



nRhythm Design Sprint

**How Regeneration Can  
Transform the Built Environment  
with Melissa Kelii**

November 18, 2-3pm ET

@nRhythm.co

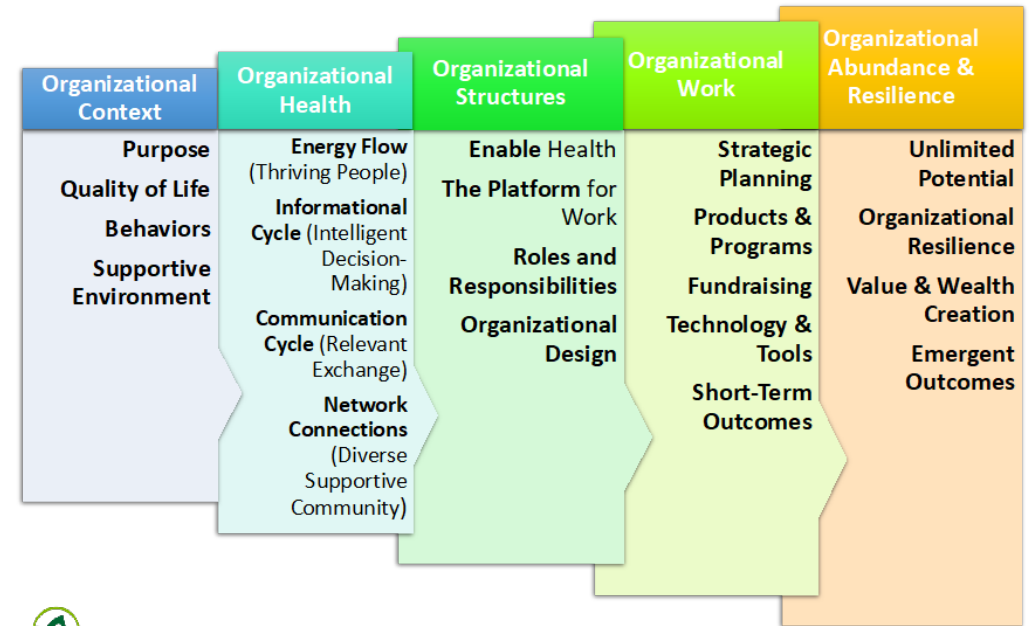
# About nRhythm Design Sprints

nRhythm Design Sprints are 60-minute intentionally structured conversations designed to re-imagine systems – from agriculture to capitalism to the built environment. We interview leaders across a variety of industries utilizing nRhythm’s Regenerative Framework to frame and land the conversation operationally in order to inspire and ignite systems change locally and globally.

- **Context.** What is the big why? What is the quality of life in a regenerative agricultural system? What behaviors do we need to live into in order to regenerate agriculture?
- **Health.** How can we enable the health of the system?
- **Structures.** What structures that would enable the health of the system and create the impact that we all want?
- **Work.** What work will we do to realize the context?
- **Abundance.** What does abundance and unlimited potential look like in the system?

The following slides capture the conversation.

## The Regenerative Framework



# About Melissa Kelii & TGB Architects

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[Melissa Kelii](#) is a lifetime systems thinker, experienced business owner, designer and organizational design/development consultant, with over twenty years of experience facilitating experiential conversations that shine a light on opportunities to improve outcomes.

[TGB Architects](#) is a design firm focused on Architectural Design and Social Design.



tgb | architects

# CONTEXT

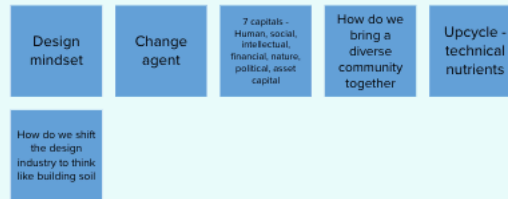
A system's Context provides a shared purpose for all decision-making. This purpose must be clear, meaningful and co-owned by all members. This Context should also include agreements on desired behaviors for engagement between members.

We explored questions such as:

- What brought you to designing in the built environment?
- What is the big why of TGB Architects?
- How do people need to behave in order to ensure the outcomes we desire?
- What is the quality of life that we wish to cultivate?
- What systems is the built environment nested within?

