**CLIMATE CRISIS: HOW CAN COACHING HELP?**

**WEBINAR HOSTED BY EMCC UK: 13 NOVEMBER 2020**

**CHAT LOG**

Lorenza Clifford AOCS: Lovely to see you all, would you like to put where you are from in the chat?

Lorenza Clifford AOCS: I’m Lorenza From Hampshire UK

Christina Demetriades: Goodmorning from Nicosia, Cyprus :)

Elsa Valdivielso M: I’m Elsa from Spain

Sue Pemberton: hi. I’m sue from London

Zoe Cohen: Hi from Zoe in NW of UK xx

Hannah Butler: Hi everyone Hannah Butler in Sheffield form EMCC UK – Director of Knowledge Exchange

Clive Hickman: Hello from Bristol UK

Camilla Degerth: Camilla currently in the Netherlands

Gerard: From Planet Earth

Ligthart-Gleyze (she): Hi from The Netherlnads

Gwyneth Jones: Hi :) I’m in Prague, but I’m from North Wales!

Gerard: (UK)

Sarah Flynn: Hi, I’m Sarah in Kent

Lise Lewis: Cheltenham England

Sharn Atherton: Hi everyone, I am Sharn from Lincolnshire

Carole Davidson: Carole sunny Weymouth UK

Paul Flitcroft: Paul from London

Katie Frain: Hi, I’m Katie. I’m a student coach from Chester x

Joni Alexander: Hello from Cardiff, Wales, UK!

Marian Rosefield: Marian from Conwy North Wales

Liz: Hi everyone I’m Liz from Wilmslow UK. I can only be here for half an hour as I have a coaching commitment (Boo hoo).

Chris Marren – RCP: Paris

Alison Whybrow: Alison – London UK – delighted to be here

Eva Alnaser: Hello from Dubai

Gerard: Small is beautiful.

Zoe Cohen: welcome Riza, Lise and Christina :)

Christina Demetriades: Hello :) excited to be here with you all!

Anita van Vlerken: Hello from the rainy Netherlands

Lise Lewis: Good to be here with you all and into the future of climate change

Rita Symons EMCC: lovely to have you here Riza, Lise and Christina

Lorenza Clifford AOCS: Beautifully described in all the complexity, Hetty.

Christina Demetriades: Very powerful image – I had been using one which only had the first 3 waves. Biodiversity collapse is crucial. Excellent Hetty!

Eve Turner APECS: Thank you Linda Aspey, Zoe Cohen and Alison Whybrow for your challenge in July 2019 on LinkedIn.

Zoe Cohen: thank you Rita, Eve, Hetty and Everyone for engaging so openheartedly in our compassionate challenge to the profession :)

Eve Turner APECS: You are seeing some of fruits now

Alison Whybrow: It’s amazing the impact of the questions you ask :-)

Linda Aspey: And thank you Eve for leading the response, embracing the challenge, bringing all these parties to the table, and to all those who responded so positively and productively!

Sue Hodges: Love the energy in the wave and the effect of working together can have on mindsets and in the world..

Eve Turner APECS: Hetty Rita and Magda (ICF) were in the vanguard

Zoe Cohen: a wonderful team of women :)

Anne Dolly K (APAC): awesome that we are collaborating together on something that’s so important to the world and the legacy we leave behind

Linda Aspey: Absolutely meant to include them. Deep Gratitude.

Alison Whybrow: This is brilliant and makes me consider that we are ‘over’ what makes us different and are in the groove of what our collective endeavour might be – I hope so!!

Alison Whybrow: It’s a mirroring of the type of shift / movement we need to make as a species

Zoe Cohen: indeed, we need to be part of the so needed social tipping point...

Rita Symons EMCC: lovely to see the positive momentum. I am so positive we are close to that tipping point!

Zoe Cohen: sorry Rita, i’m not so positive, yet

Rita Symons EMCC: I understand. You have been on this journey so much longer. Deep thanks

Marian Rosefield: My signal is iffy so I might drop out! I’ll try to come back

Camilla Degerth: Is there a logo that we can use for websites and/or LinkedIn to support the initiative?

Zoe Cohen: Please do join if you haven’t already – https://www.climatecoachingalliance.org/

Rita Symons EMCC: Not yet. Good idea Camilla

Ligthart-Gleyze (she): That would be a good idea @Camilla

Kate Pinder: Maybe easier on the personal front, but all sorts of options developing on the professional front without preaching

Dr Riza Kadilar: Eco vs Ego centric debate – Instead of living in harmony with universe and ourselves, we are still very cartesian in our reactions. This approach creates lots of we vs them, meaning undermining inclusion, and causing lots of exclusion

Zoe Cohen: I put a number of links in my email signature, one of them is for the CCA xx

Christina Demetriades: Being in different places at different times, depending on the day, group I’m engaging with, info I’m exposed to, etc.

