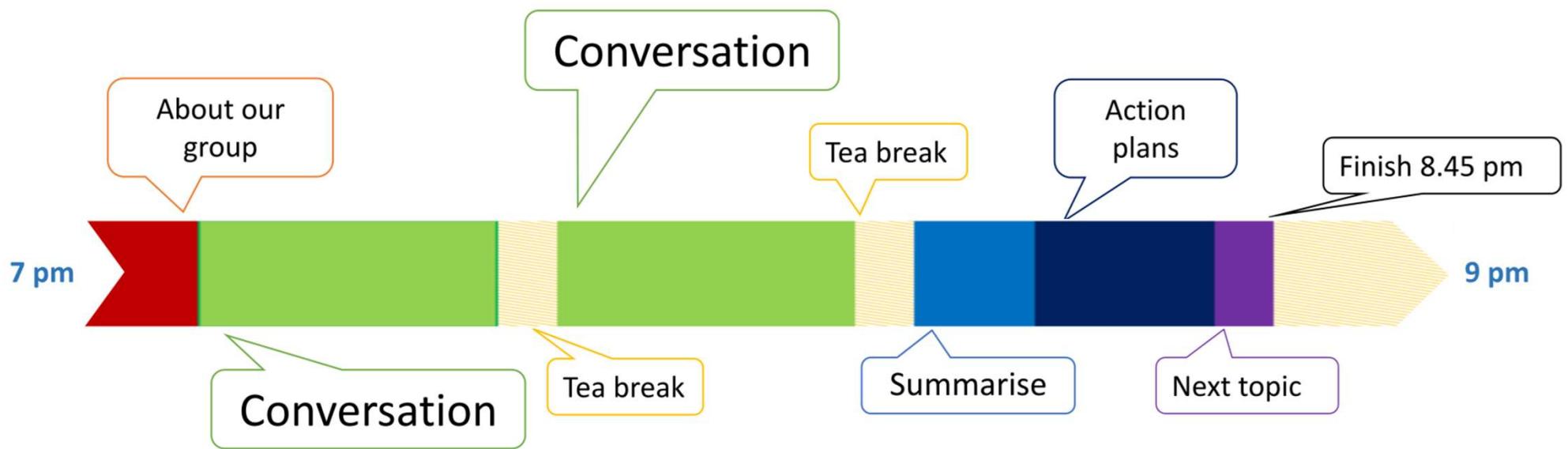


Climate Conversations



Our plan for today



Our purpose

We believe that taking steps to engage with climate change is better than trying to avoid thinking about it. But figuring out how to respond to the climate crisis is hard.

Our meetings provide a space for us to work on this problem together. We can be honest about our questions, uncertainties, and difficulties. We can help each other process what's happening and explore what we can do for ourselves and the planet.

