

“Coaching in a Changing Climate”  
Part 1 – appreciating the current reality  
with Zoe Cohen

(or “How to be a Climate (and Ecologically) Conscious Coach”)

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What brings me here today? What brings you here today?

## **PART 1**

**What does the science tell us?**

## **PART 2**

**What can we do about this as Climate  
Conscious Coaches?**





Article in Coaching Perspectives magazine – January 2020  
[“How to be a Climate Conscious Coach”](#)

## Domain 1 – Self

What is my own level of awareness and understanding of the reality we find ourselves in?

How can I keep myself educated and informed over time as human impacts and the Earth’s response to them changes and evolves, in order to play my full part?

Where am I in my own work with myself on the awakening and grief cycle?

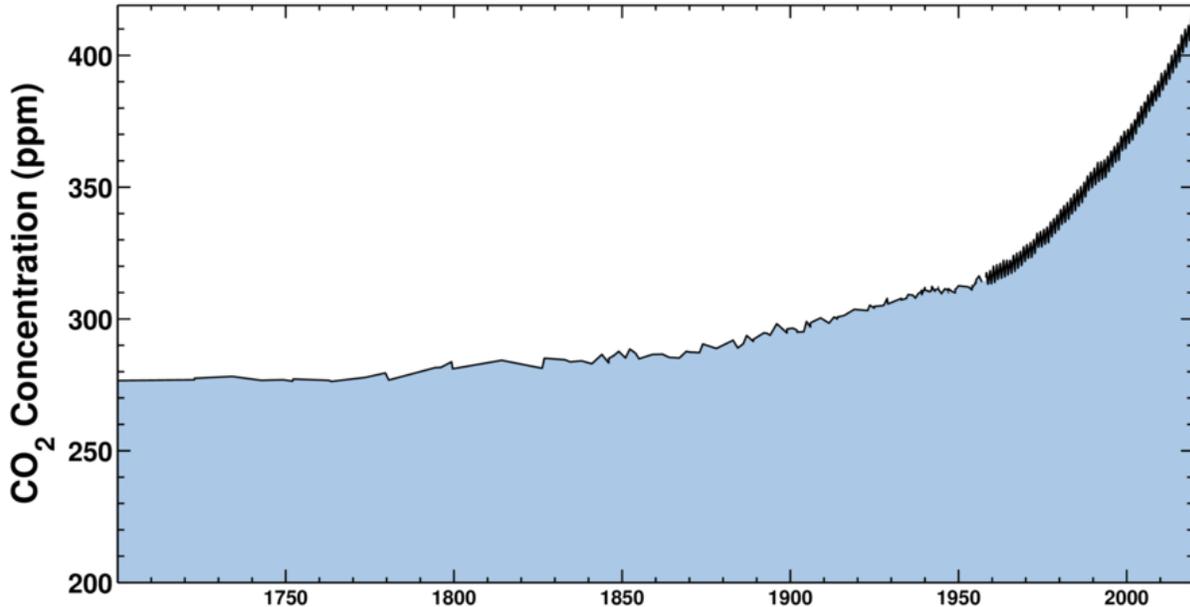
What can I do next to keep working through the levels of denial, the grief, anger and blame, to the guilt and shame, and then moving to taking responsibility – ultimately to action, and then on to becoming part of the movement needed to shift our collective human consciousness?



# Latest reading 413.69ppm CO<sub>2</sub> (as at 2<sup>nd</sup> March)

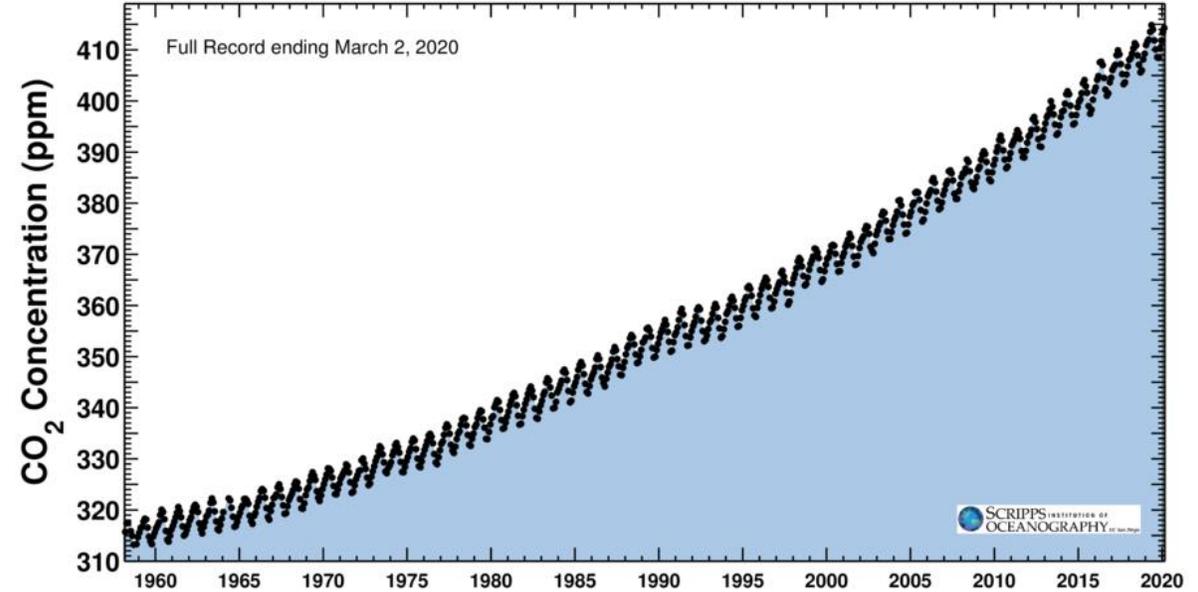
March 02, 2020

Ice-core data before 1958. Mauna Loa data after 1958.



