

Welcome

EMCC UK

*The choice for **PROFESSIONALS***



*Defining, shaping and promoting best practice
in mentoring, coaching and supervision in the
UK*

Professional...Supportive...Inclusive...Progressive...

EMCC UK Conference 16-01-20

*A new partnership
between the human
and the 'more-than-
human world'. The
biggest challenge of
our times*

Professor Peter Hawkins

The Covid-19 crisis – danger and opportunity

- Covid-19 has provided a massive challenge and opportunity for human's relationship with the more than human world.
- It has forced us to stop travelling, stop everything that is not essential, break our routines and habits.
- It has very quickly reduced Co2 levels to where they need to be, made the air in our cities safe again, the canals in Venice the cleanest they have been in 60 years and helped nature recover.
- Will we use this time to create new ways of being and connecting, be more prepared to make fundamental changes, or will we rush back to the old normal, once this crisis is over and then be unprepared for the even bigger crises that will come?

‘Laudato Si’ Pope Francis

“A very solid scientific consensus indicates that we are presently witnessing a disturbing warming of the climatic system. In recent decades this warming has been accompanied by a constant rise in the sea level and,.. by an increase of extreme weather events,

Humanity is called to recognize the need for changes of lifestyle, production and consumption, in order to combat this warming or at least the human causes which produce or aggravate it.” (#23)



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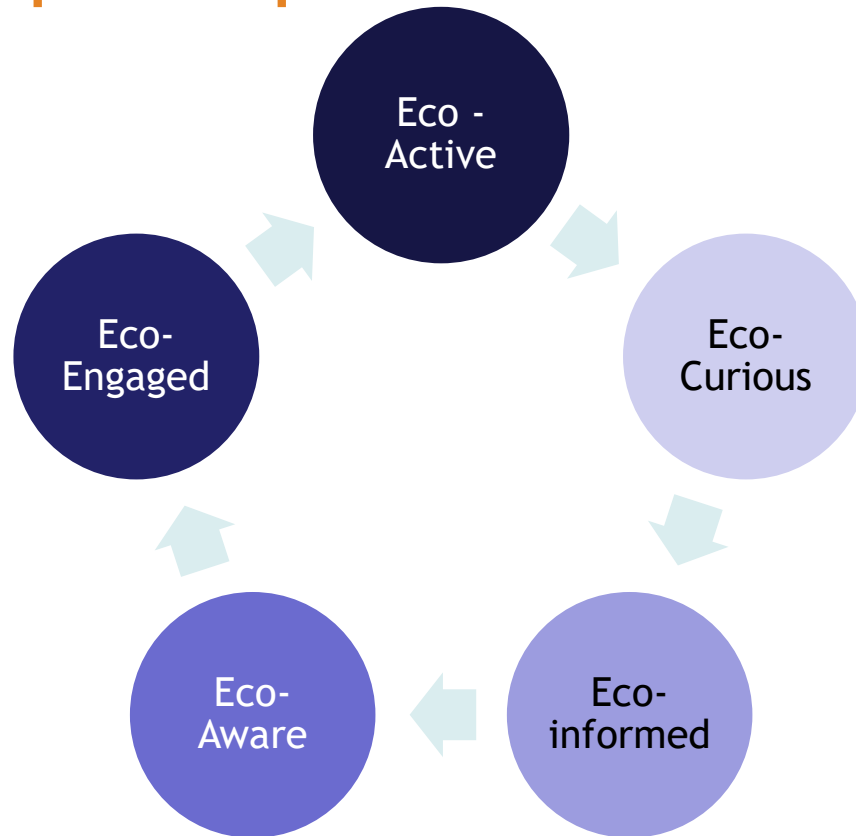
Eco anxiety

“No doubt about it, ecology drives people crazy, this has to be our point of departure – not with goal of finding a cure, just so we can learn to survive without ...denial, or hubris, or depression, or hope for a reasonable solution, or retreat into the desert.”

