

Loosely sorted into nine categories, the list below contains areas of knowledge and skills I consider most important for collective thriving in a range of possible post-growth futures." Donnie Maclurcan ()<https://medium.com/post-growth-institute/upskilling-for-post-growth-futures-together-c1e09c7dc3e3>

Means of learning and the self

- Individual asset mapping
- Systems thinking
- Finding your purpose through strategic questioning
- Mysticism and the Divine Masculine and Divine Feminine within
- Cultivating intuition
- Yoga and breath work
- Meditation
- The latest science on learning processes and knowledge retention
- Speed reading (and slow reading!)
- Touch typing
- De-cluttering
- Time management techniques

COMMUNITY, FAMILY AND LEADERSHIP

- Key lessons from human history
- Asset-based community development
- Running an 'Offers and Needs Market'
- Direct communication
- Mediation
- Nurtured-heart parenting
- Trauma-informed care
- Anti-oppression awareness, knowledge and practice (including economic, LGBTQI+, racial, ethnic, cultural, religious, neurological, disability, age, indigenous/First Nation)
- Creative teaching and inclusive group facilitation
- Circle work and dynamic governance
- Graphic facilitation
- Confident public speaking
- Storytelling (including the sharing of culturally-appropriate myths)Singing and dancing together
- How to read and play music
- Holding and participating in sacred rituals
- Improvisational theatre
- Restorative justice
- Fun cooperative games for children and communities (including outdoor games)
- Sharing law
- Effective campaigning, protesting, and lobbying with integrity
- Child honoring and protection (including an introduction to ADHD, child trauma and special needs)
- Multilingualism
- Archiving and preserving (sound, video, images, stories, items, documents)

HEALTH

- Basic anatomy (and terminology), understanding the body's systems and exercise physiology
- Injury rehabilitation
- Holistic approaches to healthcare (including natural, homemade medicinal remedies and birth control)

- Natural birthing
- Administering first aid
- Administering mental health first aid
- Medicinal herbs
- Massage (including acupressure)
- Sleeping well
- Natural cleaning

FOOD AND NATURE

- Composting and improving soil quality
- Setting up a worm farm
- Growing food
- Permaculture principles and sector design
- No-dig gardening
- Threshing
- Aquaponics
- Seed saving and plant propagation
- Pruning
- Grafting
- Ploughing (with animals and vehicles)
- Identifying invasive species
- Connecting and working with animals (including husbandry, birthing and basic healthcare)
- Horsemanship
- Raising fowl
- Understanding the weather (and reading a weather map)
- Disaster preparedness (including earthquakes, sandbagging for floods, and hazard reduction and back-burning along with fire safety)
- Cooking essentials
- Vegetarian cooking
- Bread making
- Preserving food (canning, drying)
- Sprouting
- Fermenting (including brewing, distilling, mead making, winemaking)

BUSHCRAFT

- Orienteering
- Hiking and camping (including the 'leave no trace' principles)
- Tracking
- Fishing
- Sourcing water from nature
- Shelter building
- Open fire cooking
- Sourcing food (forest foraging and gleanings)
- Fire making (including natural fire creation)
- Rope making and essential knots
- Hunting and using weapons
- Animal food preparation

BUILDING, EQUIPMENT, AND VEHICLES

- Fundamental principles of structural engineering
- Building structures (including insulation)
- Coppicing
- Woodwork
- Stonework

- Natural brickmaking
- Creating natural toilets
- Smithing
- Bike maintenance
- Vehicle maintenance (including mechanics)
- Boat maintenance (including mechanics)
- How to operate heavy machinery
- How to use power tools
- Using non-power tools
- Sourcing and installing renewable energy
- Water/sewage systems design and building (including filtration, drip irrigation, Keyline design and swales)
- Passive solar design
- Sailing
- Paddling (kayak and canoe)
- Swimming and water safety
- Electronic basics and how to fix electrical faults
- Amateur radio and setting up a mesh network
- Using vehicles in extreme conditions (including towing and defensive driving)

URBAN-ORIENTED SKILLS

- Urban farming
- Setting up a rain water collection system
- Setting up a photovoltaic power generator
- Dumpster diving

CRAFTS AND MAKING

- Life hacking
- Upcycling and making things from scratch (including dyes, soaps and shampoos)
- Mending, knitting, sewing, crocheting and weaving
- Tanning (to produce leather)
- Homemade cosmetics
- Drawing
- Painting
- Pottery

BUSINESS

- Sustainable business models (including nonprofit enterprises, industrial foundations, solidarity franchises, producer-, consumer-, worker- and multi-stakeholder cooperatives, community land trusts, and community interest companies)
- Running an organization/servant leadership
- Participatory organizing for business (including Sociocracy)
- Project management
- Budgeting, bookkeeping, money management and invoicing
- Information management
- Sourcing items ethically
- Blogging
- Coding
- Server setup, website design and development (including CMS setup)
- Using other online tools