## Purpose

Purpose of built environment for regeneration



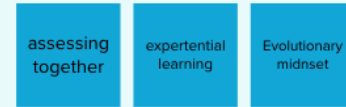
## Quality of Life



Melissa Personal Context



## Behaviors



## Supporting Environment



## Resources...





# HEALTH

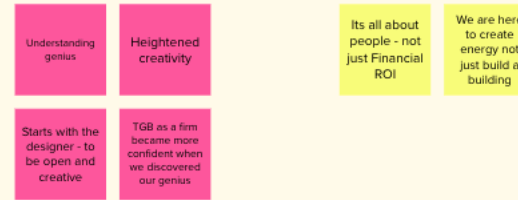
Insights derived from living ecosystems, these foundational processes are core for a healthy functioning environment. The fundamental belief is that systems must create the conditions for members to thrive. Abundance and resilience emerge as a by-product of the system. The active processes include:

- **Energy Flow:** Energy Flow is the energy created and transferred between members of a system. The more engaged and thriving the members, the greater the energy flow.
- **Communication Cycle:** Core to the success of any system is the delivery and exchange of intelligence and wisdom to all its members. Healthy systems have open, transparent flow of information that is actively exchanged with members.
- **Network Connections:** The mutualism, diversity of connections, and transparency that exist within the system will enable the operating environment to thrive.
- **Informational Cycle:** Healthy systems are receptive to new ideas and thinking by learning from previous decisions. Healthy decision-making is contingent upon wisdom being generated by the system.

We explored questions such as:

- What does health look like in the built environment in each of these core areas?

## Energy Flow: Thriving Members



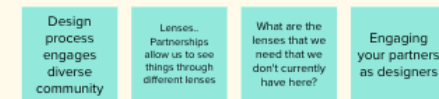
## Communication Cycle: Relevant Exchange



## Informational Cycle: Intelligent Decision-Making



## Network Connections: Interconnected Partners



# STRUCTURES

Structures should be designed to enhance or strengthen the intrinsic health (Energy Flow, Informational Cycle, Communication Cycle & Organization Connections) of the system. Here are a few examples of operating structures: 1) Roles and Responsibilities, 2) Governance, 3) Meetings, 4) Monitoring and Evaluation. However, all structures must adapt and evolve with the current operating conditions to maintain relevance.

We explored questions such as:

- What structures are needed to support regeneration in the built environment?

## STRUCTURES

Discovering  
our own  
Genius

Cultivating  
rather than  
having  
conversations

Start with me  
as a living  
system - self  
experience

### Organizational Design

TGB is  
redesigning the  
organization  
aligned with  
regeneration

### TGB's view on what the role of the built environment is

We design the  
conversations  
differently to  
reframe to  
purpose of build  
environment

1 hour  
conversation  
that takes 20  
hours to  
desing

# WORK

Work is about the design and implementation of the vision and goals in the system. This involves agreeing upon and prioritizing the primary strategies and/or activities to create the most impact. In a healthy system, all of the activities are being achieved while being rooted in its purpose and without compromising the health of its members.

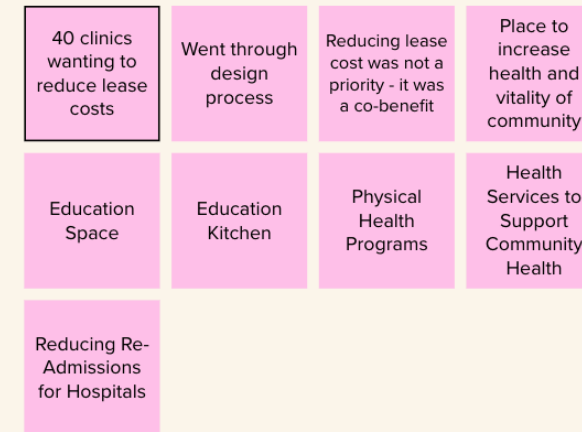
We explored questions such as:

- How do we engage the built environment in regeneration?
- What are you excited about with TGB's work?

## Engaging the built environment in regeneration



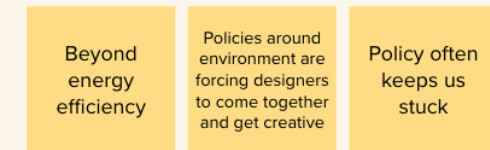
## Case Study



## What are you excited about with TGB's work?



## Changing Policy

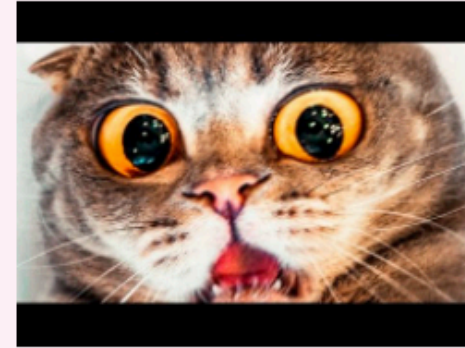


# ABUNDANCE

Abundance is the outward manifestation and ideal state of the work we are doing in the world. It is deeply rooted in our context without time boundaries and limitations. It is the ultimate expression of the transformation we would like to see in the world.