(The great philosopher Professor Bruno Latour, 2017:13)

“The dire consequences of global warming are now permeating everyone’s mindset.” Leading neuroscientist Professor Susan Greenfield, (Greenfield, 2009:1).

Developing participation



The developmental phases

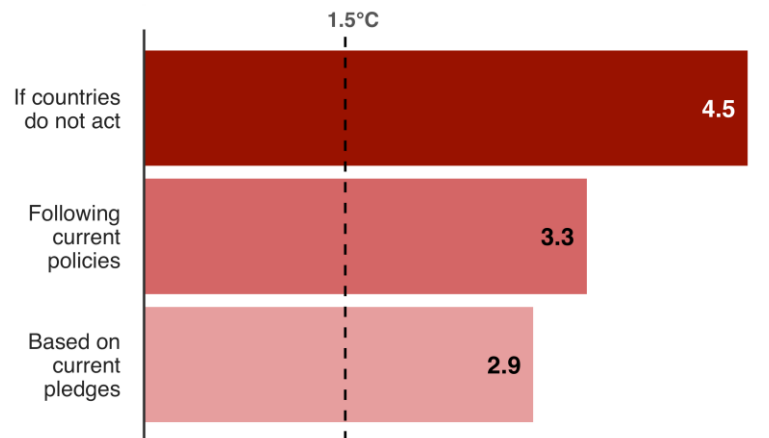
- **Eco-Curious:** an openness to discovering more about the climate and ecological crisis and one's own part within it
- **Eco-Informed:** As Greta Thunberg challenges us "Look at the science" find out what is happening
- **Eco- Aware:** Emotionally working through the various natural reactions when facing what we humans have done and the size of the challenge
- **Eco- Engaged:** Developing the skills to bring the ecology appropriately into every coaching relationship
- **Eco- Active:** Taking responsibility to influence and create change through one's wider profession and all one's stakeholders.

Eco-informed: waking up to 21st century challenges (1)

"Where were all the coaches when the planet warmed by 3 degrees?"

Zoe Cohen,
LinkedIn, January
2019

Average warming (°C) projected by 2100



Climate Action Tracker, updated December 2018

BBC



Eco-informed: waking up to 21st century challenges (2)

What does 3-degree temperature rise potentially look like?

- extreme loss of biodiversity and extinction of thousands of species
- loss of the perma-frost releasing large amounts of methane into the atmosphere
- the following cities will go under water – Shanghai, Osaka, Hong Kong, Miami, Rio Janeiro, Alexandria, the Hague – 275 million plus people displaced.
- permanent drought and fires in large parts of Africa, South America and Australia
- increased storms and cyclones
- flooding in northern Europe – many UK cities under water
- many regions unviable for human life – massive migration

Eco-informed: waking up to 21st century challenges (3)

Earth Overshoot Day:

