**COACHING TOOLS AND TECHNIQUES**

**TO SUPPORT CLIMATE CHANGE**

**WEBINAR BY SARAH FLYNN: 5 NOVEMBER 2020**

**CAPTURED CHAT FROM WEBINAR**

**Questions to consider**

How, as a non-directive coach, is it appropriate to take a stance on climate when coaching?

**Resources**

[Roman Krznaric: How to be a good ancestor | TED Talk](https://www.ted.com/talks/roman_krznaric_how_to_be_a_good_ancestor)

[Do you care about this too? – How can a concerned and responsible professional coach invite clients to a bigger conversation?](https://neilswheel.org/article-in-coaching-perspectives-oct-2020/)

There’s a short intro here to my model on being a ‘Climate Conscious Coach’ <https://www.youtube.com/watch?v=XpdjF6xPcSw&t=3s>

If people want a summary of the current climate data in a shortish way, this is useful:

<https://www.climaterealitycheck.net/>

**Network**

From Zoe Cohen:

<https://www.linkedin.com/pulse/business-coaching-zoe-cohen/>

**Tools and techniques: group sharing**

Share our values in the chemistry/contacting session, , engage with client’s values and make a choice in who we work with

Start with self. What can I do to make a change? Important for me to do the work first before I coach others on the topic.

I think it’s been so obvious to me that I haven’t made it overt – so now I need to make it really obvious (Linked In etc)

Becoming less-uncomfortable with your lack of sufficient knowledge on CC – none of us/no one knows enough or it all.

being honest about my own fear

totally new for some – for others egs include being explicit in chemistry conversations, re-writing our linkedin profile, editing our website, choices of the clients we work with, bring in the planet/next generation as a stakeholder in goal setting, thinking about own impact as a consumer and business, bring nature into our conversations metaphorically or actually

Going for a coaching walk – talking about the trees/ offering tea with tea leaves and discussing why

my point was more that not knowing and not having all the expertise is not a barrier for us, that it is seldom as coaches that we do have the expertise or the answer for the coachee.

my concern here is that there are some key facts that all citizens need to understand... (in my view( eg, feedback loops and tipping points... we need to get these on a basic level to understand the scale and urgency of the challenge

Today has been useful to me in the sense that I have not revisited my profile recently and wondered if my profile reflects my values and positioning?

Sharing values is important.

I liked the reminder about the legacy question

Find a trigger question – "If the planet was in the room...…..what? how?...…"

we should be able to state facts with integrity – eg, IPCC report headlines, Met office data – these aren’t ‘political’ statements as such, they are global consensus on the science

Data is really important here.

Example question ‘how would a 2C degree temperature rise affect your business?’

if you’d like to understand what a 2-3-4 degree hotter world might be like then I also recommend – <https://www.worldofbooks.com/en-gb/books/david-wallace-wells/uninhabitable-earth/9780525576709>