create new relations and I was invited to co-author an urban agriculture chapter in a political ecology book.

These outcomes reflect the “Artifacts” that arise in the process conveyed in the table section of this report (see: Table 2).
I also applied the protocols and relational practices of the MLS to my project. To evaluate its application, I used a creative journal and conversations with my coach, professors, anchor, and mirrors. First, I followed the sovereign logic practice, which relates to self-determination and courage to embrace my own potential working in a larger ecosystem. This was key to engage with emergence and doing what is needed in times of crisis, giving me courage to change my project due to the pandemic and start a new project focused on people's needs.

Second, I followed the working with difference practice, and I applied the concepts from ecological systems class about mutualist cooperation, innovation and specialization. This was vital to find cooperation in my relationships moving away from competition with others, see things as a system, recognize patterns and be able to engage with complexity.

Third, my awareness practice was a key element, since it allowed me to be present and ready to recognize my thoughts and emotions by practicing contemplation and reflection. Self-awareness is fundamental in leadership considering the importance of reflecting on our actions and behavior to understand our failures and success (Maturana, 2017). As a result, I discovered some of my own blind spots and dominant mindsets and created opportunities for improvement during the implementation of my project. The application of these protocols helped me strengthen my own voice and core values, leave behind a perception of me based on comparisons (with others and societal standards), and pushed myself to work with difference.

Finally, for the sustainable urban agriculture seminar, we are planning to use the initial survey (baseline to assess the knowledge of the participants, the space where they are gardening and fresh food expenses) to analyze if there was any change in six months with a new survey. In addition, another quantitative method that was applied during this project were surveys to evaluate the quality and learning outcomes of the participants during each session.
CHAPTER 5: KEY LEARNINGS / NEXT STEPS

This capstone project shows that mutualist cooperation is possible in human interactions, just like the Indigenous three sisters’ technique for planting crops – corn, beans, and squash – that work together to help one another survive and thrive. As a result, every actor that was involved in this project had a different skill that made it possible. For instance, in this project, it was key that Juan and Ramón are Agronomists, Eileen Wolfington has several connections and community trust in Saint Louis, and I have experience organizing projects in urban agriculture and strong networks overseas. I can conclude that cooperative work gave me the possibility to support more people to grow their own food during the pandemic.

Working in cooperation was vital and this required me to change my mindset. I must be aware, first of myself, to be the change that I want to see in the group. These experiences have been transformational and helped me to lead not from hurt but from heart. According to Brown (2018), leading from hurt is a “huge energy suck for us and the people around us, it creates distrust, disengagement, and an eggshell culture.” Leading from the heart required me to make a daily decision, choosing to love and move against fear, separation and alienation, this helped me to connect in unity with the world and aided me to find myself in the other (hooks 2000 & Cloninger 2004). For example, during my project, I pushed myself to work sometimes feeling tension and coalition; this is connected with the idea that leading from the heart and love is not always safe. As bell hooks describes (2000: 80), “the practice of love offers no place of safety. We risk loss, hurt, pain. We risk being acted upon by forces outside our control.”

Living and leading in unity rather than separation requires trust, and this requires love, which is not just a feeling. As explained by Maturana, love goes beyond the romantic sphere, there is a biological dimension to love:

"...when I speak of love I speak of a biological phenomenon; I speak of the emotion that specifies the domain of actions in which living systems co-ordinate their actions in a manner that entails mutual acceptance, and I claim that such operation constitutes social phenomena” (1974: 64).
A key learning about leadership is that love needs to be understood as an intention and action, it should allow us to extend oneself to nurturing our own and other’s spiritual growth (hooks, 2000). Understanding love as an intention and act to nurture one’s or another’s growth, I learned that it is essential to grow in self-awareness, which is possible by paying attention to emotions, behaviors, actions and reactions to change oneself and our unhealthy patterns. This is consistent to Carl G. Jung’s idea that “until you make the unconscious conscious, it will direct your life and you will call it fate.”