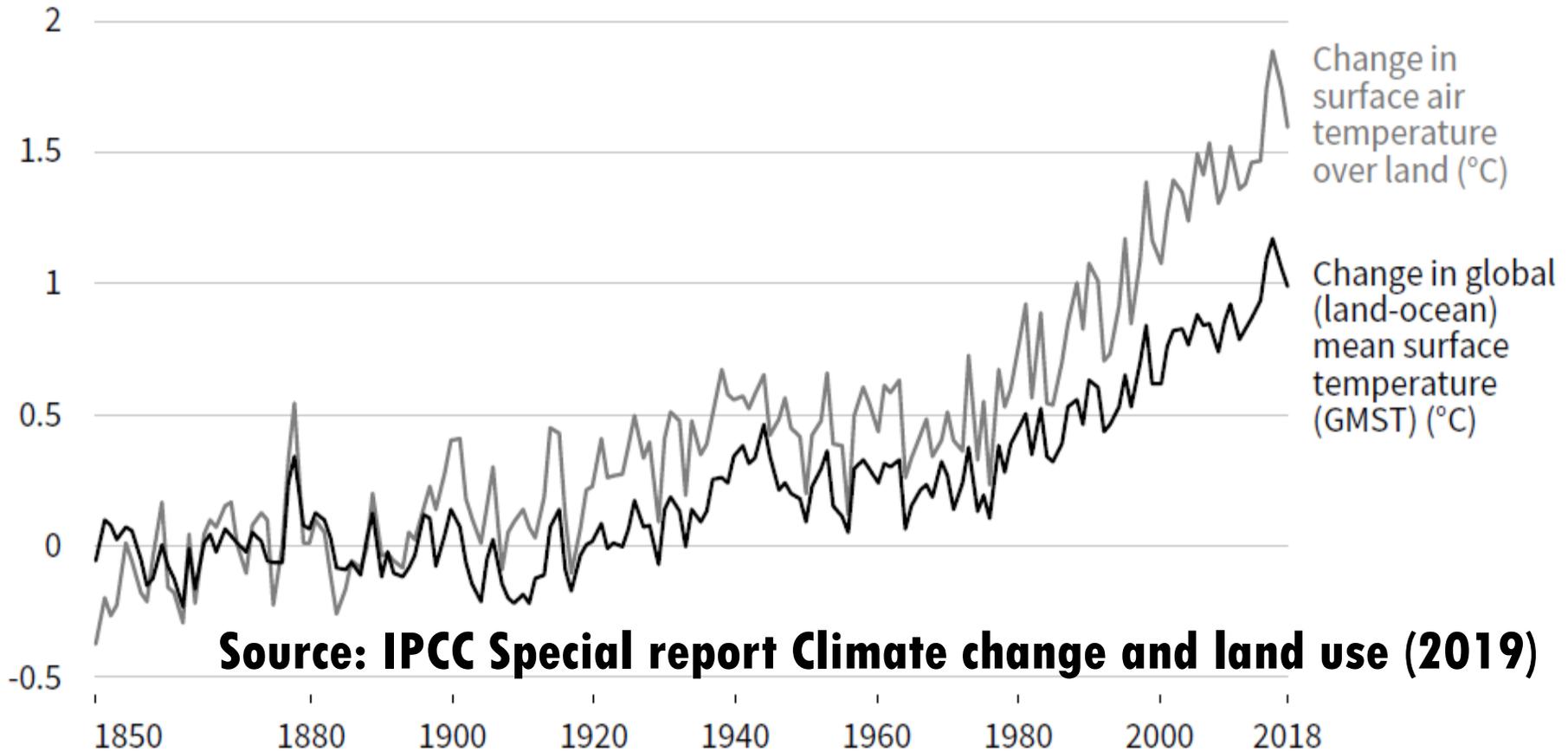
March 02, 2020

Carbon dioxide concentration at Mauna Loa Observatory



# GLOBAL TEMPERATURES ARE SKYROCKETING

CHANGE in TEMPERATURE rel. to 1850-1900 (°C)



**Source: IPCC Special report Climate change and land use (2019)**

# UN Secretary General, António Guterres

## 10<sup>th</sup> September 2018

Dear friends of planet Earth,

Thank you for coming to the UN Headquarters today.

I have asked you here to sound the alarm.

Climate change is the defining issue of our time – and we are at a defining moment.

**We face a direct existential threat.**

Climate change is moving faster than we are – and its speed has provoked a sonic boom SOS across our world.

If we do not change course by 2020, we risk missing the point where we can avoid runaway climate change, with disastrous consequences for people and all the natural systems that sustain us.

That is why, today, I am appealing for leadership – from politicians, from business and scientists, and from the public everywhere.

We have the tools to make our actions effective.

**What we still lack – even after the Paris Agreement – is the leadership and the ambition to do what is needed....**

(continues)



According to the IPCC, we need a rapid global transformation to reduce emissions by 45% below 2010 levels by 2030 and reach net zero emissions by 2050...

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**Greenhouse gas emissions**

### Latest data shows steep rises in CO2 for seventh year

Readings from Hawaii observatory bring threshold of 450ppm closer sooner than had been anticipated

**Fiona Harvey**  
Environment correspondent  
Tue 4 Jun 2019 16:58 BST

3426

▲ Steam rising from the cooling towers of a coal fired power plant. Concentrations of carbon dioxide have increased every year, reflecting our burning of fossil fuels. Photograph: Fehim Demir/EPA

CNN World Africa Americas Asia Australia China Europe India Middle East United Kingdom LIVE TV Edition

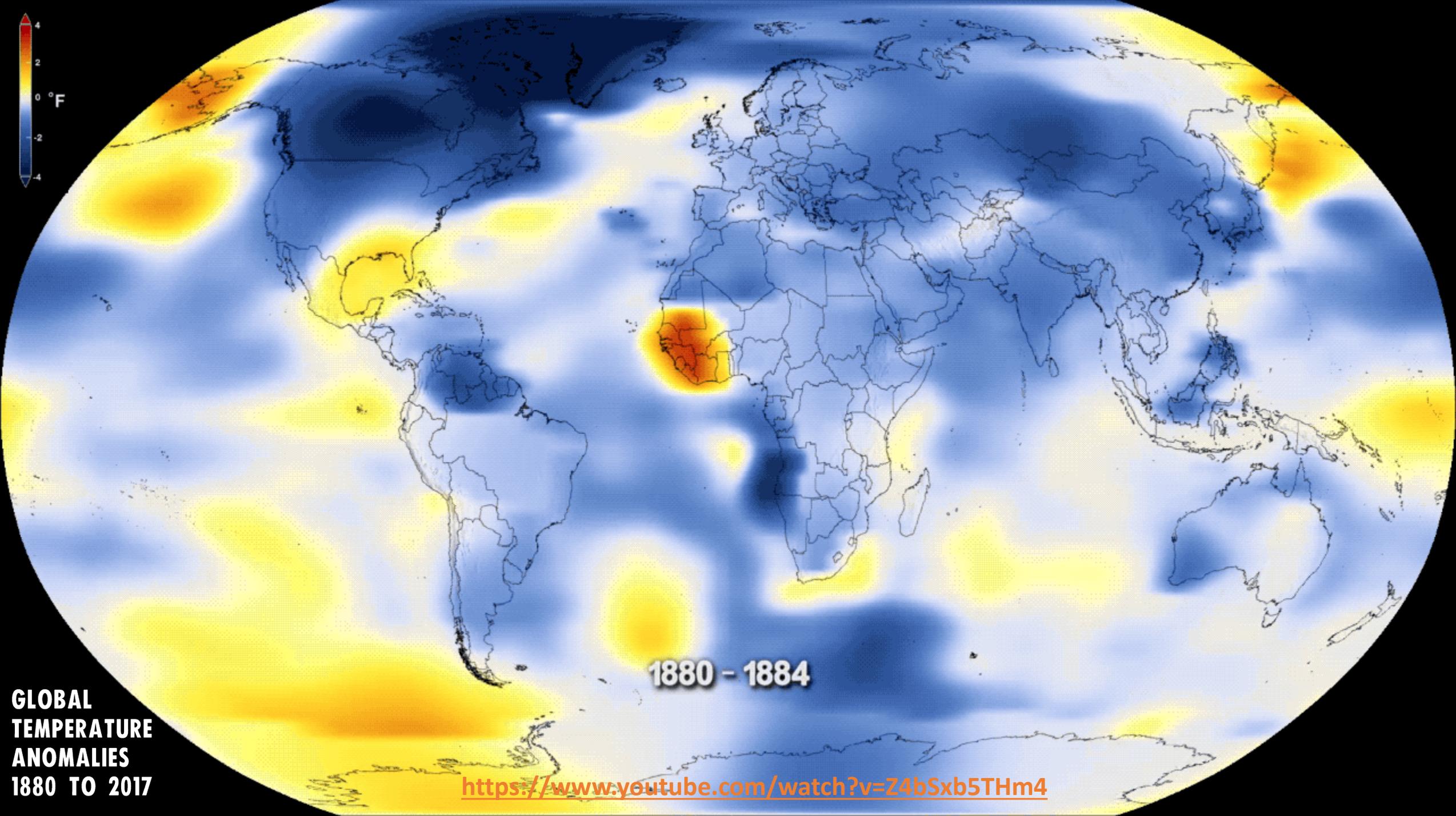
## World is woefully short of 2 degree goal for climate change, according to UN report

