



# Personal and Collaborative Practices for a Climate Changed World

## Retrospective Report

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Between June and July of 2024 Climate Paradigm Collaborative hosted a public workshop series titled “Personal and Collaborative Practices for a Climate Changed World” out of the Dock Center for Social Impact.

The primary intention of the workshop series was to provide participants with a space to connect, grieve, and learn methods for coping with the climate crisis. The secondary goal was to inspire radical climate action in participants who either in their work or personal lives. The six workshops included in the series were as follows:

1. Developing Climate Narratives and Embodying Strength
2. Conflict Resolution and Softening Polarization
3. Somatic Practices, Deep Plat and the Metacrisis (Climate Crisis)
4. Climate Coaching Technique
5. Earth Listening
6. Hope, Resilience, Self-Care, and The Metacrisis (Climate Crisis)

Below are a few key takeaways from some of the sessions that were identified as impactful to the participants in the workshop series.

### **Session 1 – Developing Climate Narratives and Embodying Strength**

- Self-awareness, embodiment, and connection to nature were all identified as strengths shared by many folks in the room. These principles were the pre-cursor to transformative change (with respect to how we all related to the climate crisis). This affirmed the concept of connection to nature as a key catalyst to transformative change hypothesized by the field of Climate Psychology.
- Self-compassion was identified as a core strength and step in each of our climate journeys fundamental to picking ourselves up in times of mental struggle.
- Apathy was identified as an emotion that can be leveraged as a strength when done consciously as it gives us space to rest and build capacity. We want to be cautious of slipping into apathetic paralysis.

### **Session 2 – Conflict Resolution and Softening Polarization**

- The process of container setting and creating safety took most of the session. This process was recognized by participants and valuable in isolation as it spoke to the basics for pursuing difficult conversations in large and diverse groups.
- When discussing our 'relationships' to anger a common thread of turning anger inward on the self (i.e. guilt / shame) was identified. This had a direct link to one of the key takeaways from session one being that self-compassion and self-care are critical activities for meaningful social change.

### **Session 5 – Earth Listening**

The primary intention of this workshop was to converge on a common idea of the term “earth listening” including methods for practice, through the creation of collective mosaic. The following mutually inclusive concepts are what emerged, beginning with my own personal definition.



- “Allowing the voice of the earth to be present with you as you make decisions that relate to life and love. The voice of the earth takes on many forms including the somatic, emotional, or intuitive experience. Often, we notice the voice of the earth in the peripheries of our perception, it is easier to listen while out in nature but not necessary.”
- Connection to the child mind.
- Lack of expectation / not looking too hard.
- Release of fear related to inaccessibility of nature’s wisdom.
- Contradiction ≠ Incorrect – Listening is paradoxical.
- One must stay curious and patient, continuing to show up and try to rebuild the skill of listening.
- We must hold a deep respect for the trauma held in the body.
- Surrendering to opening, inviting slowness and the beauty + terror of limitless potentiality.

### **Session 6 – Hope, Resilience, and Self-Care**

Collective ideas on transforming self-care into community care / creating community care spaces:

- Create and spend time in climate grief spaces. When we are present in these spaces continuously acknowledge issues / struggles / dilemmas with compassion.
- Intention – Consciously / subconsciously acknowledge the earth in our daily interactions (i.e. allow the pain of the earth to be more present).
- There is a need for more community spaces to be with our emotions, heart, and grief within environments that are not overly stimulating or social.
- There is a significant potency hidden within a re-framing of the question ‘How are you’. When we add intention and weight to this question it opens the door to embedding community care within our everyday interactions.
- Do it outside... whatever it is.