In this project, I learned that for being a leader it is important to know yourself and trust in the process. Things work out. During this capstone project it was very striking to me that synchronicity or happening (as called by Dr. Pinto unfolded the “unexpected” during its design and implementation. Once I decided to respond to the call of my communities, the right people appeared to help me to make it possible, and they were catalyzers of the change of myself. This gave me an enormous chance to learn by observing the other and myself. I understood that leading by heart sometimes requires you to do what you must do, even when you feel in coalition and not understood (Reagon, 1998). I found challenging and nurturing the opportunity to work in different situations and even in tension. This was a great opportunity to see how different parties changed in the process, making possible an intermediate point of view and mutual acceptance to nurturing growth.

As my next steps:

· Keep acquiring tools for paying more attention to my emotions and inner self.
· Applying more self-awareness techniques.
· Continue exploring creative ways of self-expression.
· Being a board member of Ujima, which aims to cultivate community through food justice.
REFERENCES


Kolan, M. & Kaylynn S. TwoTrees. (2018). Personal communication


APPENDIX

APPENDIX A: IMAGES

Posts
Posts in social media
Inside out (My daughters and me)
My urban agriculture space
Urban agriculture class with the older adults of the 60 and Piquito Project
Urban agriculture class with the older adults of the 60 and Piquito Project
ALIVE

Courage: noun
Asking for what you need
Squaring your truth
Telling your story

Def: takes
Your work is to discover your worth,
and then live with it.

Heart
Give yourself to it.

You can't lead the people if you don't love the people.

We can do so much; together.

Never you do be in love.
¡SEMINARIO EN LÍNEA GRATUITO!

AGRICULTURA URBANA SOSTENIBLE
Aprenda a producir vegetales en casa
Clases comienzan a las 7:00 PM CDT

Junio 24 Beneficios de la agricultura urbana
Julio 1 Producción en macetas
Julio 8 Planificación de la huerta
Julio 15 Fertilidad de suelos
Julio 22 Manejo de pestes
Julio 29 Producción bajo techo con hidroponía
Agosto 5 Soluciones nutritivas para cultivos hidropónicos
Agosto 12 Microgreens (micro vegetales)

Regístrese aquí:
https://extension2.missouri.edu/events/agricultura-urbana-sostenible
Para más información escribanos a jcabrera-garcia@missouri.edu

Sustainable urban agriculture seminar
Growing produce at home is a potential solution to the health disparities Latinos face. [Photos courtesy of Guillermina Garcia via Missouri Information Corps, Metro Creative Connection; photo illustration by Gabriela Velasquez]

