



Getting your household and property prepared for possible natural disasters, can be overwhelming and challenging to navigate alone. This is where having a buddy for accountability can be a valuable asset. In this document, we explore the value of having a buddy and how it can greatly enhance our ability to implement a plan for getting prepared.

1. What is a Buddy?

A buddy is an individual who shares a common goal or objective and collaborates with you to achieve it. In this context, a buddy serves as a partner who provides support, encouragement, and most importantly, holds you accountable for completing the necessary actions on your Get Prepared Action Plan..

2. What are the benefits of having a Buddy?

- ✓ **Mutual Support:** You can lean on each other during the preparation process. When faced with challenges or uncertainties, having a buddy offers a source of motivation, guidance, and assistance.
- ✓ **Increased Accountability:** By having a buddy, you create a sense of responsibility to follow through on the agreed-upon actions. A buddy can help you to stay on track and fulfil your commitments.
- ✓ **Knowledge, Equipment and Skill Sharing:** You both bring unique experiences, knowledge, equipment and skills to the partnership. By sharing and exchanging these things, you can both improve your capacity to deliver on your plan.
- ✓ **Emotional Support:** Having a buddy provides a listening ear, empathy, and reassurance.

3. Being a Buddy

When being a buddy, you might want to consider certain qualities that you can contribute to a successful partnership. Look at this list and work on the qualities that are important to you.

- Commitment = you know the importance of being prepared and are dedicated to taking action.
- Reliability = you turn up to agreed meetings and activities and follow through.
- Trustworthiness = you can be trusted with sensitive information and respect confidentiality.
- Supportive nature = you are supportive, encouraging, constructive and positive.
- Good communication skills = you are a good listener, communicate clearly, and express openly.
- You offer your skills, equipment and knowledge to the partnership
- Flexibility and Adaptability = you can adjust plans, strategies, and timelines as needed.
- Problem-Solving Abilities = you think critically, offer creative solutions, and contribute to overcoming hurdles.
- Continuous Improvement i.e. you are open to feedback, have a growth mindset and a willingness to learn and improve.

4. Having an Accountability Agreement

To make the most of the buddy system, you might like to establish an agreement. This agreement sets clear expectations, defines roles, and outlines the commitments both buddies make to each other. Here are some key components to consider:



- What is the outcome we both want from the buddy relationship?

It might simply be to support each other to implement your action plans. Or you may wish to start with something more manageable like the completion of a key action from the plan e.g. cleaning the gutters or creating an emergency kit, or If that works well, then you might choose to continue onto the next action/s in the plan

- What activity might we do as buddies?

You might want to have meetings to check in with each other and see how you are going. You might want to work together on actions that you both need to do e.g. help each other clean out your gutters.

- What are our expectations of each other, what are our responsibilities?

An honest discussion about expectations at the beginning can prevent problems later on. A simple list of do's and don'ts can help. (e.g. latest hour for phone calls, confidentiality, what happens if a tool breaks while you are borrowing it)

- How long do we envisage the buddy relationship lasting?

Set a trial period. The trial period could be month to month, with a review at each month.

- How often shall we meet and how much time commitment is involved?

Decide if you will combine face to face meetings with phone calls and messenger/ what's app. Will your time together include specific activities? How often will you meet? i.e. weekly / fortnightly / monthly.

- What if it doesn't work?

Recognise that like all relationships, a buddy relationship may not fulfill all our expectations. It could be helpful to agree at the beginning, that if either person for any reason, wants to end the buddy relationship, they are free to do so without blame and resentment.

- Do we need a written agreement?

Are you agreeing to try the buddy relationship? Do you need time to think about it? Sometimes it can help both parties if you have something in writing to which you have both contributed and agreed. Check out the attached template to see if it suits your needs. Remember a formal agreement is not absolutely necessary, if you feel more comfortable with a more informal relationship.

- Action

Prepare a plan for the next month, including any meetings, venues, activities and outcomes.



BUDDY AGREEMENT

We _____ and _____

have agreed to enter into a buddy relationship

While the intention of this buddy relationship is to support each other to implement our Get Prepared plans, we have agreed to the following...

- Outcome/s > e.g. To support each other to create an emergency kit
- Duration of the buddy relationship > e.g. 4 months with a 1 month trial
- Buddy activities > e.g. check in What's App messages plus co-working activity.
- Likely frequency of activities > e.g weekly check in + monthly co-working activity
- How shall we communicate > e.g. What's App
- Special features of the buddy relationship > e.g. dos and don'ts

Date: _____

Signatures

Buddy # 1: _____

Buddy # 2: _____

