

We need to talk about climate and nature action



(Image is of two pairs of hands cupping a seedling in some earth)

How to get started with individual climate and nature action AND look after your wellbeing whilst doing so.

Human-made climate change, and associated impacts on nature and on our way of life are very real and very present. Yet, this is still a subject that many people find difficult to face or talk about with those around them. It can be equally difficult to choose where to begin to take action, let alone feel confident that such action will have sufficient impact. The net result can be isolating and overwhelming. This interactive seminar is an opportunity to air and hear your fears voiced with and by others, through small group discussion and reflection in pairs and individually. It will enable you to explore how to begin positive action in a way that gives you meaning, connects you with others and also nurtures your wellbeing.

About Elisabeth Goodman-Spain: Elisabeth is a coach, author, facilitator and activist. She is an advocate for Neurodiversity (especially working with those who are Autistic or ADHDers), and for Climate and Nature Action. She leads an eco group in her village (Sustainable Shepreth), is a member of the Cambridge Climate Leaders' group, a speaker for Greenpeace and a volunteer organiser for its campaign for Climate and Nature action in South Cambridgeshire, and also occasionally takes part in XR actions. Elisabeth reads widely, and brings her many insights from her work, volunteer activities and her reading into her coaching, writing and seminars.

Note - we will be working from a general awareness of the climate and nature crisis, and not going into much detail about this.