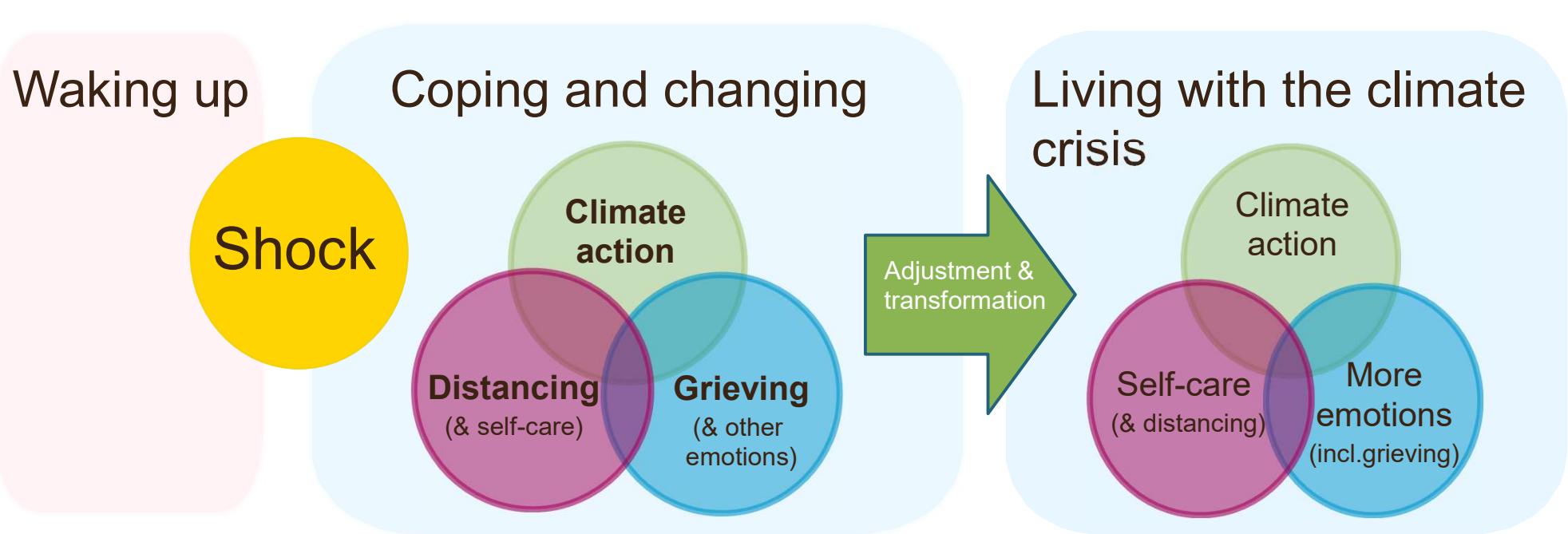
Group agreement

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

Do you agree?

Is there anything else you need today?

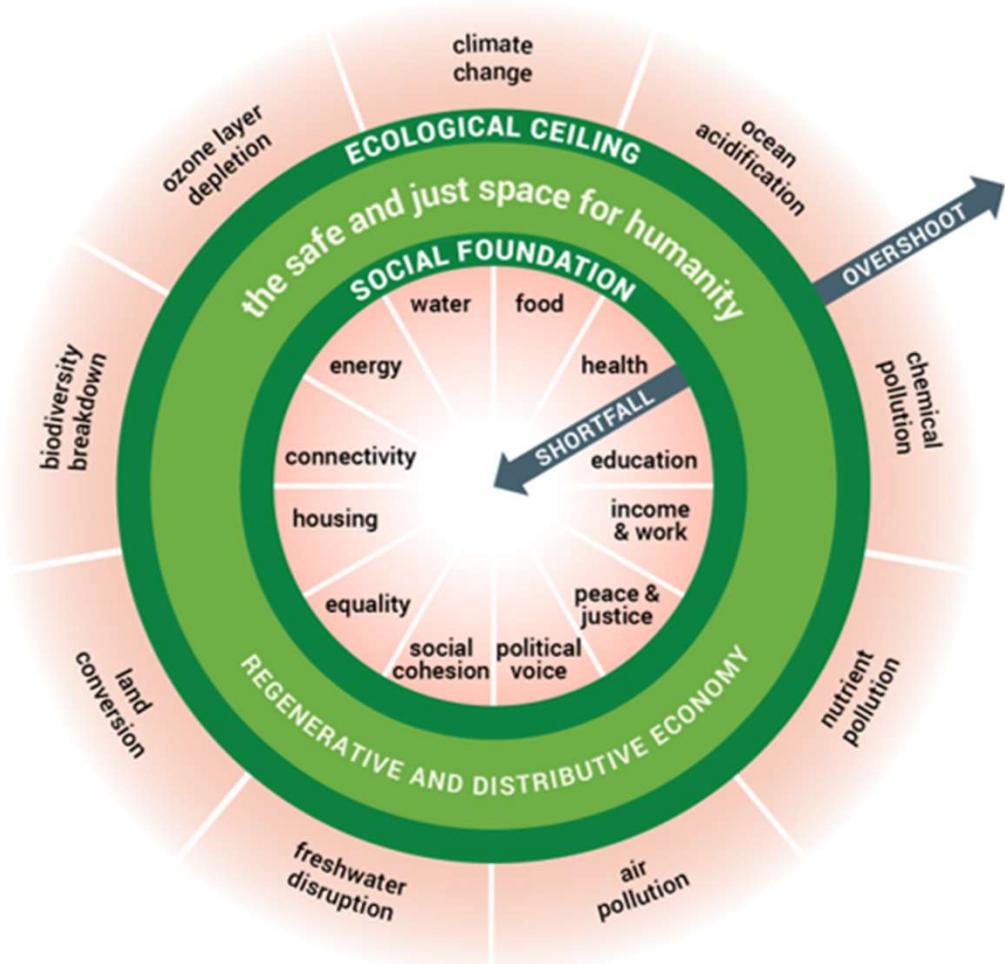
The process of eco-anxiety and ecological grief



