

Workshop Programme Autumn 2007 – Spring 2008

By popular demand! A new series of workshops on climate change focused on our core values. Open to everyone who works with us and, anyone who wants to and anyone who is just curious!

- Explore how to help people connect and act on carbon reduction
- Understand the barriers both psychological and practical to taking action
- Learn to deal with urban myths, truth and lies about climate change
- Keep your own energy and enthusiasm intact.

The workshops will be practical and participative. They will also provide an opportunity to meet with other people who are enthusiastic about doing something about climate change.

1) Carbon Conversations. Led by Ro Randall. Thurs Nov 22nd 2007 7.30 – 9pm

A workshop on talking about climate change. We will explore how to:

- Get people talking, draw out their concerns, help them connect with the issue
- Make carbon reduction feel relevant, achievable and enjoyable
- Understand and deal with people's objections and doubts
- Deal with difficult questions, awkward interviewees and climate change deniers.

This is the workshop to come to if you're working on stalls, are giving talks about climate change or would just like to share and develop your skills at talking to colleagues, friends, family and neighbours about climate change. It's also the workshop to come to if you're not yet involved with CCF but would like to be.

Venue: The Centre at St Paul's, Hills Road, Cambridge.

Cost: Free to CCF volunteers and prospective volunteers. £5.00 to others.

Booking: email info@cambridgecarbonfootprint.org

2) Blocks, resistances and creative solutions. Led by Anne Miller and Ro Randall. Thursday January 17th 2008 7.30 – 9pm

A workshop on how to think creatively about climate change and carbon reduction. We will explore:

- what helps people think and act creatively
- dealing with people's 'non-negotiables' (the things they feel they shouldn't be asked to change)
- recognising and working through blocks and resistances

Anne Miller is the author of 'The Myth of the Mousetrap: how to get your ideas adopted (and change the world)' and sits on the board of Stop Climate Chaos.

Venue: The Centre at St Paul's, Hills Road, Cambridge.

Cost: Free to CCF volunteers. £5.00 to others.

Booking: email info@cambridgecarbonfootprint.org

3) Deep Ecology: moving beyond despair. Led by Anna McIvor. Sunday 10 February 2008, 10-5pm

This workshop will introduce 'The Work That Reconnects', an empowerment approach developed by Joanna Macy (see www.joannamacy.net). This is a form of group work which helps us connect with the web of life and gives us energy and focus to respond to the current challenges faced by our planet. The work consists of experiential exercises that invite us to connect with our deepest feelings for the Earth, and to consider what we can each do to bring about positive change and ensure a liveable world.

Anna McIvor trained with Joanna Macy, and has since facilitated a number of small workshops in Cambridge. She hopes to run regular workshops in the future; if you would like to be on the mailing list for these events, please contact her at the e-mail below.

Venue: To be confirmed

Cost: Suggested contribution of £5-£10 to cover cost of room.

Booking: direct to Anna McIvor. (01223 709634 or anna.mcivor@gmail.com). Please note that numbers will be limited for this workshop.

4) Translating the technical. Andy Brown Thursday March 6th 2008 7.30 – 9pm

A workshop on facts, figures, truth and lies about climate change and how to talk about them all!

- brush up on information you're not sure about
- find answers to those FAQs
- learn how to squash the urban myths
- develop confidence in dealing with people who may (or may not!) know more than you

Venue: To be announced.

Cost: Free to CCF volunteers. £5 to others.

Booking: email info@cambridgecarbonfootprint.org

5) Drawing on diversity and heritage. Shilpa Shah Thursday May 8th 7.30 – 9pm

A workshop exploring what we can learn about low-carbon life-styles from people who have lived them, during WW2 or the 1950s, in developing countries or through choice in eco-communities. We will explore:

- how respect for resources is woven into many cultural and faith traditions
- how different cultures are clever and careful with resources
- how to apply this knowledge to our lifestyles today

Venue: To be announced.

Cost: Free to CCF volunteers. £5 to others.

Booking: email info@cambridgecarbonfootprint.org

Booking:

Booking: by email to info@cambridgecarbonfootprint.org

By post: to Cambridge Carbon Footprint, 113 Gwydir St, Cambridge, CB1 2LG

By phone: 01223 313539