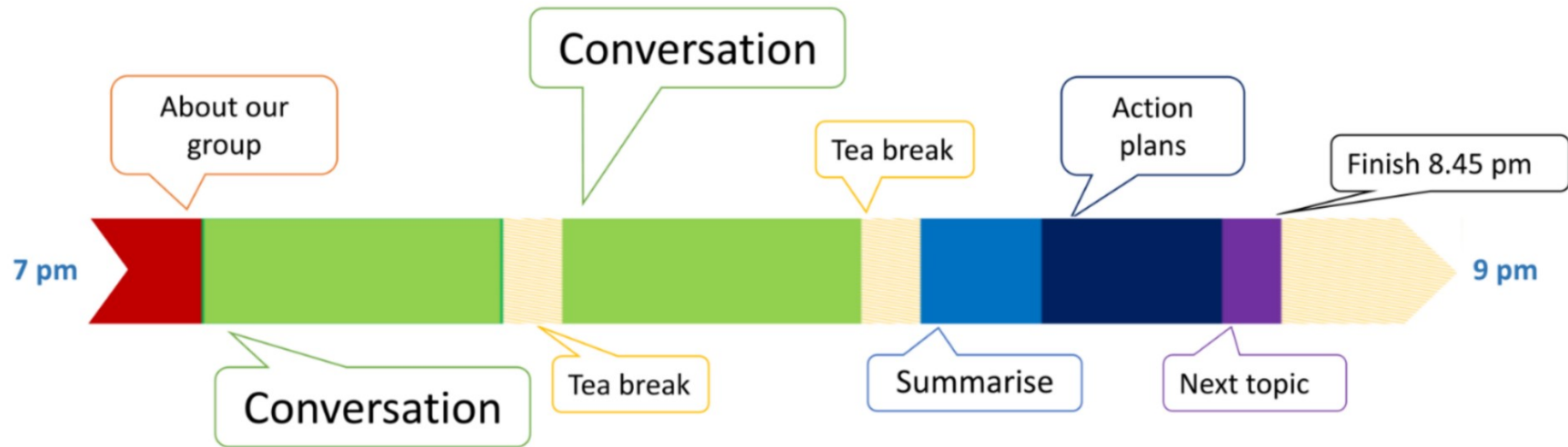


Climate Conversations

Peer support for the climate crisis

Our plan for today



What is peer support?

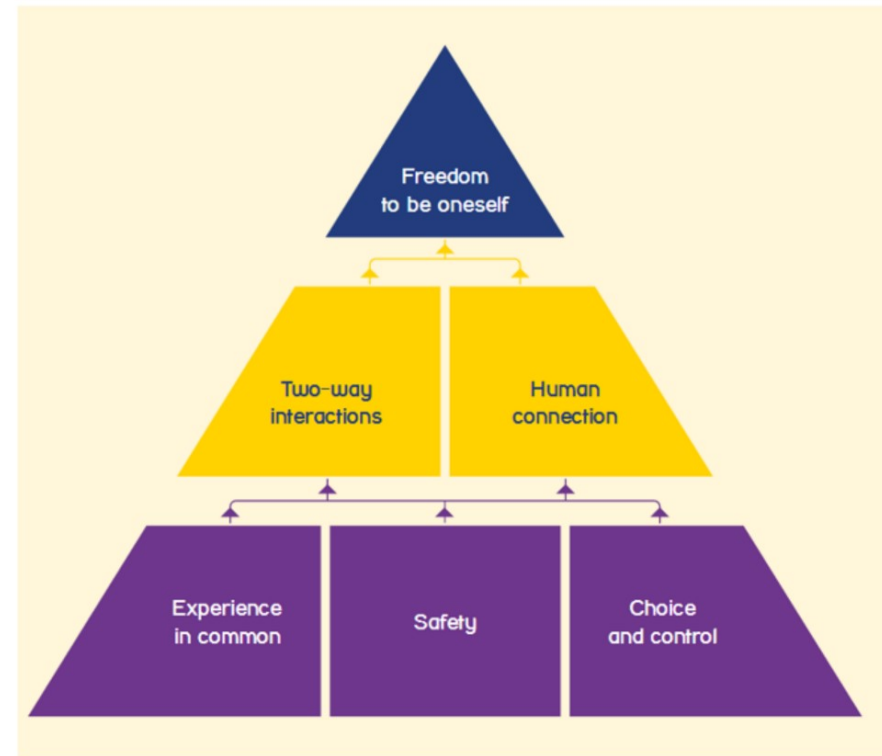
Peer support is a group of people who get together with a common concern to give and receive support.