<https://www.kateraworth.com/about/>

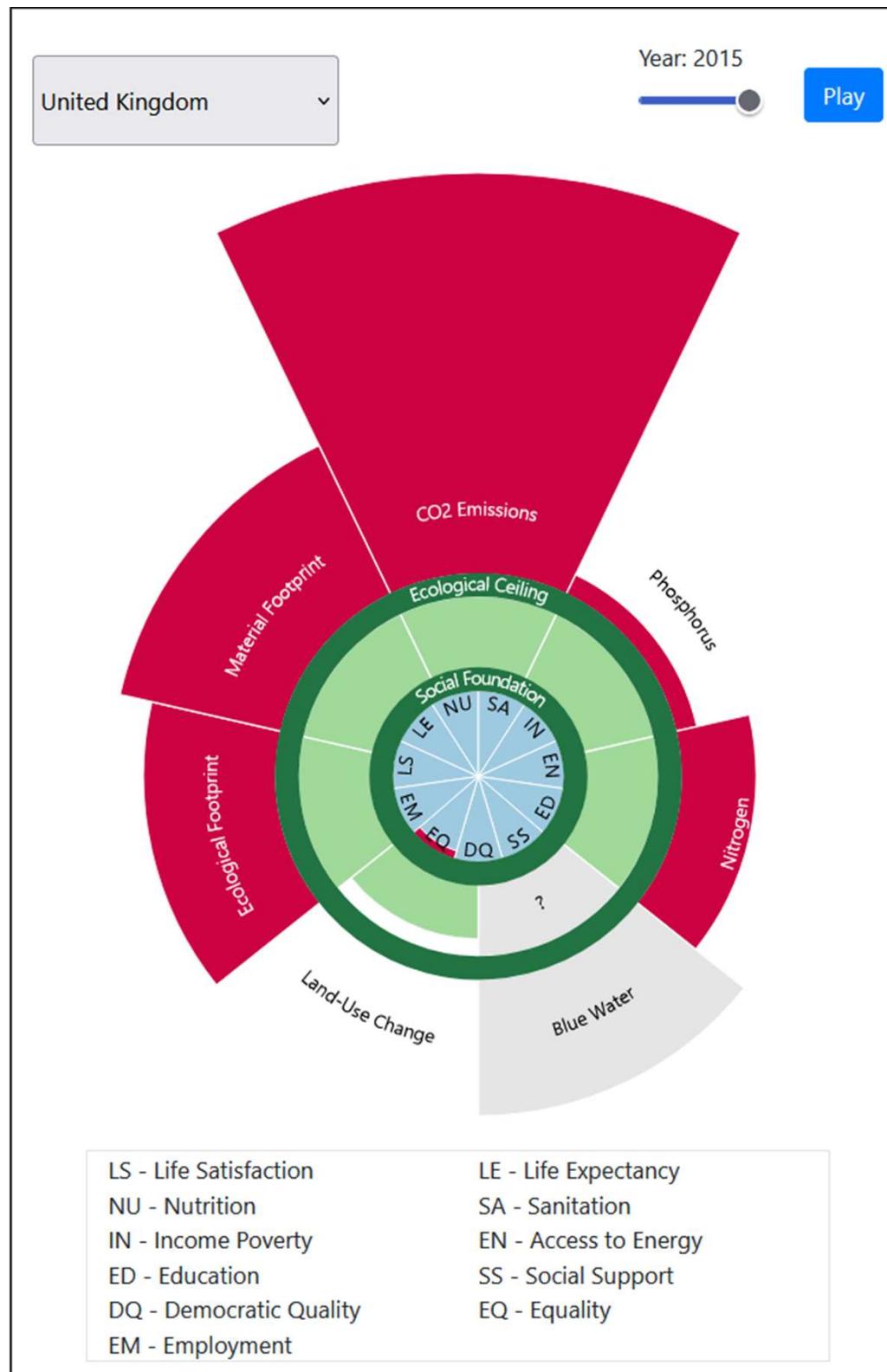
What is the the Doughnut?

- A social foundation where everyone's basic needs are met.
- An ecological ceiling, of nine planetary boundaries
- And in between the two an environmentally safe and socially just space in which humanity can thrive.



The Doughnut of social and planetary boundaries.

