

u-lab in practice – What's available and how does it work?

What courses are available and when?

All course are online and free.

There are four basic offerings:

- A. [u-lab 0x, the 90 minute short course](#), which you any do any time, (or, if preferred, read [Otto's book](#))
- B. [u-lab 1x, the Six week course \(max. 4-6 hours a week\) course](#), for individuals or teams, runs from September to December every year. [See further detail here.](#)
- C. [u-lab 2x, Societal Transformation](#) runs from February to May and supports those who already have some experience of theory U, working in collaboration with a wider team.
- D. [GAIA - Global Activation of Intention and Action](#), free access any time.

What's special about these particular e-learning course?

u-lab is special for two reasons;

Firstly it is based on Theory U which has a very close fit with the five ways of working in the Wellbeing of Future Generations Act. It basically weaves these five into a three point project plan for instigating, co-leading, creating and delivering a change. It works at pretty much any scale. There are several programmes in Wales which were originally designed (and continue to be redesigned) using theory U.

Secondly, there is now a whole host of evidence that backs up the basic method of Theory U. [A recent summary of this evidence can be found here.](#)

Is it accredited and by who?

The main course (B above) is accredited by MIT through the Edex platform. Accreditation is optional and remains open until the last few weeks of the course. It is possible to register as unaccredited but transfer later if you feel accreditation would be worthwhile and/or if you have gained confidence that you can cover the necessary assignments/activities.

How much/little can I do?

The key elements of the main course include:

- Online tutorials/lectures
- Background reading
- Interactive Zoom sessions
- Techniques that you can incorporate into your daily life or work
- Live video sessions
- Co-coaching circles – where a small group support each other through coaching
- An invitation to apply all this to a real life project that you are already working on...

It is not necessary to do every part of the course in one go!

Many people 'lurk' on the course. Some people choose just to follow the live sessions or just to follow the video lectures. Some people come back a second time to experience an aspect that missed previously.

The techniques that are taught on the course can easily be incorporated into existing change or improvement programmes and processes.

What are hubs?

Hubs are local groups who meet regularly during (and sometimes after) the course to share experiences and practice some of the course techniques.

The best way to establish a hub is to:

1. Find a friend who is also committed to the course.
2. Agree to meet at regular intervals (usually fortnightly or monthly).
3. Let other people know when and where you are meeting and invite them to join in.
4. Sign up for the Hub Host newsletter.

We have had several hubs in Wales and also a few virtual hubs which have involved people from Wales and other places.

On-line support is provided free to anyone who is trying to establish a hub or hosting an existing hub. [Sign up to the Hub Host Newsletter, come along to a live Zoom session or view further information.](#)

Where can I find out more about what is happening with u-lab in Wales?

Diana Reynolds, Sustainable Development manager for the Welsh Government, holds an email list so that we can all keep in touch. If you would like to receive updates on u-lab in Wales or have questions or queries, [please contact Diana.](#)

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