By Brandon Miller, CNN Meteorologist  
Updated 1456 GMT (2256 HKT) November 28, 2018

Source: CNN

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News & buzz: A slain couple, a mystery corpse and two missing teens stoke... Prince Harry and Jane Goodall re-enact a chimp greeting



1880 - 1884

**GLOBAL  
TEMPERATURE  
ANOMALIES  
1880 TO 2017**

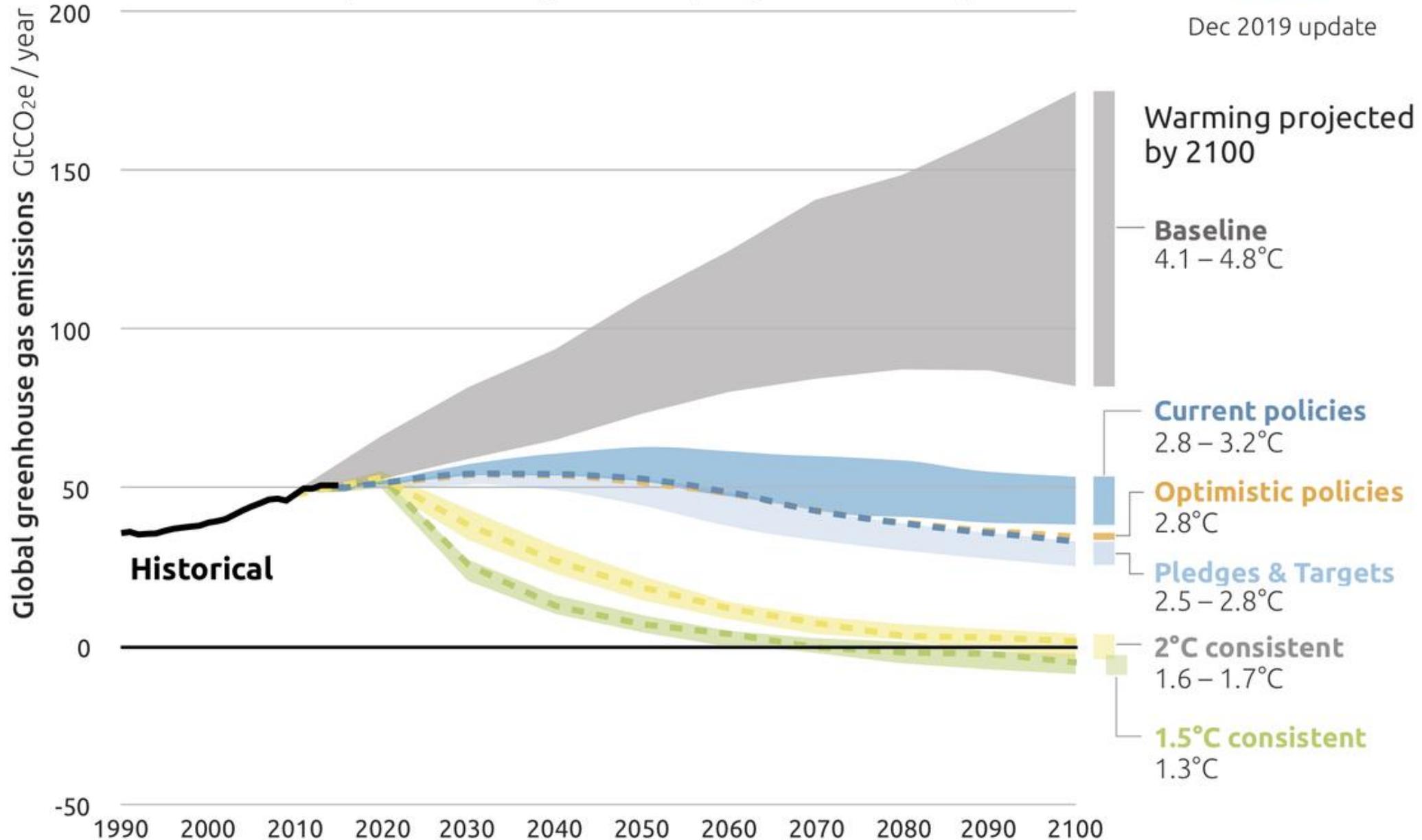
<https://www.youtube.com/watch?v=Z4bSxb5THm4>