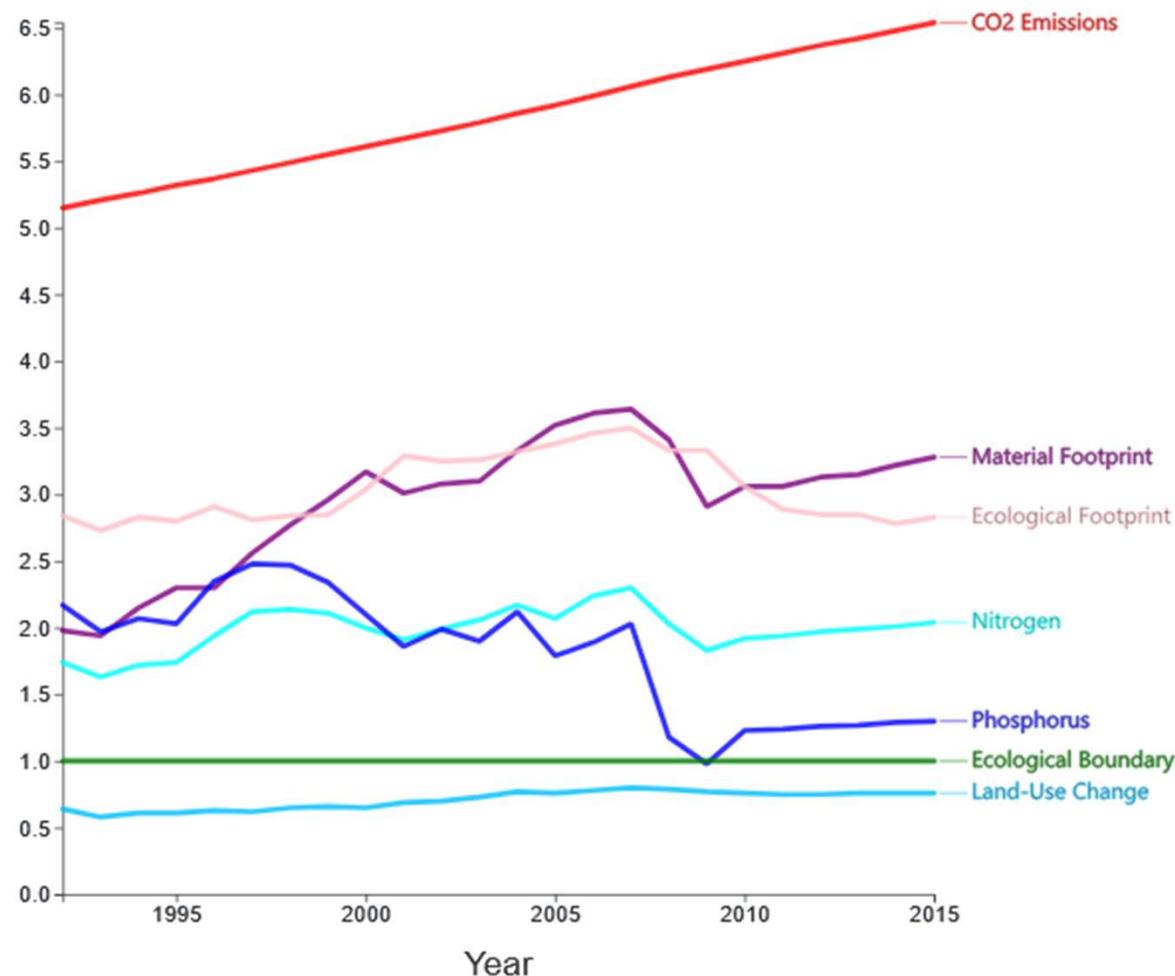
The United Kingdom 2015



The United Kingdom 1995 – 2015 Doughnut Economics Action Lab

Biophysical Indicators

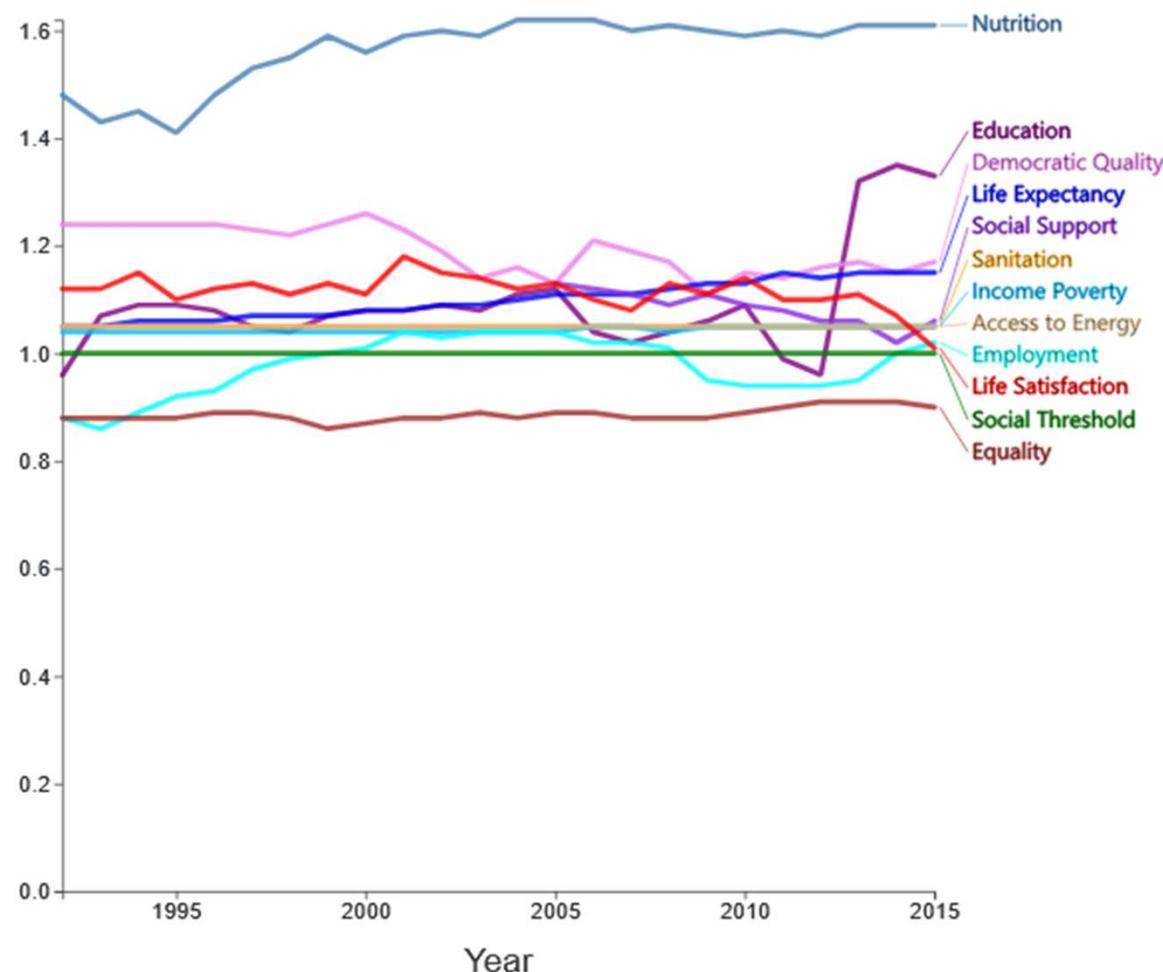
+ Add indicator ▾



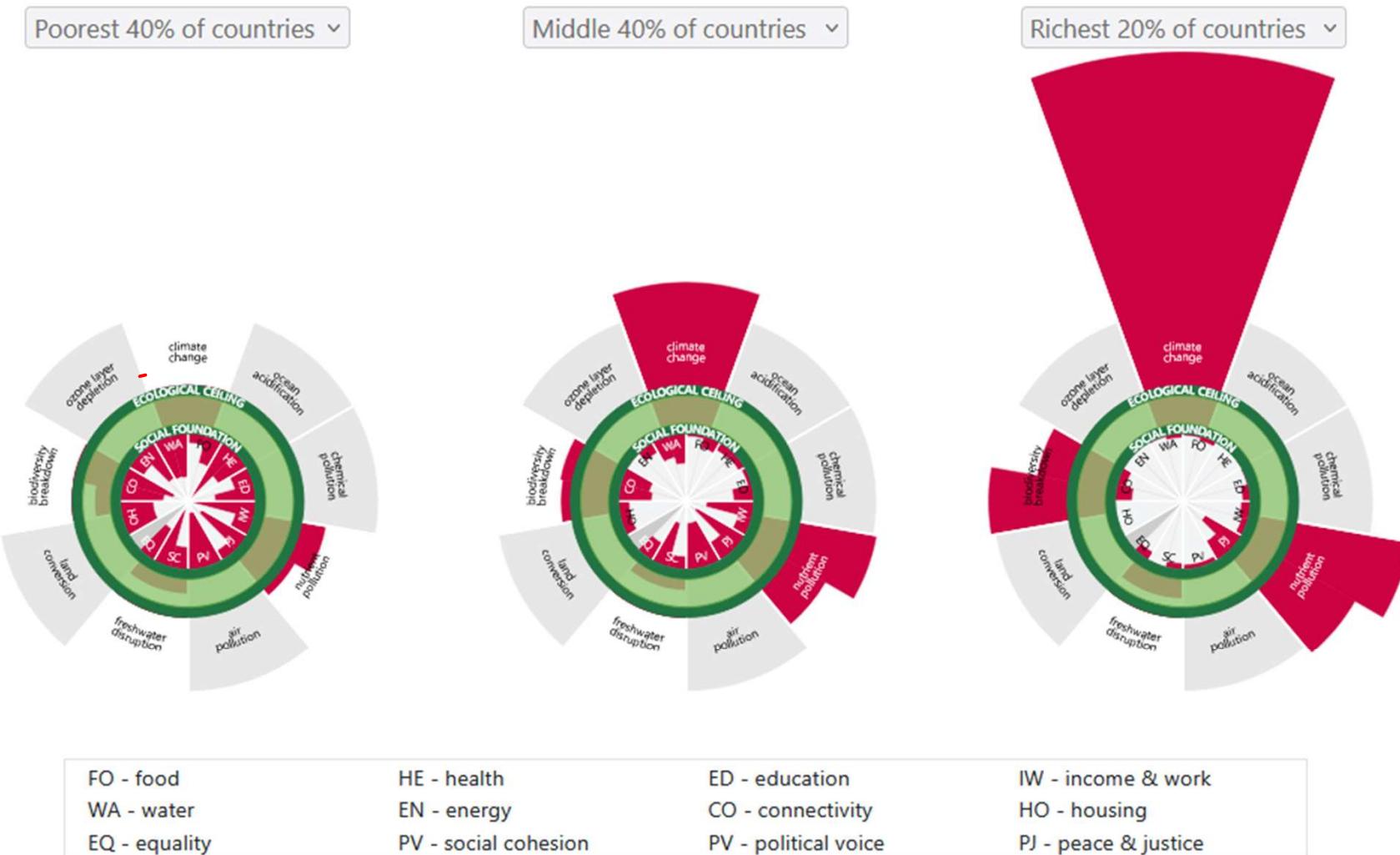
The United Kingdom 1995 – 2015 Doughnut Economics Action Lab

Social Indicators

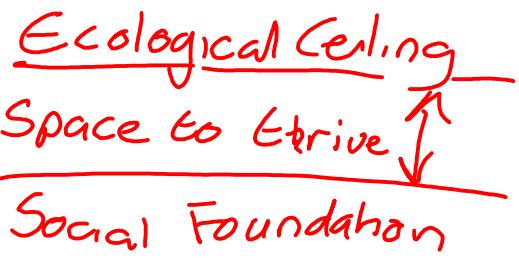
⊕ Add indicator ▾



Inequalities in Shortfall and Overshoot Doughnut Economics Action Lab 2025



Source: Fanning and Raworth, *Nature* (2025) | Get the data | Zenodo.



Interesting idea
to downscale and
try it, in cities

Way to encourage people
to look at the bigger
picture

Could explain
it to people
who don't know
economics

Harder to
understand than
GDP - a lot of
data

Religious
a nice way of
visualising data
should be
subjective
need to be
aware of
who's creating
your doughnut

This
Shouldn't
be controversial!!!

thiving
= positive

Doughnut

Relying on the
government wanting
healthy change

Hoping it would
give solutions

Could use the
principle to
challenge politicians
now

Mindset
change
purpose
of government
To look after
planet & residents

We need something
new. The old
politics is done
Something worth pursuing
- news would be more
interesting & useful

Could be
solutions
focused
debate different
solutions instead

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?

I really feel like I've learned something

It was interesting I might pursue it

I'm glad we've done this. I had heard about it but it seemed complicated. Now I've a better understanding

It makes things really clear

I feel I've learned

Feeling frustration + impotence that it's not happening in this part of the world.

I don't feel too bad because this is a useful reframing that could be a way to change the mindset

What shall we talk about next time?

making space
for other things



Making changes

Action plans and other strategies



The process of climate grief and eco-anxiety