Jackie Arnold: When coaching I find this question useful: How does that action/thought etc impact the envrionment

Sharn Atherton: Move around the circle at different times depending on the situation, day, what’s happening

Lise Lewis: Back in curious about where we can take this conversation beyond our community of practice and our clients

Rita Symons EMCC: Yes we would encourage people to join the CCA. And thanks Riza for your words

Elsa Valdivielso M: Personal life: engaged

Sasha Kveder: Personal – in a few places Curious, informed active

Elsa Valdivielso M: Coaching: aware

Sue Pemberton: as a person I’m active but as a coach less so, more curious. I a, here to learn and process the ethical issues of introducing this in coaching.

Beth McManus (she/her): I feel very much in the ‘engaged / active’ space as a professional, but ‘curious’ as a coach (which makes up a small part of my professional identity). Need to find ways to communicate to clients that the climate emergency is a topic that can be brought to coaching and including the environment / nature as a stakeholder

Katie Frain: personal level- engaged/active

Sharn Atherton: How do we balance the non directive coaching approach and support this in the conversation

Sue Hodges: Easier on personal front but more difficult to raise if it does not automatically come up in a coaching conversation.

Sasha Kveder: professional – Curious and aware

Katie Frain: professionally- curious

Gerard: Lots of action; struggling to integrate (economic/enviro/social). Coachees (and me too) keep falling into poverty when they try to live ‘sustainably’. Still quite a cartesian life, with ego to the fore.

Ligthart-Gleyze (she): very typical to see that people are at a different level personally as an individual and as a coach, being further personnaly.4

Zoe Cohen: active in all parts of my life...

Alison Whybrow: There is a Logo for the Climate Coaching Alliance that you can use when you join Camilla :-)

Joni Alexander: Personally – I feel quite active. Professionally, I’m new to coaching and am interested in how as a coach I can remain client led whilst also bringing out these issues, more through questioning that zooms out and allows this to come to the fore if needed

Sasha Kveder: Have considered how I can use it with clients when discussing legacy.

Eve Turner APECS: Thank you for the wonderful comments. Jackie Arnold suggestion: "What impact might that have on the environment.....?"

Alison Whybrow: Engaged and active – not quite where Zoe is!

Jane Lindsay-Stewart, West Sussex: Wonderful to feel that our personal and professional lives can meet and potentially have an impact. I feel that I am engaged in my personal world but starting to become informed in a professional capacity.

Gwyneth Jones: we discussed the difference between proselytising (and turning clients off) and asking provoking questions such as ‘what would the earth say to that if it were a stakeholder?’ ;)

Hetty Einzig – AC: Just for clarity – the CCA was set up by Eve, Alison Whybrow and Josie McLean as a support organisation to further coaching awareness of climate, biodiversity and ecological crises. These 6 events are to launch the Joint Position Statement created by five of the global professional coaching membership bodies, and now signed by four more, and attracting more.

Sarah Flynn: Active personally and professionally. Professionally my work blends from specifically sustainability related work to purpose led coaching about being in right relationship with our system as a whole

Rita Symons EMCC: Gerard – sounds like you are doing an excellent job of trying :)

Gerard: Thanks, Rita. :)

Eve Turner APECS: I ask people in the contracting conversation, who and what are the stakeholders to our work that we need to give voice to. I include future generations (so organisations can thrive rather than just survive for example) and "What else?" becomes such a really useful, and simple, question!

Clive Hickman: Personal – aware & engaged, Coach – curious. Recently discovered Systemic Coaching – will embrace this.

Sue Hodges: Think I need to be more informed on a professional level. Today is really helpful thank you and I am learning so much.

Hetty Einzig – AC: The CCA has a beautiful logo you can add to your email signature and website. We are all doing our bit and collaborating whenever we can!

Gerard: Well said. Every time we click to buy we put another vehicle on the road.

Marian Rosefield: At a personal level I’m pretty active as a coach if the coaching is of a systemic nature it will become a part, if not then I won’t be likely to bring it in. Ethically it’s a sticky challenge – re coaching agenda... How else can I move towards being active as a coach without crossing boundaries... Is a current question for me in my practice...

Eve Turner APECS: Joining the Climate Coaching Alliance is free – and it is free to attend all the events. There are lots of events to choose from and it is ok to be anywhere on the cycle, or not on it yet! www.climatecoachingalliance.org

Gerard: The heat from data farms is one of our greatest contributors to climate heating.