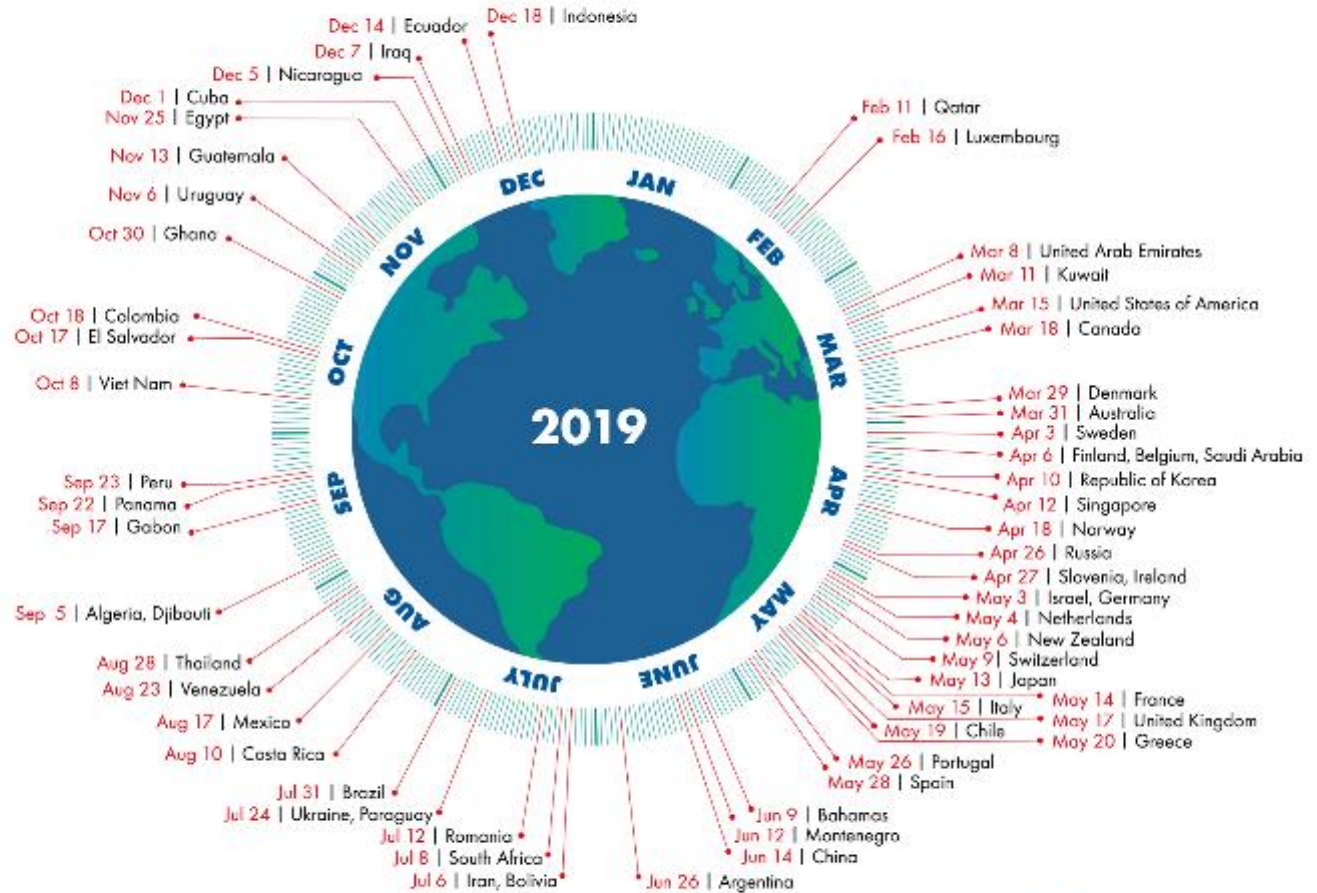
- This is the day, each year, when we have used more from nature than our planet can renew in a year
- In 20 years this has shifted by 2 months: it was 29 July in 2019, compared to 29 September in 1999
- We are now using 1.7 times the Earth's annual renewable resources compared to 1.4 times 20 years earlier
- It varies by country and those most affected are often not those using most resources



Eco-informed:
waking up to
21st century
challenges (4)

Country Overshoot Days 2019

When would Earth Overshoot Day land if the world's population lived like...