# 2100 WARMING PROJECTIONS

Emissions and expected warming based on pledges and current policies



Dec 2019 update



# Greenhouse gases have clearly driven global heating, not natural factors

Global temperatures: Human and natural factors, 1850-2017

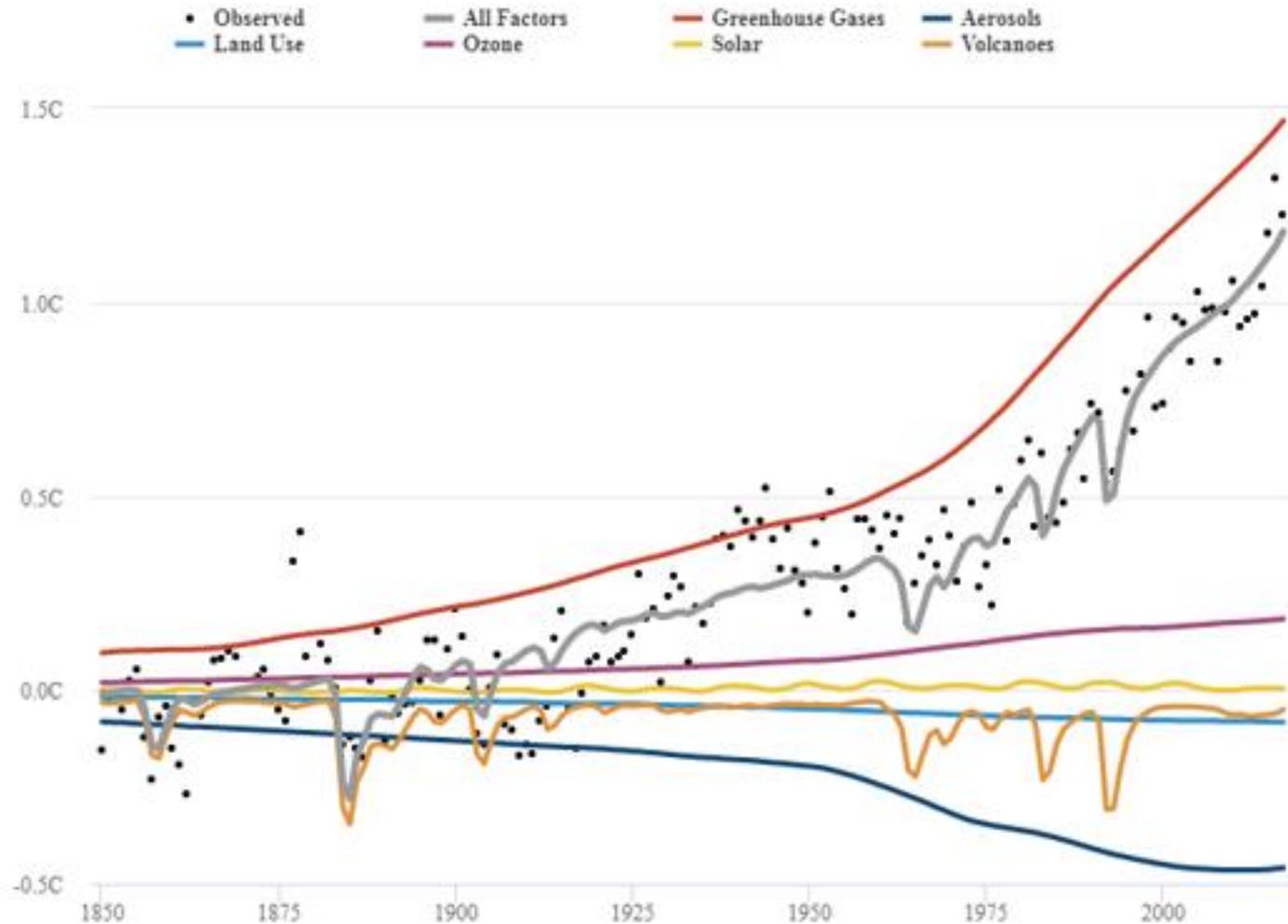
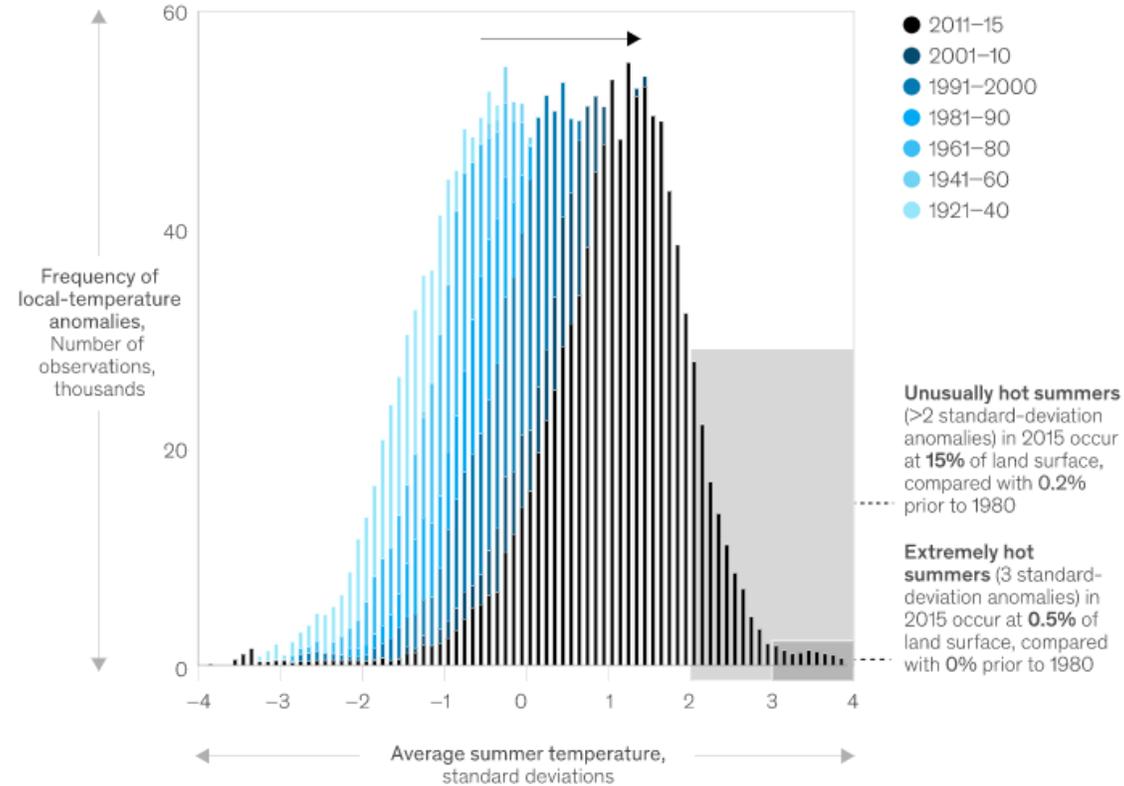


Exhibit 3

## A small shift in the average can hide dramatic changes at the extremes.

### Northern Hemisphere summer-temperature shift

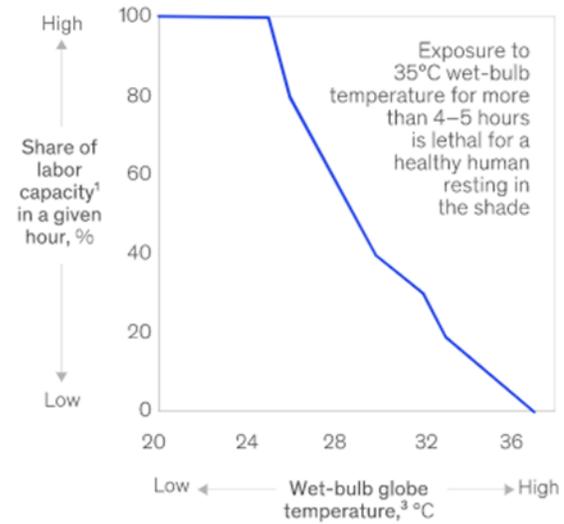


Note: Because the signal from anthropogenic greenhouse-gas emissions did not emerge strongly prior to 1980, some of the early time-period distributions in the figure overlap and are difficult to see. Northern Hemisphere land surface divided into 100 kilometer by 100 kilometer grid cells. Standard deviations based on measuring across the full sample of data across all grid cells and years.

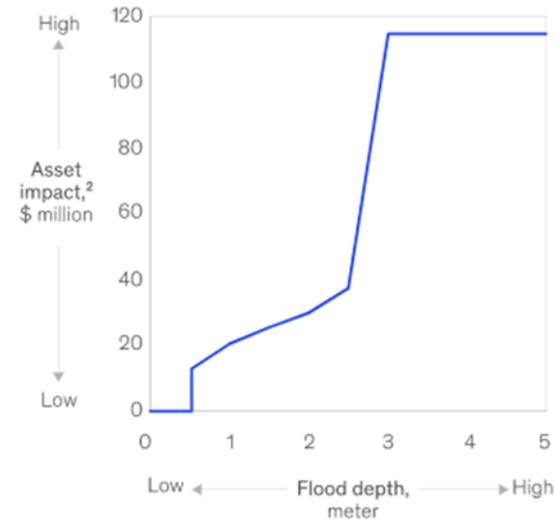
Source: Sebastian Sippel et al., "Quantifying changes in climate variability and extremes: Pitfalls and their overcoming," *Geophysical Research Letters*, November 2015, Volume 42, Issue 22, pp. 9990–8, [agupubs.onlinelibrary.wiley.com](https://doi.org/10.1002/2015GL066441); University of Oxford Environmental Change Institute; McKinsey Global Institute analysis

