Using foresight to gain a futures orientation in your work

Lindsey Alexander, Molly Belsky, and Maggie Cooke

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Today’s FORESIGHT Team

Lindsey Alexander  
Project Director

Molly Belsky  
Program Coordinator

Maggie Cooke  
Senior Strategic Partnerships Associate
Foresight: gaining *insight* by exploring what might happen or be needed in the *future*.
FORESIGHT is a catalyst for equitably envisioning and bringing about a bold, new future for health and well-being.
Agenda

I. What is foresight and why should we use it?

II. Game Changing trends, opportunities, and threats on the health and well-being horizon

III. Tools you can use
Why foresight?

Futures orientation: looking to & exploring the future

Enables us to prepare for & shape the future

Rate & complexity of change increasing

Confluence of environmental, technological & cultural transformations

At risk for locking in current trajectories – many inequitable
Foresight Building Blocks

“History doesn’t repeat itself, but it often rhymes.” – Mark Twain
Building Blocks of Change

**Trends**

- Historical patterns of change

**Emerging Issues**

- Weak signals of change; opportunities or challenges on the horizon
Timeline exercise

Events in your organization / community

1932: Tuskegee

Events in health / well-being

1929: First “HMO”

1968: Civil Rights Act

2010: ACA

Events in the world

1938: WHO created
Why Scan the Horizon?

Government and institutional reports and studies, draft legislation

TV, newspapers, popular general interest sources

Research reports, think tank studies, scientific and technical journals, business leader magazines

Art, science fiction, fringe writings, esoteric journals

Nascent emerging issue: fringe thinking

Foresight Zone

Innovation/Early Competition Zone

Reactive Zone

The New Normal

Established issue/trend: legislation, regulation

Rapid maturation: mainstreaming

Early framing: academic exploration

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Game Changers
Discussion Questions

- Do you see any of these trends and emerging issues – potential opportunities or challenges – at play in your state?
- Are there trends and emerging issues you notice that aren’t addressed here?
- Is your work positioned to thrive in an uncertain future? How?
How to build a foresight practice

- Expose yourself to & collect a lot of stuff/input
- Break out of silos
- Think (and take notes) visually
- Keep asking why?
- Prompt others to reconsider what if?
- Do a little bit all the time. Explore it collectively annually.
Resources

FORESIGHT: www.foresightforhealth.org

Futures tool: www.whatifhealth.org

Internet searches: “the future of_______”

Institute for the Future: www.iftf.org (@iftf)

Future Factors: www.futurefactors.iftf.org

Association of Professional Futurists: www.apf.org


World Futures Studies Federation: www.wfsf.org
Lindsey Alexander, Project Director: lalexander@rippel.org

Molly Belsky, Project Associate: mbelksy@rippel.org

Maggie Cooke, Senior Strategic Partnerships Associate: mcooke@rippel.org
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