

## Keeping momentum in the diploma

By Carla Moss, tutor

To explain what I am talking about, I've drawn a momentum curve, with momentum down the side and time along the bottom. In the best-case scenario of doing the diploma, momentum steadily rises to get to the top. In reality the curve looks more like this with dips and bumps and then rising to a high at the end.



Let's think a bit about what we can do at different stages along that curve.

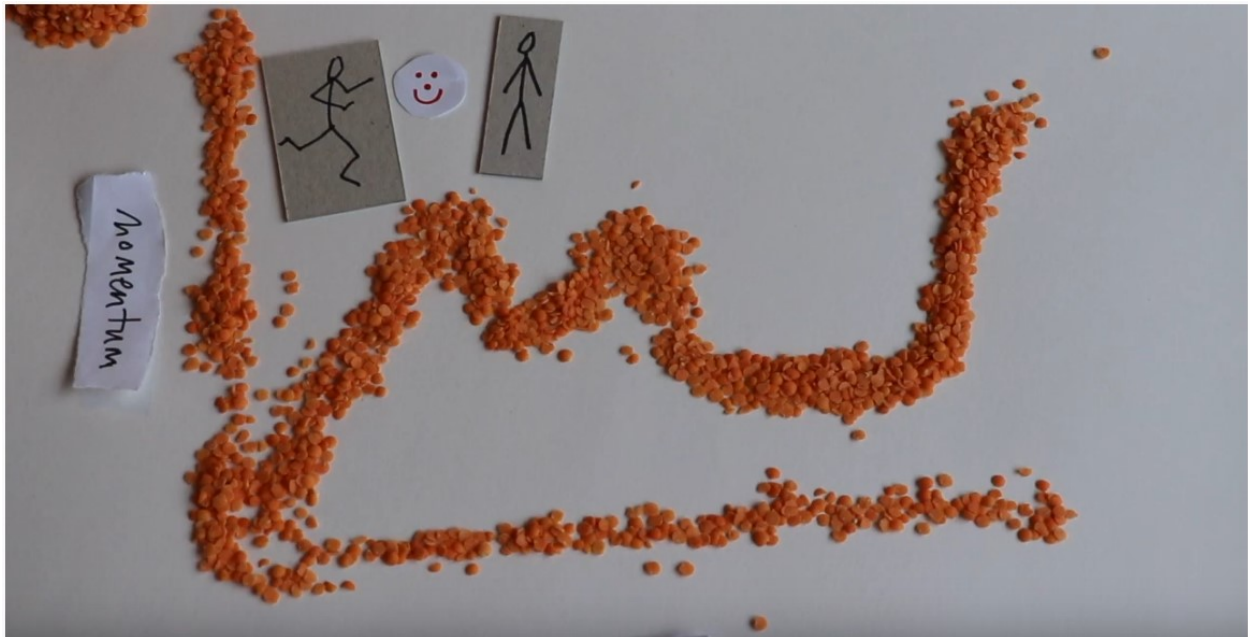
At the beginning of the curve we could create a diploma pathway; that's really great at getting us to know where we start and what the end point is. We can also think about why we're doing the diploma and we can also have a one-to-one tutorial which means our tutor can get to know us and help us along that journey.

Sometimes the curve flattens out a bit. That's quite a low point and at that low point it can be really good to revisit the diploma pathway and remind ourselves why we're doing it.

There are other things we can do to generate momentum, on our own and with other people. For instance, we could do a check-in and ask ourselves questions as to how we're doing. We can also have a group tutorial with other people, go to a gathering, get involved with a diploma guild, put things on social media or visit permaculture projects. These are also really great things to do when we get to a low point as they can help generate some more momentum.

Another thing is to know your pace - whether you're a runner or a walker. Emotion drives motion so doing a design about something you have strong feelings about will help drive momentum to

bring about completion. In a similar way, the things that we do that we're less keen on, won't drive that momentum in the same way.



Knowing our own pace is really helpful. If we're a runner we want to be going at a running pace and not at a walking pace, when we'll probably get bored. But if we're a walker, going at a running pace will probably give us burnout. Getting to know how we work is really helpful, particularly along that bottom curve. The other thing about that low point is to remember that even though we think that nothing's going on, there is the permaculture principle "everything gardens". Things are still going on, activity is still happening and observing that point can be really helpful.

Another thing is to really question our time management when we are doing the diploma. Sometimes there are ways of actually pulling in little snippets of time that can help us.

Ultimately, we want to finish the diploma on a high. Whether we're a walker or a runner we want to be there celebrating at the end with our 10 completed designs.

If you want more about this topic or any other topics to do with the diploma look at the Permaculture Association website which is [www.permaculture.org.uk](http://www.permaculture.org.uk) or you can contact the office: [diploma@permaculture.org.uk](mailto:diploma@permaculture.org.uk)