## Direct effects of climate change can become nonlinear when thresholds are crossed.

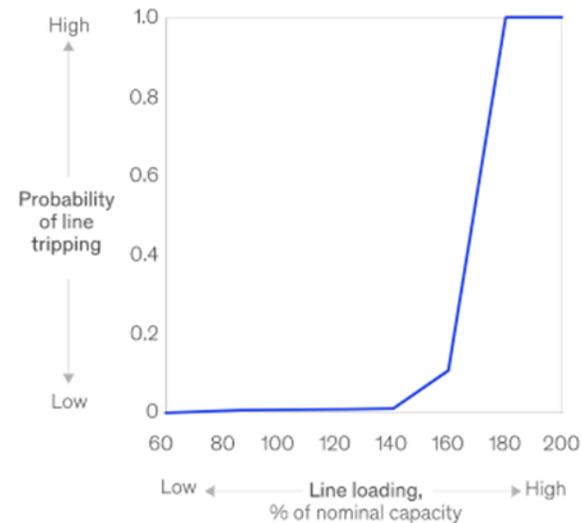
Impact of heat on outdoor labor



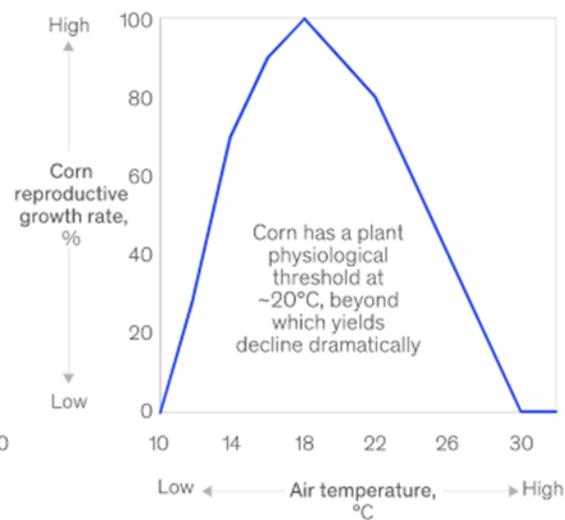
Floodwater impacts on a UK train station (example)



Effects of line overloading in an electrical grid<sup>4</sup>



Temperature impact on corn-crop yield

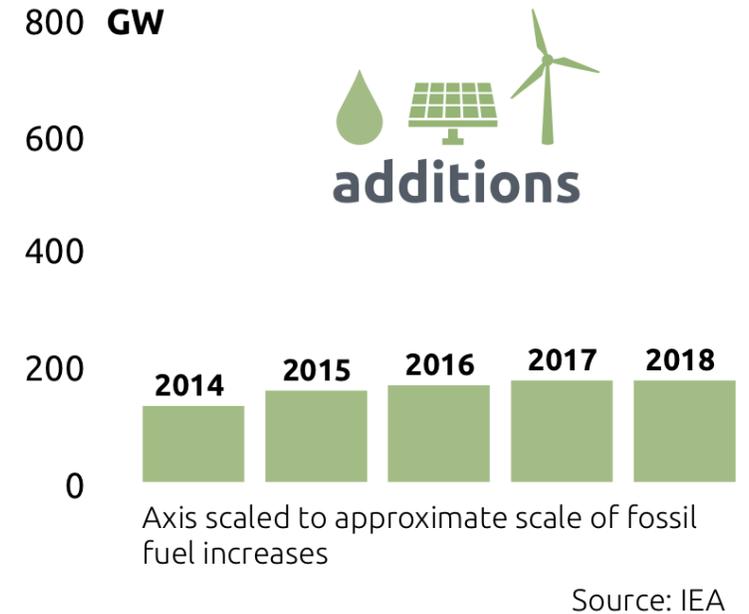
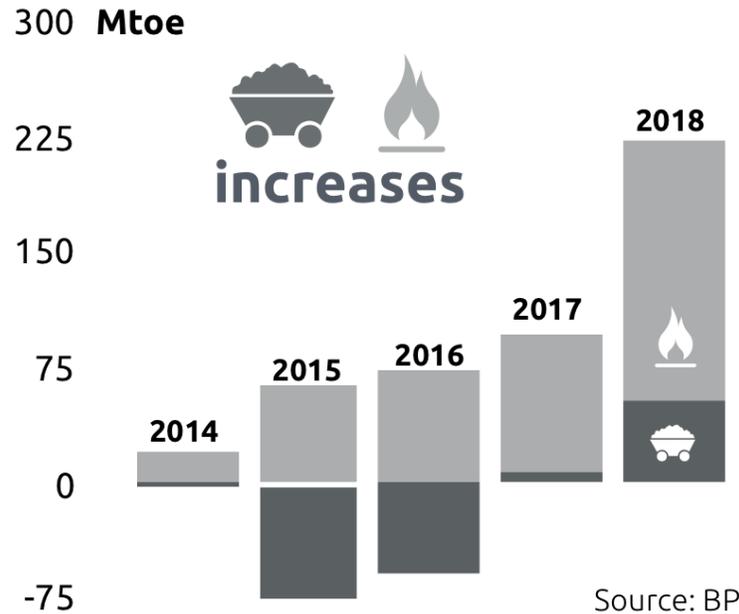
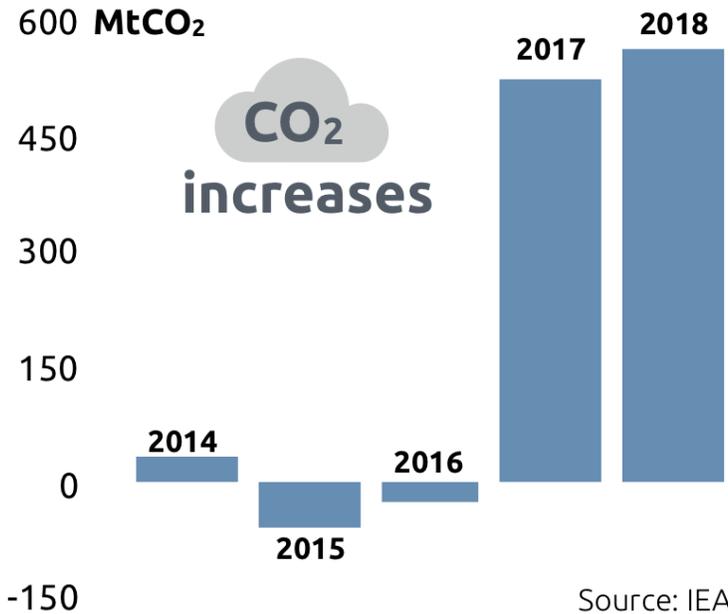


# Global progress is stalling

▶ Emissions are growing. In 2018, emissions grew at the fastest rate since 2011

▶ Fossil fuels are expanding. Coal growth is back and natural gas is booming

▶ Installation of renewable energy is slowing



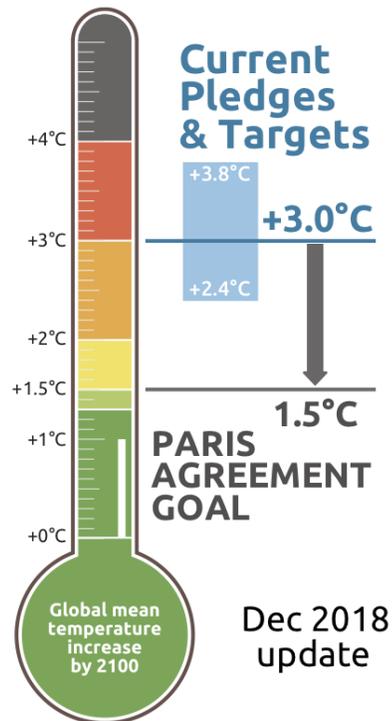
Annual changes in global energy-related CO<sub>2</sub> emissions, fossil fuel consumption and renewable energy installations **2014–2018**

# How are the Governments of the World doing? They are almost all FAILING us...

## Governments must strengthen their Paris targets

June 2019 Update 

Governments are scheduled to update their Paris Agreement targets (NDCs) by 2020 and must be ambitious. To keep the 1.5°C goal alive, they need to take radical steps and halve global emissions by 2030.



