

Climate Change Coaching – Reflective Practice Group 1:6

22nd Jan 2021 - Insights and Provocations

Part 1: What are you noticing or sensing now? in yourself, in your clients, in the systems you live and work in?

We have noticed more debate and exhaustion. Feelings of powerlessness giving way to encouragement that funding will go to tackling the climate emergency. We are noticing more personal synerg.

Certainly, some climate fatigue due to COVID-19; around me, not me personally

The sense is of being open to the ambiguous and unknowable, to be comfortable in learning to see and accept that questions have more comfort in them than answers.

Curiosity and reflectiveness, people taking notice of spirituality.

Comfort with ambiguity = that leaders do not have to have all the answers.

Some coaches/mentors have recently experienced leaders searching for the spiritual aspect of life. Acknowledgement that we live within a bigger system.

Whilst there is some greater awareness of climate change, perhaps because of COVID-19 its still trying to climb up the agenda. Perhaps it's still perceived as a negative/pessimistic issue. Also, people are exhausted (COVID-19) so opportunities around combating climate change are still up against it.

Part 2. What conversations are becoming easier? What is helping? What conversations remain harder to have, or feel less available to you? Because...?

Wonderful point of enjoying the comfort of the questions - that is a very rich place to be.

Joe Biden resigning the Paris Agreement has given us hope and opportunity to talk about climate.

Great conversation in our little group - a theme that arose was the question of what is or where is our personal 'threshold' - or 'truth line'.

"What's the threshold that's now coming into view for you? And truth lines".

Harder Conversations: How do we convert our new collective into good actions locally.

I won't collude with denial or greenwashing - including 'net zero 2050' which is far too late based on the science.

Easier Conversations: bringing the planet into coaching conversations.

We asked the question - what am I clinging to that I think is true and where is the flaw in that? It is when the problems happen ("The Hero's Journey") that the real learning happens.

People moving to action, from their paper commitments. It is also about getting information out there so people can make good decisions.

Harder Conversations: We suspect we may have (I know I have) been putting much into the "too hard pile". So, to reflect on what we may have been avoiding.

Becoming brave enough to ask about what we truly believe and where its flaws may be. The stuff of so many human stories.

Optimism is present, noticing nature and is being recognised.

If we bring climate change into conversations is it in danger of becoming our agenda rather than the client's? I truly believe that is a false boundary - we are all breathing the same air with 416ppm CO2 - it is everyone's agenda even if we are not aware of it.

"false boundary" – a great concept.

As our eyes are opened to nature what are we experiencing?

It is perhaps more about offering a wider perspective to our client - beyond human systems;

Neil's Wheel is a lovely tool to help unlock conversations - <https://neilswheel.org/>

I cycle 8 miles most days & my health has transformed! I really was surprised and blessed by the awesome power of nature. I tell my people all the time.

Agreed, it is hard. I wonder if Covid has invited people to think more about their own personal values and hence this is a route in for a climate change dialogue.

People do respond to the heartfelt truth of personal experience!

Part 3. What are you being called to do in service of a regenerative future? What do you need to equip you for that calling?

[The Magical World of Coccolithophores – JOIDES Resolution](#)

We are being called to 'turn the volume up'.

Active Hope course coming up with Chris Johnstone.

<http://www.bristol.ac.uk/news/2016/july/calcification.html> - some lovely Phytoplankton

39 ways to save the planet – podcast.

Peer support; peer support; peer support! (& supervision)

2021 is the year to 'put the volume up'.

Be vulnerable, it is ok to not know.

We need permission to be vulnerable.

Stubborn optimism

Podcast: Outrage and Optimism - [Outrage + Optimism on Apple Podcasts](#)

Do more Climate Cafes in my local community where people can talk about feelings rather than action - the latter is of course important, but expressing feelings is so useful. And action is more likely to be sustainable if feelings have been able to be expressed.

My river was once a goddess and worshipped with golden gifts. Then the river provided life giving clean water and food. Then came the Industrial Revolution and houses that once faced the river, turned their backs on her and used her as a cesspool and for waste. This contains my calling.

Acknowledging and using privilege is so important.

If you're not already aware of it, please support the Climate and Ecological Emergency Bill - www.ceebill.uk

Plenary: How might EMCC UK help?

More of these please, loving the specific questions so we reflect more broadly and share ideas

How can EMCC help others in knowing the Goddess?

To make working with the environment within coaching as a "norm" - that we wouldn't have "climate coaching" that it would be part of all conversations.

What frequency would you like the reflection groups?

It is so affirming to spend even a short time with people who think as we do. So more of that, whatever that might be.

Then there is where that might go into something that is more than talk - whatever that might mean!

Becoming members of the climate coaching alliance - www.climatecoachingalliance.org

Working with the EMCC Global with the Global Climate Change and Coaching group

Every couple of months would be good timing from my POV

Continue to offer a space like this for heart-felt conversation.

Stay connected as a group. share how we build climate issues into our coaching work. Meet every 6-8 weeks?

Peer to peer support / More visibility out id self-coaching 'circles' / How do we invite business to 'open up' spaces to start the conversation around Climate crisis - to give permission.

It's brilliant that we are holding this space and I think it will GROW.

Peer to peer support is very important.

Would anyone be interested in a Climate Café? @Karen its above Do more Climate Cafes in my local community where people can talk about feelings rather than action - the latter is of course important, but expressing feelings is so useful. And action is more likely to be sustainable if feelings have been able to be expressed.

All participants could invite a friend to each session.

All participants could co-lead sessions.

I think there is something of not just sharing - but for one or two people to step up together and co-design.

Have a hashtag to link our work.