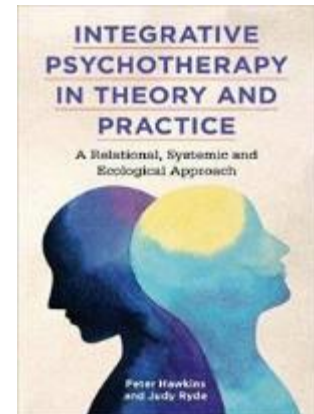
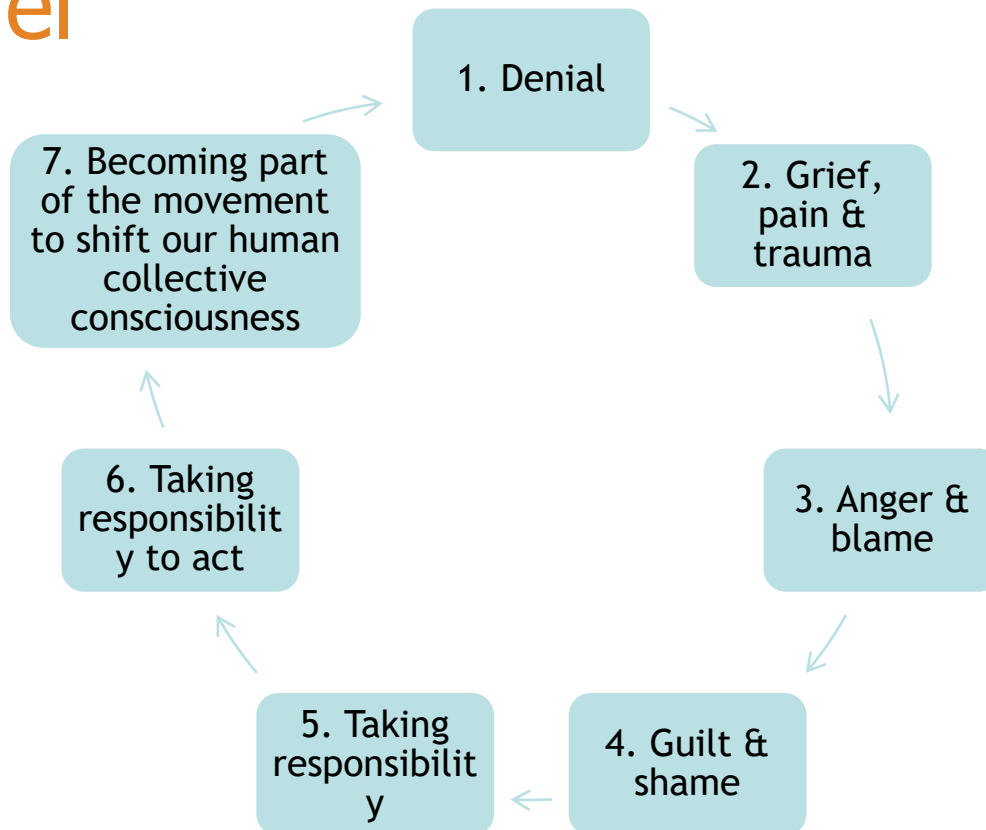
Source: Global Footprint Network National Footprint Accounts 2019





ANY QUESTIONS?

Eco-aware – the ecological awareness model



Eco-engaged: 21st Century coaching and contracting questions

Experience suggests that if you don't mention this in the first meeting it gets increasingly harder to bring it in. How might we raise this?

- Tell me about you?
- Tell me what you most care about?
- Who and what does your work-life serve?
- What would those people/organizations/the ecology say is the work we need to do together in coaching/supervision?
- How are we going to attend to the more-than-human/ecological world in our coaching/supervision?
- What might you regret in five years time not having worked on in our time together?
- If your stakeholders were in the room what would they have appreciated about the work we have done together and what would their challenge to us be?

Seven ecological surfacing strategies

1. Invite the ecology in: “Who does your work serve? “How do you experience your relationship with the wider ecology?”
2. View from the window
3. Pictures in the room
4. Objects in the coaching room – flowers, cards, drawing materials, representations and so on
5. Coaching outdoors – including walking
6. Involving animals and other living beings
7. Understand the stages of “The Ecological Awareness Model”

Something for you to take away and practice

Wide-angled empathy is the ability to not only have empathy and compassion for the client(s) in front of you, but to have empathy and compassion for everybody, every being and every system that gets mentioned in their story.

You can practice this watching the news!