4°C+ World	< 4°C World	< 3°C World	< 2°C World	< 1.5°C World	<< 1.5°C World
<b>CRITICALLY INSUFFICIENT</b>	<b>HIGHLY INSUFFICIENT</b>	<b>INSUFFICIENT</b>	<b>2°C COMPATIBLE</b>	<b>1.5°C PARIS AGREEMENT COMPATIBLE</b>	<b>ROLE MODEL</b>
RUSSIA	ARGENTINA	AUSTRALIA	BHUTAN	MOROCCO	0 Countries
SAUDI ARABIA	CHILE	BRAZIL	COSTA RICA	THE GAMBIA	2 Countries
TURKEY	CHINA	CANADA	ETHIOPIA		
UKRAINE	INDONESIA	EU	INDIA		
USA	JAPAN	KAZAKHSTAN	PHILIPPINES		
5 Countries	SINGAPORE	MEXICO	5 Countries		
	SOUTH AFRICA	NEW ZEALAND			
	SOUTH KOREA	NORWAY			
	UAE	PERU			
	9 Countries	SWITZERLAND	10 Countries		



June 2019 update

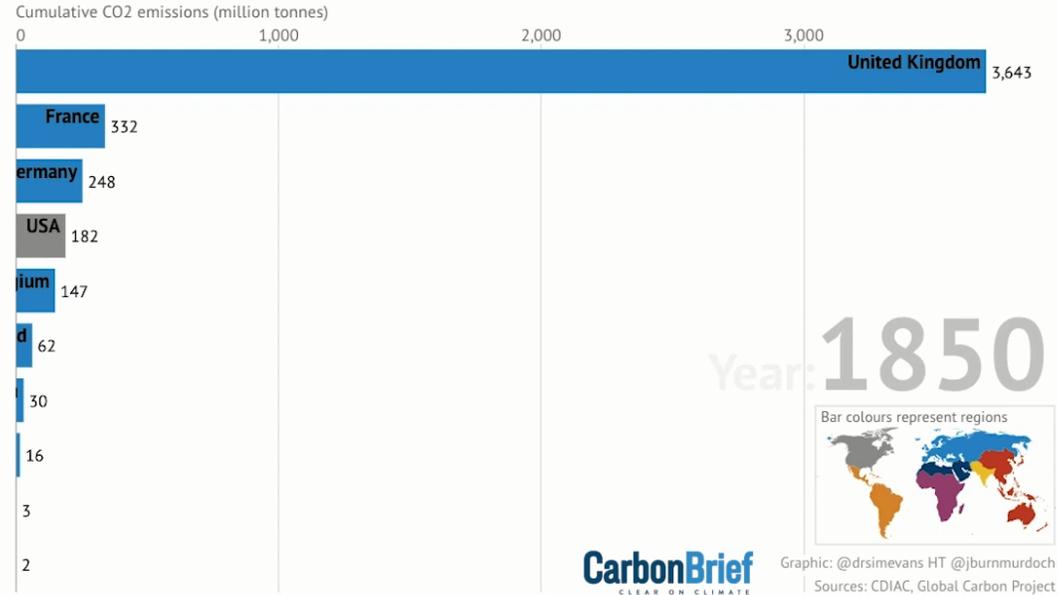
**The vast majority of countries have insufficient targets that must be improved**



Which countries have emitted the most CO2?



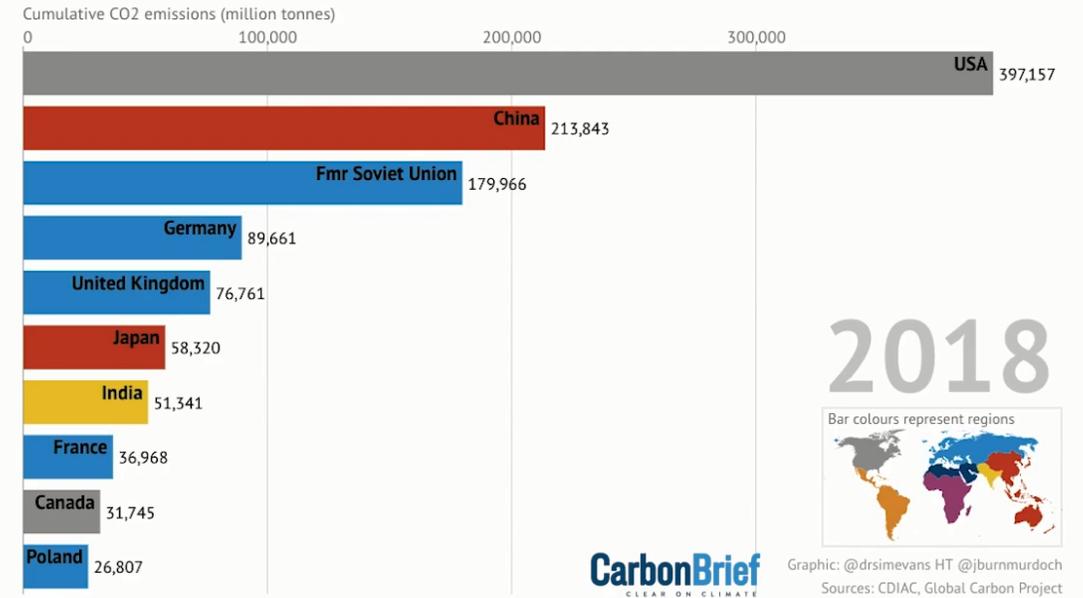
### The countries with the largest cumulative CO2 emissions since 1750



Which countries have emitted the most CO2?



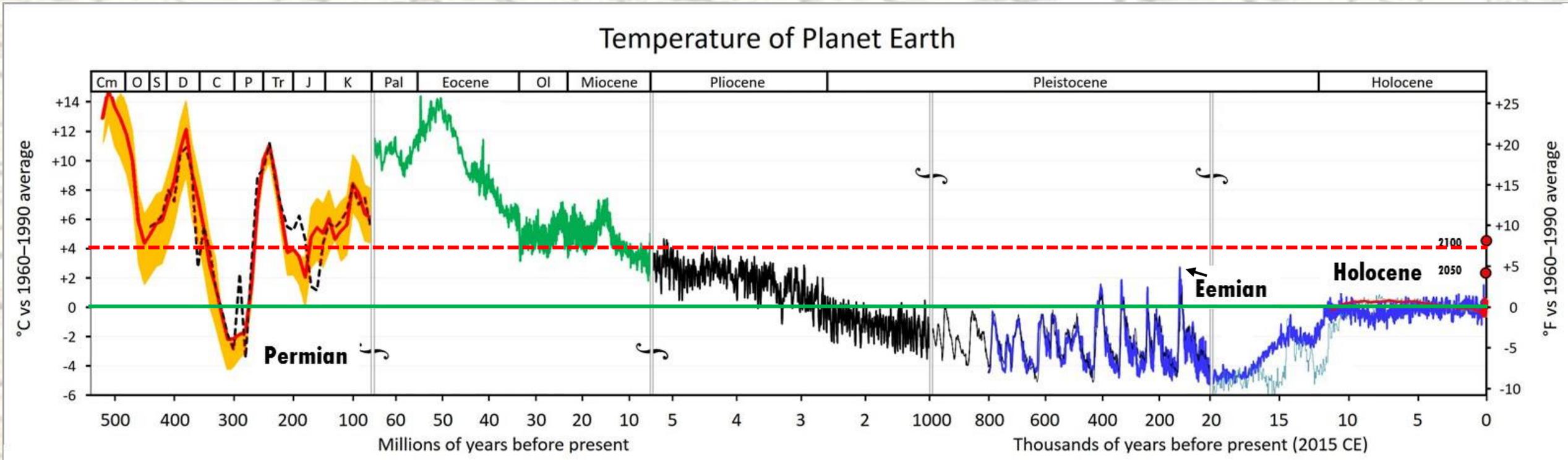
### The countries with the largest cumulative CO2 emissions since 1750



