

Aaron's Offerings



I am a writer, facilitator, organizer, and architect of the future. I am based in the foothills of the Rocky Mountains, tied to organizing lineages learned in Chicago and D.C and informed by solidarity trips to Korea, Hong Kong and South Africa.

I envision a world:

without cops and carceral logic,
without patriarchal notions of life and love,
without colonial identities separating us from each other,
without a need to earn a living,

Where we make a living by loving and supporting each other to meet our needs with dignity and joy.

My praxis—the way I move through and make sense of the world—has been deeply informed by my work as a movement strategist in the Black Freedom struggle and as a Movement Chaplain supporting movements for collective liberation.

I work with people laboring for collective freedom who seek deeper embodied understanding of themselves and their worlds. I work with people who have dreams aligned with my vision and offer my medicine in service to their purpose. I work with people seeking to merge Systemic Rigor and Liberatory Love: tending to your own woundedness in order to see the world with fresh eyes so that we can move through the world with a love that frees ourselves and others.

I pursue my vocation through the use of five core skills:

1. **Head-Smart-Heart Wise Investigation**

- a. Diving deep into personal and organizational lore, coupled with historical and topical research, to get a factually informed felt sense of the context in which the work is happening.

2. **Precise Faithful Witnessing:**

- a. Support lovingly re-writing internal narratives that no longer serve you to reflect the social, political and somatic terrain you are navigating. This allows you to see what's yours, what is other people's and what is the world's to hold.

3. **Skillful Facilitation:**

- a. Building containers and activities that allow groups to surface tensions between what is and what could be, express our needs with our full chests, and build new agreements that allow us to move towards new possibilities with effortless action.

4. **Systems Mapping**

- a. Helping ecosystems name and visualize the conditions, processes, relationships, history and motivations that contain, nourish, constrain or enable the work. This gives actors the understanding they need to navigate towards shared goals with confidence.

5. **Story-Telling**

- a. Providing the language and ritual that allows us to name and communicate our deepest meanings, dreams and visions for the future in ways that allow them to be collective north stars and touchstones for navigating our current worlds towards better tomorrows.

Aaron Goggans aarongoggans@wildseedsociety.com [Book A Consult With Me](#)

Consulting Offerings

I offer thought partnership and coaching on fixed rate for foundations professional non profits and through donations for movement orgs and individuals. For individuals I developed a [Capitalism Adjustment Score \[CAS\]](#) to help you decide on a appropriate donation. I strive to work with individuals and movement orgs to work within their budgets.

I have two tiers of offerings, 1. for thought partnership and coaching that requires no preparation work or follow-up and 2. for more traditional consulting that requires preparation and follow up.

CAS#	Pay-check to Pay Check (org paid under \$1M)	Comfortable (org paid \$1M-2M)	Well off (org paid \$2M-4M)	Wealthy (foundations or org paid for over \$4M budget)
Tier 2	125	\$250.00	\$300	\$375
Tier 1	\$75.	\$200.00	\$250	\$300

Tier	Service	Description	Typical # of Hrs.
1	Safety & Wellness Thought Partnership	Supporting organizations in thinking holistically about their safety and wellness policies. This includes walking client through any of WildSeed's tools, answering any implementation questions that arise, giving advice to particular problems that come up.	Varies
1	Liberatory Organizational Design	Supporting organizing in finding new and more liberatory ways to function including compensation, org structure, decision making, stewardships and base building.	Varies
2	Safety and Wellness Assessment	Assessing organizational preparedness, culture, risk and vulnerability through the lens of safety, wellness and belonging. Assessment includes interviews with staff and key stakeholders in addition to a review of organizational policies. Comes with policy, procedure and organizational cultural recommendations.	~5hrs + 1 per staff member
2	Wellness Program Development	Supporting organizations in developing wellness programs for their staff, including policy development and referral to vendors.	~ 5hrs +1 per staff member
2	Support Team Set Up	Helping organizations set up support teams for an employee in crisis. Support teams work with people in crises and clinicians to develop and implement wellness plans. This includes needs assessment, training for the support team and support facilitating the meetings.	10-15 hrs
2	Safety Assistance Team Development	Supporting organizations designing and implementing safety, security and wellness response teams. This includes policy development, training, vendor referral and initial facilitation support.	15-30 hrs
2	Emergent Strategic Facilitation	Supports organizations in action in complex and rapidly changing environments through a collaborative process of clarifying vision and investigating the dynamics that drive our work. This process helps us sense our environment as it changes and respond in ways that open up many possible paths that can get us what we need.	20-50hrs