By Madison McVan Missouri Information Corps

Story in the newspaper
Creative representation of the MLS' capstone project

Internal conditions makes possible external conditions
# APPENDIX B: ARTIFACTS

<table>
<thead>
<tr>
<th>Artifacts</th>
<th>Description</th>
<th>Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Story about the implementation of my capstone project in a book of the Latin-American Faculty of Social Science</td>
<td>Book: Innovation, network and climate action. Experiences of community work</td>
<td>Link: <a href="https://drive.google.com/file/d/1KX1j0221OTdXRl9weRzCY7n76PB2lqC/view?usp=sharing">https://drive.google.com/file/d/1KX1j0221OTdXRl9weRzCY7n76PB2lqC/view?usp=sharing</a></td>
</tr>
<tr>
<td>Collage of some of the post in Facebook, Instagram and LinkedIn</td>
<td>Social media was a great way to share with others and learn from others too</td>
<td>Figures 2 &amp; 3</td>
</tr>
<tr>
<td>Zoom Call videos and photos of the course to support the older adults of the “60 y Piquito” project to grow their own food. This project was created by Ing. Adela Caranqui</td>
<td>Course to the older adults of the city of Quito “60 y Piquito” in Ecuador</td>
<td>Photo of one of the classes: <a href="https://drive.google.com/file/d/1G3XVpkMnfgQuImvxaVOuMqozmBTyR0Wa/view?usp=sharing">https://drive.google.com/file/d/1G3XVpkMnfgQuImvxaVOuMqozmBTyR0Wa/view?usp=sharing</a></td>
</tr>
<tr>
<td></td>
<td>Video of Ing. Adela Caranqui explaining the project and my support. <a href="https://www.facebook.com/100625271718566/videos/672578099961165/?t=2">https://www.facebook.com/100625271718566/videos/672578099961165/?t=2</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Video of the older adults with their projects: <a href="https://www.facebook.com/100625271718566/videos/704809340313268/?t=1">https://www.facebook.com/100625271718566/videos/704809340313268/?t=1</a></td>
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<tr>
<td>Photo and videos of the sessions of the sustainable urban agriculture seminar</td>
<td>Sustainable urban agriculture seminar with the Missouri Extension University for Latin-American population</td>
<td>Link to the photo: <a href="https://drive.google.com/file/d/1KEU1g3xN9UAb02u6TgkXMh9XNHDhvqO/view?usp=sharing">https://drive.google.com/file/d/1KEU1g3xN9UAb02u6TgkXMh9XNHDhvqO/view?usp=sharing</a></td>
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<td>Link of the sessions:</td>
<td>Benefits of urban agriculture: <a href="https://www.youtube.com/watch?v=RB0S08qyOH0">https://www.youtube.com/watch?v=RB0S08qyOH0</a></td>
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<td>Production in containers</td>
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<tr>
<td>Evaluation from the participants</td>
<td>Report of the first session that was taught by me about the Sustainable Urban Agriculture Benefits</td>
<td>[<a href="https://drive.google.com/file/d/1c9oVj-bFL-MfdRXWTZWKfAnEqfTjeyIq/view?usp=sharing">https://drive.google.com/file/d/1c9oVj-bFL-MfdRXWTZWKfAnEqfTjeyIq/view?usp=sharing</a>]</td>
</tr>
<tr>
<td>Video of the Food Roof of Urban Harvest STL (UHSTL) in Spanish</td>
<td>This was video to show different urban agriculture techniques to the participants of the seminar</td>
<td><a href="https://youtu.be/PL5kxns6MHM">https://youtu.be/PL5kxns6MHM</a></td>
</tr>
<tr>
<td>Publication in a digital magazine: “Enlace al Desarrollo”</td>
<td>The magazine aims to inform decision markets about possible project to developing sustainable food systems in Ecuador</td>
<td><a href="http://enlacealdesarrollo.com/soberan%C3%ADa-alimentaria-y-ciudades-sostenible?fbclid=IwAR1EKqRXgHhz7oZUPwP2nto5gXXx-en4vQscGqiLwaFmn2GiwcM7sk95L18">http://enlacealdesarrollo.com/soberan%C3%ADa-alimentaria-y-ciudades-sostenible?fbclid=IwAR1EKqRXgHhz7oZUPwP2nto5gXXx-en4vQscGqiLwaFmn2GiwcM7sk95L18</a></td>
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</table>
| Invitation to join the Ujima Advisory Board | Email                                                                      | [https://drive.google.com/file/d/1KRZF_xRcSFU4eo9pWMysvGeHC7en__a/view?usp=sharing](https://drive.google.com/file/d/1KRZF_xRcSFU4eo9pWMysvGeHC7en__a/view?usp=sharing)  
[https://drive.google.com/file/d/1fSYVgqAZRgWGI9p-zcT5CCFD-4WJP6yO/view?usp=sharing](https://drive.google.com/file/d/1fSYVgqAZRgWGI9p-zcT5CCFD-4WJP6yO/view?usp=sharing) |
<table>
<thead>
<tr>
<th>The information of the seminar is being used for a new project, &quot;Plant Your Food&quot;, in Esmeraldas (Ecuador). This is a pilot food security project, which seeks to benefit 8,000 families (estimated 32,000 people)</th>
<th>Email</th>
<th>Link of the email: <a href="https://drive.google.com/file/d/177TiWq4UYBYj4tNjCkhNOyiqE7GD6Uxf/view?usp=sharing">https://drive.google.com/file/d/177TiWq4UYBYj4tNjCkhNOyiqE7GD6Uxf/view?usp=sharing</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Book, flyer, report of the event, video of my participation in a panel of discussion of a book where I am co-author</td>
<td>Book: Applied research on climate change: contributions for cities in Latin America</td>
<td>Link to the whole book: <a href="https://lnkd.in/e3xrBAM">https://lnkd.in/e3xrBAM</a></td>
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<tr>
<td></td>
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<td>Link to my chapter: <a href="https://lnkd.in/eumaPTE">https://lnkd.in/eumaPTE</a></td>
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<td>Flyer of the panel: <a href="https://media-exp1.licdn.com/dms/image/C5622AQH_.4Y58nYXAQ/feedshare-shrink_800/0?e=1596672000&amp;v=beta&amp;t=23Hw06ztcwNQ4eZC1b1wb93cBFOw0mi-hLH3OvaOy0">https://media-exp1.licdn.com/dms/image/C5622AQH_.4Y58nYXAQ/feedshare-shrink_800/0?e=1596672000&amp;v=beta&amp;t=23Hw06ztcwNQ4eZC1b1wb93cBFOw0mi-hLH3OvaOy0</a></td>
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<td>Report about the event: <a href="https://drive.google.com/file/d/14YvqTyW9BzXsG_Ub8o3QhliAgVuUqgjZ/view?usp=sharing">https://drive.google.com/file/d/14YvqTyW9BzXsG_Ub8o3QhliAgVuUqgjZ/view?usp=sharing</a></td>
</tr>
<tr>
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<td>Video of my participation in the panel: Lanzamiento de libro: Investigación aplicada sobre cambio climático</td>
</tr>
<tr>
<td>Videos and photos of the people that I have coaching and interacting during the last moths</td>
<td>Video of with some of the participants and their plants: <a href="https://www.facebook.com/100625271718566/videos/346307829686221/">https://www.facebook.com/100625271718566/videos/346307829686221/</a></td>
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<td>Video Carina Silva: <a href="https://www.facebook.com/100625271718566/videos/346307829686221/?t=5">https://www.facebook.com/100625271718566/videos/346307829686221/?t=5</a></td>
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<tr>
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<td></td>
<td>Video Rubén Calohorrano: <a href="https://www.facebook.com/100625271">https://www.facebook.com/100625271</a></td>
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</tbody>
</table>
This technique allowed me to observe and learn of the interactions that I had with the different people that were part of my journey. Also, where fundamental to assess the application of the core relational leadership practices and relational protocols.

