



**RESONANCE LAB**

REFLECT TOOLKIT



BUILD — 09 of 09

## Build 09 — Reflect

### THE MOVE

The work takes form. Then, it gets checked again: did it resonate, or does dissonance remain? If it resonates, what was delivered takes root beyond its original release — a curriculum a community keeps teaching itself, for example, or a strategy an institution keeps building on. This is **amplification**, and it is where real transformation can take shape. What gets heard here does not end the story. It becomes where everything begins again — the cycle continues.

### GROUNDING METHOD

Checking whether it resonated is grounded in Participatory Monitoring and Evaluation — an approach in which local people determine their own methods for assessing what happened, rather than evaluation being conducted on a community from outside it.

Grounded in: **Village Earth** — The Role of Participatory Monitoring and Evaluation in Community-Based Development.

This is the approach Resonance Lab defaults to. The right depth and technique for a given engagement — timeline, budget, and who the actual stakeholders are — is a scoping conversation, not a fixed requirement.

## The Instruments — Reflect

Checking for resonance, dissonance, or amplification.

### 1. Outcomes Check-In

→ A9.1

*Check whether it resonated, in the community's own account, once real time has passed since delivery.*

### 2. Amplification Assessment

→ A9.2

*Check for continuation beyond what was originally delivered — the strongest possible sign of real resonance.*

This toolkit is one of nine. Full walkthrough: [labresonance.com/method](https://labresonance.com/method)

## A9.1 — Outcomes Check-In

### BEFORE YOU START

**What this is:** A structured check for whether the delivered intervention actually resonated, grounded in Participatory Monitoring and Evaluation — conducted with the community, not on it.

**When to use it:** After the intervention has had real time to land — not immediately after delivery.

**How to use it:** Let community members determine what counts as evidence here where possible, per PM&E's own core principle, rather than importing an external metric alone.

Source: [Village Earth – The Role of Participatory Monitoring and Evaluation in Community-Based Development](#)

☐ Did it resonate, or does dissonance remain — in the community's own account

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☐ What evidence supports that account

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## A9.2 — Amplification Assessment

### BEFORE YOU START

**What this is:** A check for amplification specifically — whether what was delivered took root beyond its original release, the strongest possible sign of real resonance.

**When to use it:** Alongside [A9.1](#), once outcomes are known.

**How to use it:** Look for continuation the intervention itself did not require — a curriculum a community keeps teaching itself, a strategy an institution keeps building on, without further input.

Source: [Village Earth – The Role of Participatory Monitoring and Evaluation in Community-Based Development](#)

☐ Is there evidence of continued use, beyond what was originally delivered

☐ What this reveals for the next Read — the cycle continues

# Glossary

The physics, and what it means in practice. Every linked term across this document points here.

| PHYSICS                                                                       | PRACTICE                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Medium</b><br>What a wave travels through                                  | <b>Medium</b><br>A community, organization, or society — already has its own rhythms and ways of organizing                                                                                                                                                     |
| <b>Wave</b><br>A disturbance that transfers energy through a medium           | <b>Wave</b><br>Any program, policy, or strategy entering a community, organization, or society                                                                                                                                                                  |
| <b>Frequency (f)</b><br>Number of wave cycles per second (Hz)                 | <b>Community Frequency</b><br>The rate at which a community, organization, or society repeats its core rhythms<br>Measured by: participation rates, cultural retention indicators where participatory; usage or administrative records where not.               |
| <b>Frequency (f)</b><br>Number of wave cycles per second (Hz)                 | <b>Intervention Frequency</b><br>The rate at which an introduced program, policy, or strategy repeats its own rhythm<br>Measured by: program schedule and cadence; funding or renewal cycles.                                                                   |
| <b>Wavelength (λ)</b><br>Distance of one full wave cycle (m)                  | <b>Community Wavelength</b><br>The reach of one full cultural cycle across people, geography, and generations<br>Measured by: cultural spread, intergenerational transmission where participatory; demographic or geospatial distribution where not.            |
| <b>Velocity (v = fλ)</b><br>How fast a wave's energy moves through the medium | <b>Community Velocity</b><br>How fast meaning and knowledge move through a community's own networks<br>Measured by: response time to cultural events where participatory; network density or digital logs where not.                                            |
| <b>Amplitude (A)</b><br>The energy or intensity of the driving force          | <b>Amplitude</b><br>The intensity of resources actually committed to an intervention<br>Measured by: dollars committed, people reached, frequency and duration of contact.<br><i>High amplitude with the wrong frequency is loud dissonance, not resonance.</i> |

# Glossary (continued)

| PHYSICS                                                                                                    | PRACTICE                                                                                                                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>f_community = f_intervention</b><br>When frequency of wave matches frequency of medium                  | <b>Resonance</b><br>When the frequency of an intervention matches the natural frequency of a community<br>Measured by: uptake, sustained engagement, trust where participatory; adoption or usage metrics where not.<br><i>If the community resonates with and amplifies the intervention, social transformation can take shape.</i>                                         |
| <b>f_beat =  f_c - f_i </b><br>When frequency of wave does not match frequency of medium — audible beating | <b>Dissonance</b><br>The gap between the frequency of a community and whatever is currently acting on it<br>Measured by: drop-off and pushback where participatory; divergence in statistical or geospatial measurements where not.                                                                                                                                          |
| <b>A' &gt; A at resonance</b><br>Growth in a driven system's own response amplitude, greatest at resonance | <b>Amplification</b><br>What a community does with an intervention, if it resonates — carrying it further than what was put in<br>Measured by: continued use after the engagement ends; adoption or replication beyond original delivery.<br><i>This is the mechanism behind social transformation — not the resources committed, but what the community does with them.</i> |

# Bibliography

Sources cited in the Reflect Toolkit.

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[Village Earth — Participatory Monitoring and Evaluation](#)

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the cycle continues –

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The Resonance Method – Reflect Toolkit

Extracted from The Score – 2026

Grounded in Village Earth – The Role of Participatory Monitoring and Evaluation in Community-Based Development.

Full sources: Bibliography, previous page. Term definitions: Glossary.

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