The foundations:

1. We're all concerned about what's happening to our ecosystem and climate change.
2. Together we create a safe environment to talk in.
3. You can go at our own pace and decide what's right for you.

When these foundations are in place:

- We can begin to have real conversations and feel connected to others.
- Hopefully, you feel comfortable to be yourself.



Developing peer support in the community: a toolkit

The climate crisis is a super wicked problem:

Complex and uncertain

Time is running out

There's no single right answer

No one authority in charge - we're all involved

The people solving the problem are the one's causing it

Our experience in common: trying to cope with the climate crisis and figure out what to do

Adapted from Dr Panu Pihkala's *Process model of eco-anxiety and ecological grief* (2022)

The tasks of grieving

- Accepting the reality of the crisis
- Working through the painful emotions
- Adjusting to the new environment
- Choosing a path of action

How do we create a safe space to talk in?

- Physical comfort: the venue and facilities
- Contained: a structured conversation with a facilitator
- We share the responsibility

Our group agreement:

1. We'll listen and give each other our full attention.
2. We avoid giving advice (unless we're asked to).
3. What we say stays in this room.
4. We arrive in time to participate in the whole conversation.
5. We stick to the topic.

Can you agree to this? Is there anything else
you need?

Conversation

Climate action: transforming our values and beliefs

Isn't it better in the end to go through it.

Good reasons not to question your beliefs

Identity

Relationships

Investment

Part of a world
- bigger thing.

Can you overdo it?
Research everything to
decide what to believe.

Support

Being kind to yourself.

At point of questioning - probably inevitable

Healthy to question beliefs even if you
come back to believing them.

"Stronger you feel about something the more
you should question it"

How do we tackle the climate crisis?

The climate crisis is more than a technical problem. It's a complex social and political challenge.

To solve a problem like the climate crisis we need to transform our beliefs, values and mindsets. Technology alone won't get us out of this.

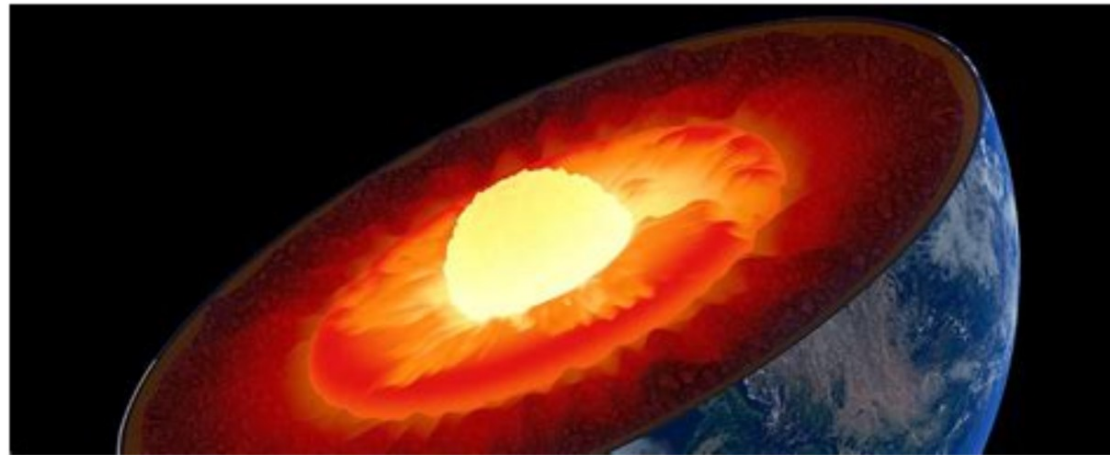
Karen O'Brien 'Three Spheres of Transformation' (2018)

Three Spheres of Transformation

1. Values beliefs and worldviews
2. Systems and social structures
3. Practical



The three spheres are embedded inside each other and they interact with each other.