https://drive.google.com/file/d/1zZIF6Gt6sT5W8MEdb4B2TKw5lwGMg6oI/view?usp=sharing

Video of the experiments:
https://www.facebook.com/100625271718566/videos/271793480763015/

Video of the plants that I have grown during the pandemic:
https://www.facebook.com/100625271718566/videos/726581668101386/?t=5

Facebook link:
https://www.facebook.com/Coraz%C3%B3n-de-mel%C3%B3n-A-journey-to-courage-100625271718566/?modal=admin_todo_tour

TABLE:

Table 1: Country of residency of the participants of the seminar

<table>
<thead>
<tr>
<th>Country</th>
<th>Confidence Interval (Percent of Data)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ecuador</td>
<td>33.0% to 55.2%</td>
</tr>
<tr>
<td>USA</td>
<td>25.6% to 47.1%</td>
</tr>
<tr>
<td>Mexico</td>
<td>4.7% to 18.5%</td>
</tr>
<tr>
<td>Country</td>
<td>Percentage Range</td>
</tr>
<tr>
<td>------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Chile</td>
<td>0.8% to 9.5%</td>
</tr>
<tr>
<td>Colombia</td>
<td>0.8% to 9.5%</td>
</tr>
<tr>
<td>Argentina</td>
<td>0.2% to 7.4%</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>0.2% to 7.4%</td>
</tr>
<tr>
<td>Spain</td>
<td>0.2% to 7.4%</td>
</tr>
<tr>
<td>Dominican Republic</td>
<td>0.2% to 7.4%</td>
</tr>
</tbody>
</table>