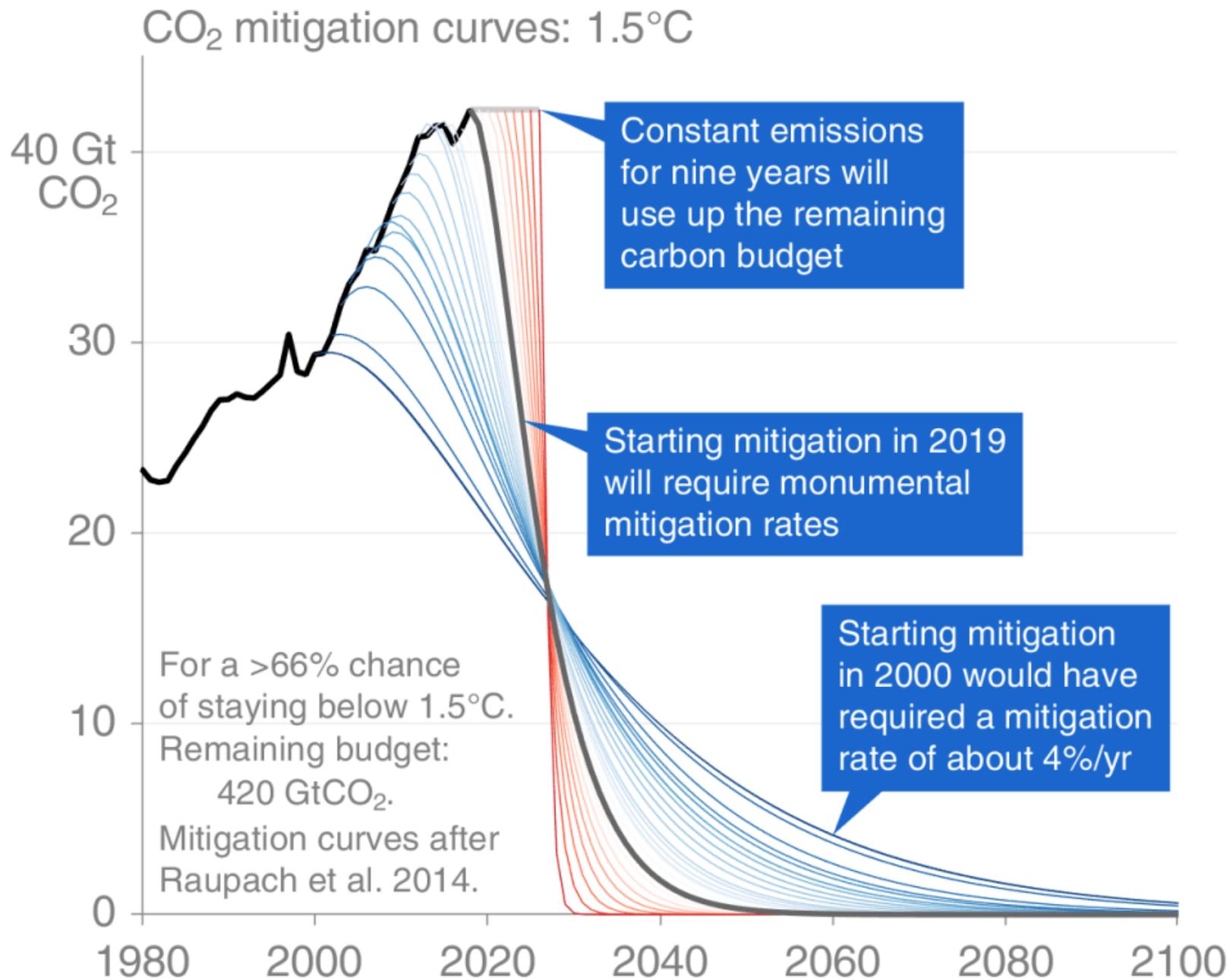
Bar chart race: the countries with the largest cumulative CO2 emissions since 1750