About beliefs, values and worldviews

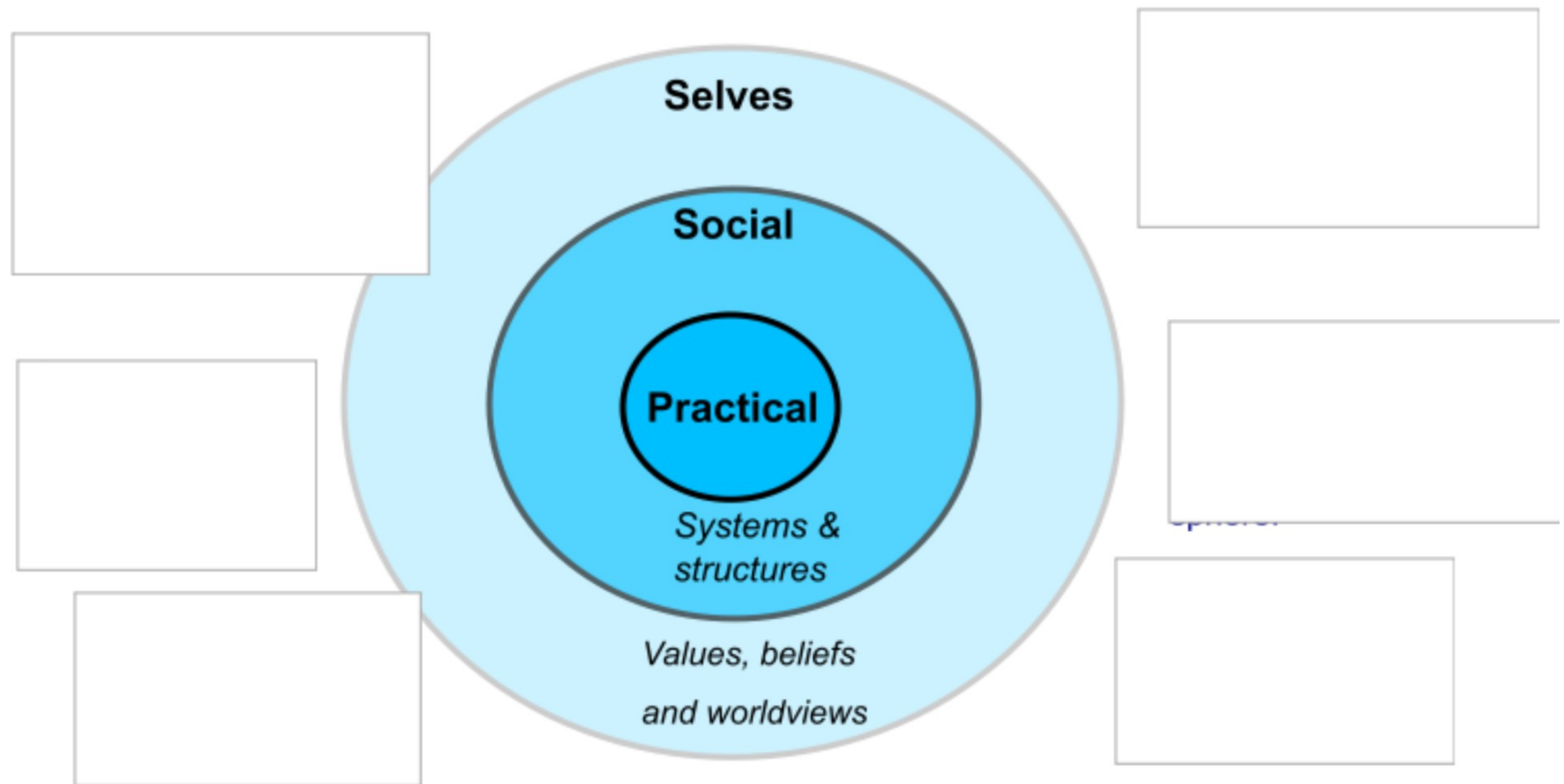
1. We're not always conscious of our beliefs and worldview, especially when they are shared by almost everyone around us.

2. Our beliefs can act as a filter, shaping our perception of the world, including what is possible, what is desirable. This matters for climate action.

3. We can look for 'levers' to create change in all three spheres.
Changes in the sphere of beliefs values and worldviews have the biggest potential to create change.

4. It would be a mistake to try and impose our values on other people. Instead we should try to engage people activate their ability to create change. We could do this by creating opportunities to think differently and question beliefs and assumptions.

How do three spheres interact with each other?



Notes

The slides and notes we've made will be shared by email and on the website.

Is there anything you'd like removed or altered before we do that?

What do you think or feel at the end of today's conversation?

It's woken my brain up a bit.

Been interesting.

Really good questions.

Breaks things up. Different contributions.

Reminds me other people have different views. Takes me away from just focusing on myself.