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Becoming a

NbS Fresco

Facilitator

Practical guidelines for successful sessions

NbS FRESCO
NBRACER
Nature Based Solutions
for Atlantic Regional Climate Resilience
Network Nature

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Becoming a NbS Fresco Facilitator

Practical guidelines for Successful Sessions

The NbS Fresco unfolds over x structured stages, each designed to guide participants progressively through the learning experience.

1. Welcome & Introduction (20 minutes)

This first stage allows the facilitator to establish a supportive learning environment, clarify the workshop flow, and engage participants from the outset.

Set the context:

The facilitator welcomes participants, introduces themselves, and briefly presents the agenda and timing of the workshop. The objective is to create a safe, inclusive space and to clarify how the session will unfold.

Introduce Nature-based Solutions (optional):

When participants are familiar with NbS but do not work directly in the sector, the facilitator provides a concise overview of the concept. This introduction is interactive and aims to assess participants' baseline knowledge through questions or short exchanges, allowing the facilitator to adapt the level of detail as needed.

Explain the purpose of the NbS Fresco:

The facilitator clearly outlines the objectives of the Fresco, explains its educational approach, and describes what participants are expected to gain from the workshop (e.g. shared understanding, systems thinking, collective reflection).

Facilitate the icebreaker:

To encourage participation and personal engagement, the facilitator invites participants to answer the following question:

- "What is your landscape of origin, and how has climate change affected it?"

The facilitator listens actively, highlights common themes, and uses responses to connect personal experiences to broader environmental challenges.

Form working groups:

Based on participants' answers and profiles, the facilitator creates groups of 4 to 6 people and assigns each group to one of the three landscapes, ensuring balanced and diverse group dynamics where possible.

- Distribute materials and give instructions:
- The facilitator provides each group with its landscape fresco board and briefly explains how it will be used during the next stages of the workshop.

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NbS Fresco Facilitator Checklist

Before the workshop

□ Room setup (tables for 4–6 people)
□ Landscape fresco boards & cards
□ Timer / visible agenda
□ Clear understanding of participant profiles

During the workshop

□ Encourage participation, not performance
□ Manage time without rushing reflection
□ Circulate, observe, ask open questions
□ Avoid giving answers or validating "correctness"

After the workshop

□ Capture key insights (photos or notes)
□ Invite feedback
□ Reflect on group dynamics and flow

the NbS Fresco is a participatory, systems-based workshop designed to support participants in exploring Nature-based Solutions (NbS) through different landscape perspectives. The facilitator's role is to guide the process, enable dialogue, and support collective reasoning, rather than to transmit expert knowledge.

The workshop is structured into x consecutive stages, each with a specific facilitation objective. Together, these stages are designed to:

- progressively engage participants,
- develop systems thinking,
- and build a shared understanding of NbS.

For the session to function effectively, facilitators should:

follow the sequence of stages, as each one prepares the ground for the next;

- adapt their level of intervention to the group's needs while avoiding directing outcomes;
- prioritize participation, reflection, and discussion over technical accuracy;
- ensure a clear transition between stages so participants understand where they are in the process.

The effectiveness of the NbS Fresco relies on the facilitator's ability to:

- create a safe and inclusive learning environment,
- encourage balanced participation within groups,
- manage time while protecting moments of reflection,
- and maintain the integrity of the methodology.

These guidelines are intended to help facilitators confidently prepare and conduct a session, while leaving room for adaptation based on context, audience, and group dynamics.

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