Workshop Offerings

1. Safety, Security and Wellness Trainings

I can offer 1 1/2-3 hr trainings on any of the following topics.

- What is Safety and Wellness [how is it different than security]
- How to assess and mitigate organizational risks to safety and wellness
- Strategies for Safety and Wellness
- Strategies for Safety and Wellness on network, ecosystem or movement level
- Building and Running Security Assistance Teams
- Building and Running Crisis Support and Wellness Teams
- How to offer aftercare to Frontline Staff who have experienced a crisis

2. Framework Workshops

I can offer 1-2 hour workshops exploring any of the frameworks for movement work and praxis that I have developed.

- [Love Based Abolition](#)
- [Liberation Logic](#)
- [Form Follows Function](#)
- [Liberating Conflict](#)
- [WildSeed Way](#)

3. Experiential Workshops

I can offer 1-4 days workshops that focus on exploring different frameworks through games, rituals, simulations.

Each training or workshop is charged as a tier 2 offering, with one hour prep for each hour of training. All training and workshops comes with worksheets/handouts and can be recorded so that community members who cannot make the training will be able to watch later.

Coaching and Mentoring

Love as a strategy means holding a commitment to life and that which is conducive to life that transcends surface level reading of context. Love as a strategy asks us to look beyond political symbolism and read the actual dynamics of power in play and make the intervention that is most conducive to the thriving of life.

Love-Based Abolition starts with the understanding that all humans are sacred and should be treated as such. To be sacred is to be a precious window into the interconnectedness that sustains life and creates the mystery and beauty of existence. This means that humans should neither be seen as mere instruments in a wider social plan nor as ends in themselves. Rather the focus is on the people and worlds we can be and build together when we abolish all the obstacles to our love.

Love Based Abolition Coaching and Mentoring seeks to help sojourners navigate their personal and political context pulled by radical love rather than being pushed by pain. Coaching is offered to those doing paid organizing or organization leadership at tier 2. My coaching work exists to help identify and pursue the work you fill called to do in the way that is most aligned with you values.

My mentoring offering is as a work exchange for new organizers in their early to mid 20's who want support developing their own organizing project or campaign aligned with the Love Based Abolition Framework.

The three pillars of Love Based Abolition Coaching and Mentoring are:

- Loving Support For Your Core Role(s)
 - Encouragement and advice for how you can best step into the roles that matter to you with loving integrity and strategic rigor
- Precise Faithful Witnessing
 - Support lovingly re-writing internal narratives that no longer serve you to reflect the social, political and somatic terrain you are navigating. This allows you to see what's yours, what is other people's and what is the world's to hold.
- Love and Growth Centered Accountability
 - Helping you remain aligned with who you are seeking to BE in the world.

Our initial journey will be 8 60-90min sessions. It will follow the process of Radical Empathy in Action:

1. Discernment [What Am I Seeking?],
2. Acceptance [What About Myself and the World Must I Embrace or Let Go to Get It?],
3. Re-organization [What Praxis Do I Need To Pursue It?]
4. Re-alignment [What Are The Conditions I Need For the Pursuit To Be Sustainable?]

Throughout the 8 session you will identify your goals, build a map of your terrain, and get support in navigating that toward towards your goal. Successful process will allow sojourners to feel grounded in who they want to be in the world and clear about what's theirs to hold, what's other people's and how the world both supports and constrains that way of being.