Gerard: (Energy, sorry)

Hetty Einzig – AC: An interesting study on the heat generated by Zoom meetings!

Eve Turner APECS: That is a concern Gerard. It is better than flying or using most current cars.

Dr Riza Kadilar: Exactly.

Sarah Flynn: Such a powerful question!

Gerard: The Planet – a place for our ‘seventh eye’ of supervision?

Dr Riza Kadilar: Are you sure zoom is more eco friendly? Just asking. Somebody should make an analysis.

Eve Turner APECS: There is one – don’t have link to hand though, sorry.

Rita Symons EMCC: absolutely agree Linda. We spoke about this. The people who largely didn’t create this are already feeling the impact

Gwyneth Jones: By the way, Linda and I will be holding an event on Coaching and Climate on December 10th ;)

Hannah Butler: Not sure it is easy to fit my thought about this into this cycle. I feel my position shifts – at home we do lots , yet not enough; professionally just considering how we can bring this into the coaching space. Sarah Flynn ran an EMCC session where many people made recommendations about how we might develop our practice. The link to our chat is in on this page.

https://emccuk.org/iCore/PostManagement/PostDefault.aspx?iUniformKey=6b5e6e0d-6f6e-4b2a-9c5b-6f5fa5d52161

Zoe Cohen: ‘it’ is in every conversation, even if we don’t recognise it – we are all breathing 416ppm CO2... safe level is 280-350...

Marian Rosefield: What would the planet say – planet as a stakeholder is a great concept

Linda Aspey: Good point Zoe!

Gerard: Interesting, Linda. There’s some great work done (eg by center for ecoliteracy) on skills for sustainability. Would be interesting to bring some of these studies together...

Eve Turner APECS: Gerard – Peter Hawkins has developed the 7-eyed model of supervision, including in his latest book on Systemic Coaching which talks of the planet as a stakeholder. But it is elsewhere too.

Linda Aspey: Love to chat about this with you Gerard.

Gerard: Yes, that’s what I was referring too. :0

Dr Riza Kadilar: Check out this article for example: https://gerrymcgovern.com/the-hidden-pollution-cost-of-online-meetings/

Zoe Cohen: Riza, we need to be careful to use the 80-20 rule – our biggest impact isnt zoom (yet) it is our diet, flying (if we do), what banks etc do with our money, and our general consumption, travel, and home heating/cooling...

Gerard: Skills: I like Fritjof Capra’s work.

Jackie Arnold: Working in nature and getting away from screens is vital and very effective for clients as they slow down and reflect more

Zoe Cohen: and of course our political role as citizens is crucial, individual action will never be enough – individuals cannot decarbonise the energy system, or revolutionise agriculture...

Lise Lewis: I love the idea Zoe that we each reflect on our own lifestyle and way of being to see what we can change

Gerard: Coaches work a lot with trauma. What work is out there about working with the trauma of disconnection with nature?

Dr Riza Kadilar: Sorry I have to leave now

Zoe Cohen: coaching activists is another way we can help

Alison Whybrow: Gerard – the deep adaptation network builds resources and networks for working with trauma in relation to the crisis. And yes – there is a lot of trauma

Helen Whitney: No problem Zoe, my point was I’ve been offering fee-free coaching to climate activists

Camilla Degerth: Make this topic part of the coach training, and a regular training as ethics

Zoe Cohen: thanks Helen, yes, same :)

Gerard: Yes, Alison, I like the Deep Adaptation work.

Gwyneth Jones: thank you for mentioning the deep adaptation network, Alison! I have trained in the Work That Reconnects as a very powerful tool for helping people work through climate grief and other emotions, and I’m on there as a ‘guide’

Lise Lewis: Being mindful about overuse of ‘climate’ language when engaging with those who may not be so familiar and to meet them in their place and meet them in their place of awareness

Dr Riza Kadilar: Zoe if you like, please feel free to share some of the points I raised regarding the democratization of coaching. I have to leave now. Bye everyone.

Beth McManus (she/her): Coaches are skilled listeners and can hold space for others without judgment – this is something that I have observed as lacking in conversations – there is so much division, judgment, disconnection.

Zoe Cohen: that’s great Gwyneth

Alison Whybrow: Yes – I love the work that reconnects – I’d love to run something on that through the CCA community – are you up to work on that?

Zoe Cohen: will do Riza

Gwyneth Jones: we also discussed the importance of trauma work

Gerard: Joanna Macy!

Hannah Butler: These were some of the ideas that came from the session delivered by Sarah Flynn: 1. Contracting – how we might bring the climate into our contracting? 2. Profile – to what extent does our profile reflect our values? 3. Tools and techniques, what specific questions, tools and techniques might we use to place the planet as part of the bottom line?

