



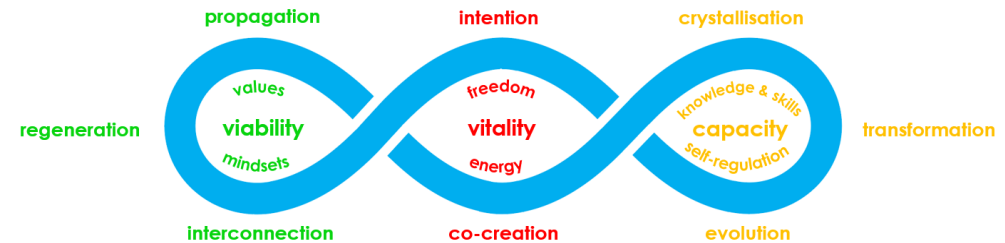
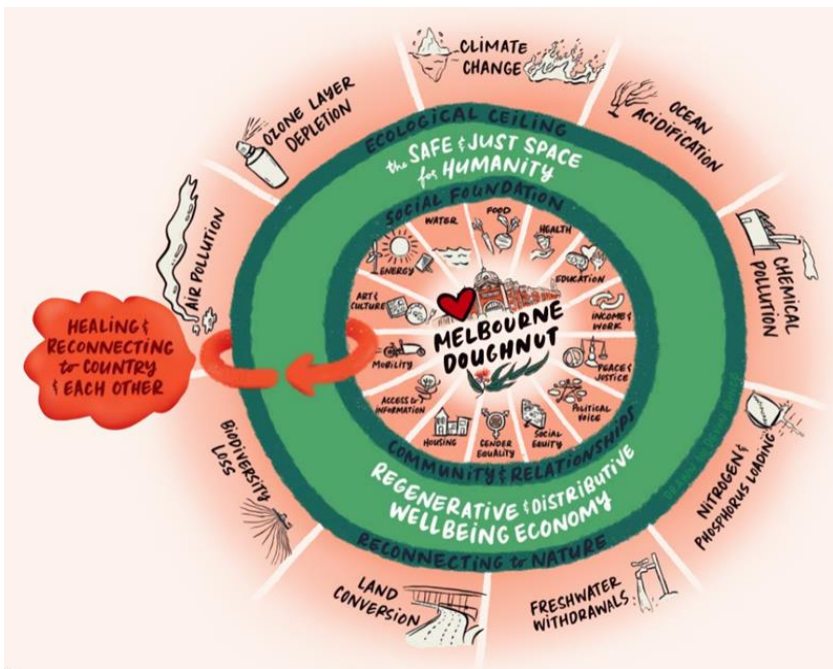
## Doughnut Economics Localised Vital Engagement Strategy (DELVES)

DELVES is sense-making tool and methodology to gauge interest and to activate the Doughnut Economic model or support collective actions at a community and neighbourhood level. Communities of interest dig into to the doughnut's ecological ceilings and social foundations using an experiential / transformative literacy process to uncover conditions that hold complex problems in place, shifting potential into existence and improving the odds of intervention's success. DELVES enables everyone, everywhere to get actively involved in co-designing and implementing systems change prototypes that are relevant to local and cultural context and actionable within a place-based perspective.

DELVES is an adaption of the Waves of Wellbeings program co-developed by UN Youth (Vic) and the Being Well – Doing Good initiative which piloted during Melbourne, Australia's COVID-19 lockdowns in 2020. The findings from the Melbourne Doughnut report in April 2021 have been included in the latest version of the pilot. We acknowledge the expanded Vital Engagement theory of Cedomir Ignjatovic, Theory U, Benefit Mindset, Beneficial Action, UChicago CSR Developmental Framework, Regenesi - Regenerative Development and Design, Regen Melbourne and the generous support through the Social Solidarity Circles and contributions from people around the world.

**Doughnut Economics** is a visual framework for sustainable development – shaped like a doughnut or lifebelt - combining the concept of planetary boundaries with the complementary concept of social boundaries. The framework is adaptable to reflect place-based context and cultures. [Download Regen Melbourne's – Highlight Report](#)

**Waves of Wellbeings** is a action-reflection learning journey that enables people to get actively involved together in shaping and initiating caring actions which are research-informed and benefit self, others, nature and the future. [Download Waves of Wellbeings 2021 Overview - PDF](#)



DELVES is an evolving tool and methodology presented by the [Being Well – Doing Good](#) initiative.