We explored questions such as:

- When you think about the abundance that can be created, what does that look like?



We don't have  
social  
determinants of  
health - we are  
just healthy

Starts with  
self

design  
resilient  
community -  
ecosystem

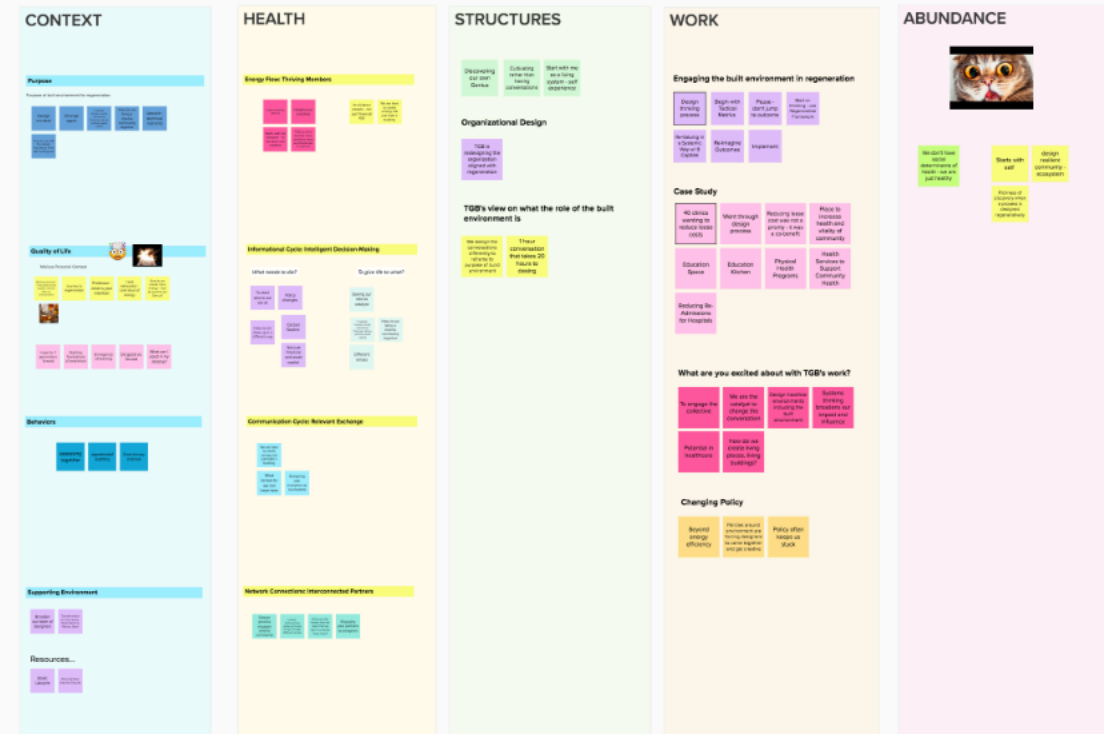
Richness of  
discovery when  
a process is  
designed  
regeneratively

# REGENERATIVE FRAMEWORK

The Regenerative Framework is designed upon the insights and principles of living systems. It is a process, design and decision-making framework for creating the conditions for systemic health while regenerating potential and abundance.

The image on the right is the whole design captured in this nRhythm Design Sprint.

## How Regeneration Can Transform the Built Environment with Melissa Kelii





# THANK YOU!



Learn More About nRhythm's Approach:

[Read our blog on Regenerative Design Principles](#)

[Discover hidden potential with our mini-workbooks](#)

[Explore your relationship with your role at work with the Thrive Index](#)

[Shift your mindset, behaviors, and practices with Regenerative Fitness Challenges](#)

[Learn the Foundations of a Regenerative Approach](#)

[Design \(or Re-Design\) Your Team or Project in the Regenerative Design Lab](#)

[Monitor the underlying health of your organization with the Health Index](#)