



How to...

Run a Spectrum of Solutions Workshop

Designed by Ocean Advocate and eXXpedition Co-Founder Emily Penn

Materials required

- Sticky notes or small slips of paper to write ideas on
- Pens to write with (thicker pens work best)
- A flat surface to work on – this could be the floor!

Optional

- Notebooks for participants to take notes
- Camera to photograph your spectrum once complete!

4 **Throw solutions out there** Take some pieces of paper or sticky notes and start to write all the solutions to that problem.

5 **Organise your solutions** on the spectrum from Source to Symptom. Think about how far up the chain that solution tackles the problem and compare it to the other solutions you already have positioned.

Ocean plastics example:

A beach clean would be positioned near to the symptom (ocean plastic) whereas a plastic tax would be closer to the source (plastic production). Downcycling or repurposing would fall somewhere in between.

6 Start to **identify themes** in different sections of your spectrum
Ocean plastics example:

The solutions fell into 3 main sections: Linear solutions closest to the symptom, spiral solutions in the centre and circular solutions nearest the source.

1 **Identify the problem** you are trying to solve and try to zoom in on a specific symptom of that problem
Ocean plastics example:

Plastic in the Ocean, rather than 'Plastic' in general.

2 **Find a large space**

A floor or table is ideal.

3 **Set the scene** Label the top of the table 'Source' and the bottom with the 'Symptom'.

Ocean plastics example: Source -> ocean



7 Think about the **advantages and disadvantages** of working in each of these zones. Weigh up the pros and cons of the scale of the solution, the cost, the time to make it happen, and how much resistance there would be to change.

8 **Who needs to effect change?** Now divide your solutions across the other axis. Pick 3 or more different sectors, eg Government, Business, Individual

9 **Find where you fit** Look for the area on the matrix that fits your situation – can you find your lever for change?

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