Eve Turner APECS: ‘Meet them where they are’ – so important in relational work, thankyou Lise

Jackie Arnold: The UN has the Sustainable Global Goals for 2030 so that can be a way in for some of us. On a personal level to suggest to clients to take the phone outside instead of on zoom and they love that as they are on zoom 24/7

Lorenza Clifford AOCS: Do you have a link you can share, Jackie?

Gerard: Can anyone share a ‘good’ link to ‘trauma work’, please?

Gerard: (Still new to me).

Jackie Arnold: sdgs.un.org

Kate Pinder: Professional bodies could share the logo to all members; lean on training organisations; invite other professional bodies

Paul Flitcroft: Thanks, this has been a really useful and thought provoking session. I have to leave for another appointment

Eve Turner APECS: That’s a beautiful point Beth.

Linda Aspey: In the last 2 years I completed some intensive climate change courses at Oxford and also Cambridge Uni (Inst of Sustainability Leadership) and learned loads. Not so I can become a sustainability consultant but so I am better informed, can facilitate better conversations, understand the system better. I am thinking about designing a short climate and environmental crisis awareness course for coaches (bit of climate science, national and international policy, sustainability tools, life cycle of products, ways that companies are responding etc) so if anyone would be interested in finding out about that when it’s finished, do email me at linda@aspey.com – it will probably be a course over 6 or 8 weeks, a couple of hours a week.

Zoe Cohen: training organisations and competencies need to shift, as do the codes of ethics

Clive Hickman: A lot depends on the client and their priorities. The topic needs a gentle introduction. Can feel frustrating when the client doesn’t engage with the topic.

Christina Demetriades: Totally agree, Zoe

Alison Whybrow: Linda – that’s broiling. Thank you for sharing!

Alison Whybrow: Brilliant – not broiling!

Elsa Valdivielso M: That sounds great Linda

Beth McManus (she/her): @Gerard there was a full ‘Trauma and Social Change’ channel at the recent Embodiment Conference which might be a good starting point to look at what’s out there

Alison Whybrow: To keep having these conversations and connect again and again with a wider circle of people – to bring more people in!

Catherine, London: Thanks so much, sorry I have to leave now.

Gerard: THanks. I was thinking about trauma from a health point of view.

Camilla Degerth: Main takeaway is that there is so much we can do

Lise Lewis: Thanks everyone for sharing your thoughts. Great session thank you!

Gerard: I’m curious what we can learn from health sector about addressing trauma.

Zoe Cohen: Riza talked about the need to bring ‘coaching’ to billions – for me this is about moving beyond thinking about ‘coaches’ to what the world needs – ... one need right now is quality listening and dialogue

Jackie Arnold: From Ego to Eco as takeaway

Alison Whybrow: That you Rita – and everyone!

Christina Demetriades: Thank you for a truly valuable session!!

Kate Pinder: My personal commitment is huge – what can the AoCs do to get that debate with supervisors to raise it with their coaches/supervisees

Anita: I have to leave. Thank you so much for this webinar

Clive Hickman: I can make a difference as a Coach.

Camilla Degerth: Commitment is that I will put CCA logo on LinkedIn and keep exploring on how to bring in to the conversation

Anne Dolly K (APAC): thanks a ton all...

Zoe Cohen: thanks All for making this happen and for being here

Lise Lewis: Yes well done Lorenza!

Sue Hodges: Work with groups of people from diverse backgrounds – coach facilitation on topics such as food, housing etc. Starting to do this in Wales with All Wales Coaching Network.

Gerard: Thanks everyone!

Camilla Degerth: Thank you!

Beth McManus (she/her): Thanks everyone – really lovely to share this space and energy with you all

Jackie Arnold: For orgs – focus groups for key elements

Hannah Butler: thanks to everyone

Sue Pemberton: this was really helpful and thought provoking. thank you

Zoe Cohen: sounds great Sue

Sue Hodges: Thank you so much for your positive energy and work around this. Really thought provoking.

Clive Hickman: Thank you. Some really useful practical ideas to take away.

Vicki Abson: Thanks very much, really great to connect on these issues and also to be part of this community. Vicki

Eve Turner APECS: And a reminder – it is free to join the CCA and attend ALL the events we run: www.climatecoachingalliance.org so there is always a chance to connect globally on these issues, wherever our starting point.

Sarah Flynn: Thank you! Great to get together!

Eva Alnaser, Dubai: Thank you very much for an inspirational webinar.

Sharn Atherton: Thank you, very thought provoking!

Helen Whitney: thank you very much, I love the question ‘what would the planet say?’

Marian Rosefield: Thanks everyone for the rich conversation

Zoe Cohen: this is just the beginning...