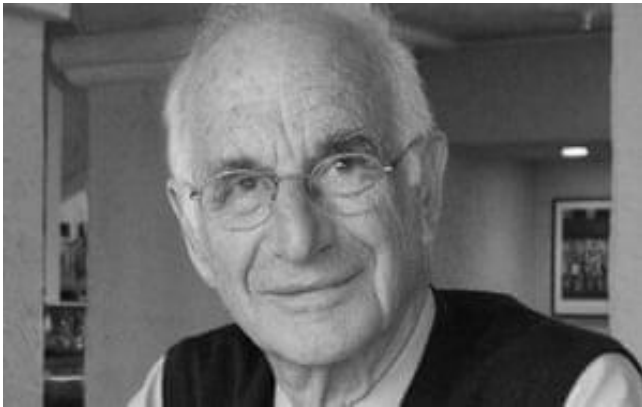


Eco-active: influence the professional bodies and educators – beyond your own work

1. Undertake climate and emergency awareness briefing/masterclasses for all board members and staff. Take urgent steps to raise awareness and educate members and learners. Install climate and environmental emergency as a permanent top priority agenda item and use this as an ongoing criteria for every future strategic and operational decision.
2. Ensure climate and environmental awareness and application are included in your professional coaching competencies, including support and advice to members and learners on how to raise awareness and work with climate and environmental emergency related issues (e.g. how to introduce into the coaching space, how to work with the emotional journey of the crisis).
3. Create, with other professional bodies, a Global Climate Crisis Network for coaches along the same lines and principles as the Global Supervisors' Network. This is a time of great anxiety, grief, overwhelm, and guilt, we need nurturing and resourcing to have hope and optimism. **The Climate Coaching Alliance has been set up to do this.**
4. Ensure all coaching conferences include at least one session on the climate and environmental emergency.
5. Minimise the impact of all conferences by making as virtual as possible and then when face to face minimising impact in every way (travel, vegan food or at least vegetarian, no throwaway freebies).
6. Create awards with climate and environmental emergency categories to share and promote best practice.
7. Create your own ecological policy and commitments and share what you are doing as widely as possible (Website; LinkedIn etc) and keep evolving new ways to address this crisis
8. And.....

A necessary shift in our mind-sets and values

James Hillman, founder of Archetypal Psychology wrote back in 1995:



At the heart of the coming environmental revolution is a change in values, one that derives from a growing appreciation of our dependence on nature. Without it there is no hope. In simple terms, we cannot restore our own health, our sense of well-being, unless we restore the health of the planet.”

(J. Hillman, 1995:xvi).

‘Laudato Si’ Pope Francis – changing human consciousness

“Many things have to change course, but it is we human beings above all who need to change. We lack an awareness of our common origin, of our mutual belonging, and of a future to be shared with everyone. This basic awareness would enable the development of new convictions, attitudes and forms of life. A great cultural, spiritual and educational challenge stands before us, and it will demand that we set out on the long path of renewal.” (#202)



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‘Laudato Si’ Pope Francis

“Yet all is not lost. Human beings, while capable of the worst, are also capable of rising above themselves, choosing again what is good, and making a new start, despite their mental and social conditioning. We are able to take an honest look at ourselves, to acknowledge our deep dissatisfaction, and to embark on new paths to authentic freedom. No system can completely suppress our openness to what is good, true and beautiful, or our God-given ability to respond to his grace at work deep in our hearts. I appeal to everyone throughout the world not to forget this dignity which is ours. No one has the right to take it from us. (#205)”




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Thank you for listening

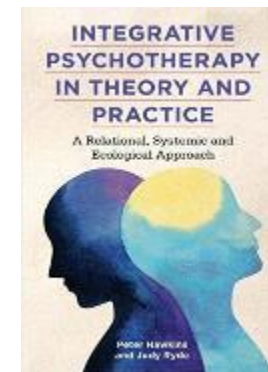
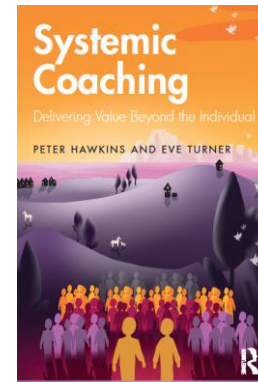


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