<https://www.youtube.com/watch?v=jx85qK1ztAc>

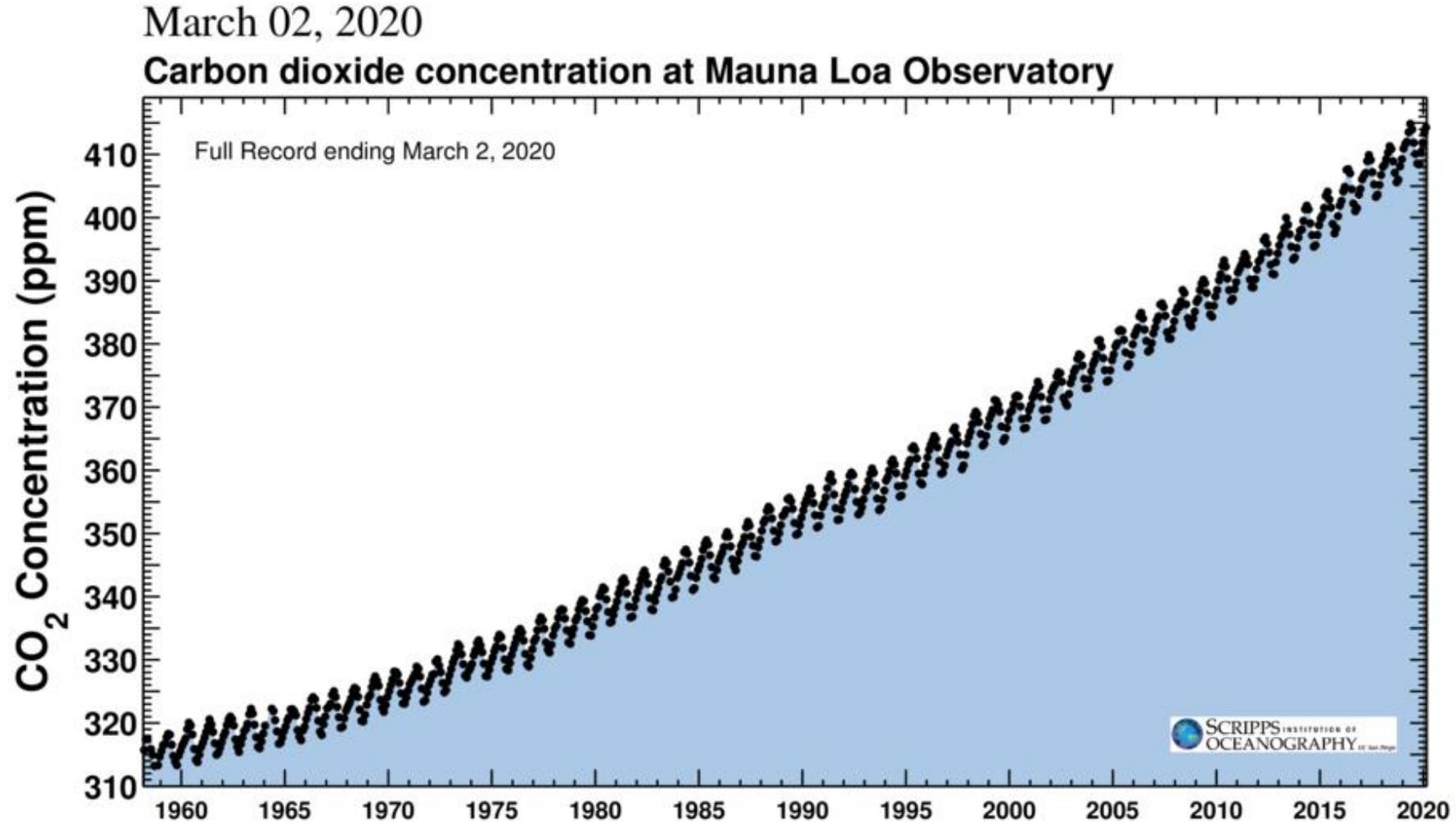
# EARTH HAS NOT BEEN WARM SINCE HUMANS HAVE BEEN AROUND



# HOW QUICKLY DO WE NEED TO REDUCE EMISSIONS...

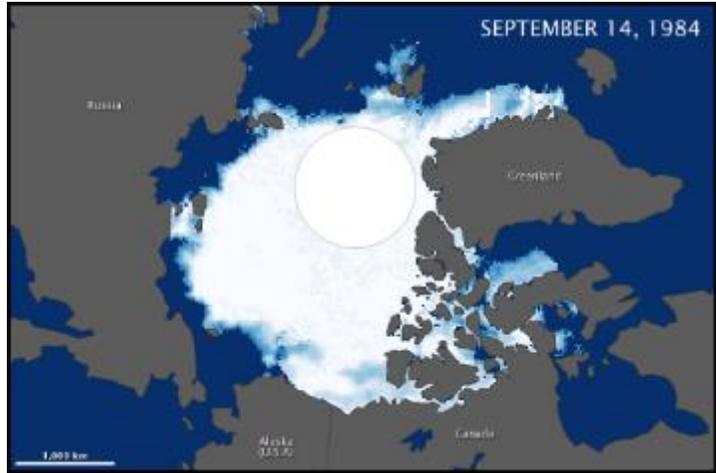


# Latest reading 413.69ppm CO<sub>2</sub>



# AMPLIFIERS THAT MAY TRIGGER RUNAWAY WARMING

## Ice loss reducing cooling



## Methane release from frozen stores





COMMENT · 27 NOVEMBER 2019

## Climate tipping points – too risky to bet against

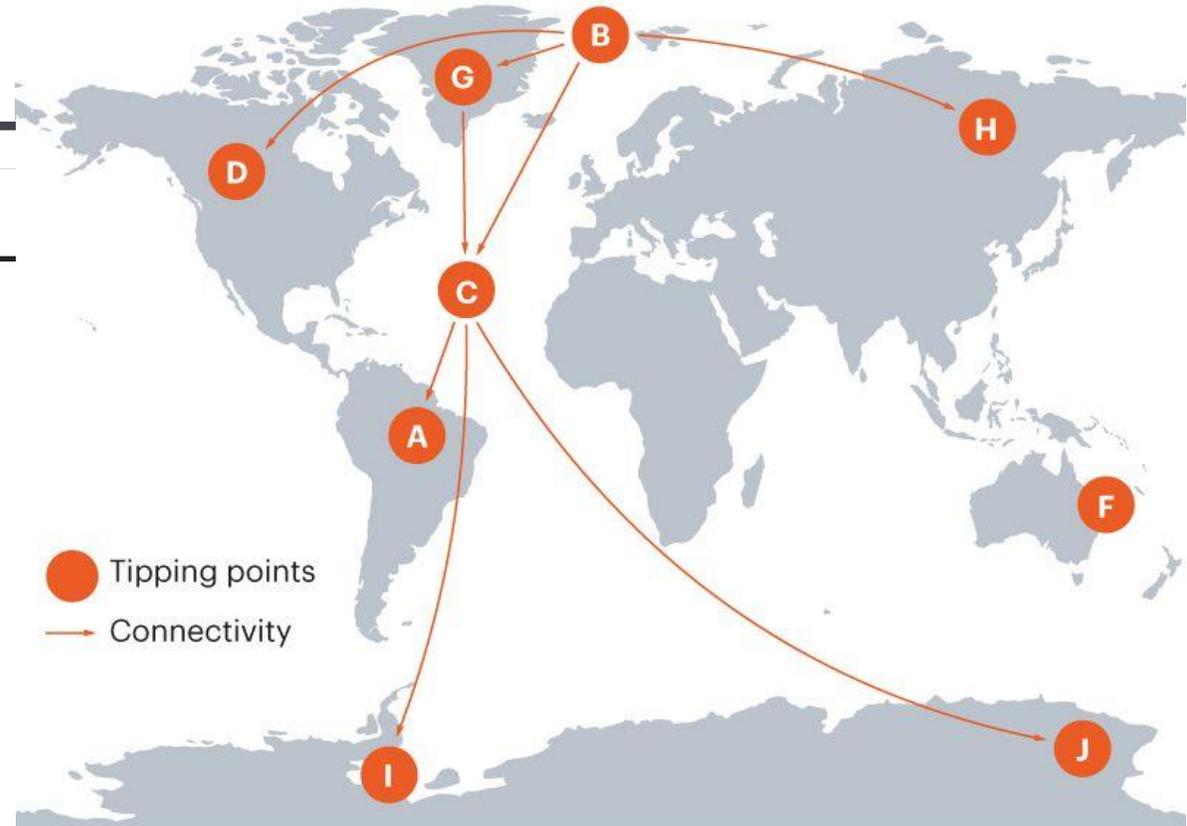
The growing threat of abrupt and irreversible climate changes must compel political and economic action on emissions.

Timothy M. Lenton<sup>✉</sup>, Johan Rockström, Owen Gaffney, Stefan Rahmstorf, Katherine Richardson, Will Steffen & Hans Joachim Schellnhuber



## RAISING THE ALARM

Evidence that tipping points are under way has mounted in the past decade. Domino effects have also been proposed.



**A. Amazon rainforest**  
Frequent droughts

**B. Arctic sea ice**  
Reduction in area

**C. Atlantic circulation**  
In slowdown since 1950s

**D. Boreal forest**  
Fires and pests changing

**F. Coral reefs**  
Large-scale die-offs

**G. Greenland ice sheet**  
Ice loss accelerating

**H. Permafrost**  
Thawing

**I. West Antarctic ice sheet**  
Ice loss accelerating

**J. Wilkes Basin, East Antarctica**  
Ice loss accelerating

# CLIMATE BREAKDOWN IMPACTS ALREADY BEING FELT GLOBALLY



# IMPACTS ALREADY BEING FELT IN THE UK

## Flooding

Whaley Bridge dam: heed flood defence warning, experts urge

Government told it is not acting quickly enough to upgrade infrastructure

Matthew Weaver  
and Sandra  
Laville

Fri 2 Aug 2019 16:52 BST



▲ RAF helicopter joins effort to stop Derbyshire dam collapse - video

- **2018 & 2019: Hottest summer on record in UK**
- **Accident & emergency saw record numbers**
- **Rise in heart failure, kidney failure and dehydration**
- **Vegetable yields down by 50% in parts of UK**

- **2003 Heatwave killed 70000 Europe-wide**
- **Feb 2020 the wettest since records began & most flood warnings ever this winter**
- **2040 Welsh village of Fairbourne to be decommissioned due to sea level rise**



# WE'RE ON A 'TRAVELATOR' TO THE FUTURE...

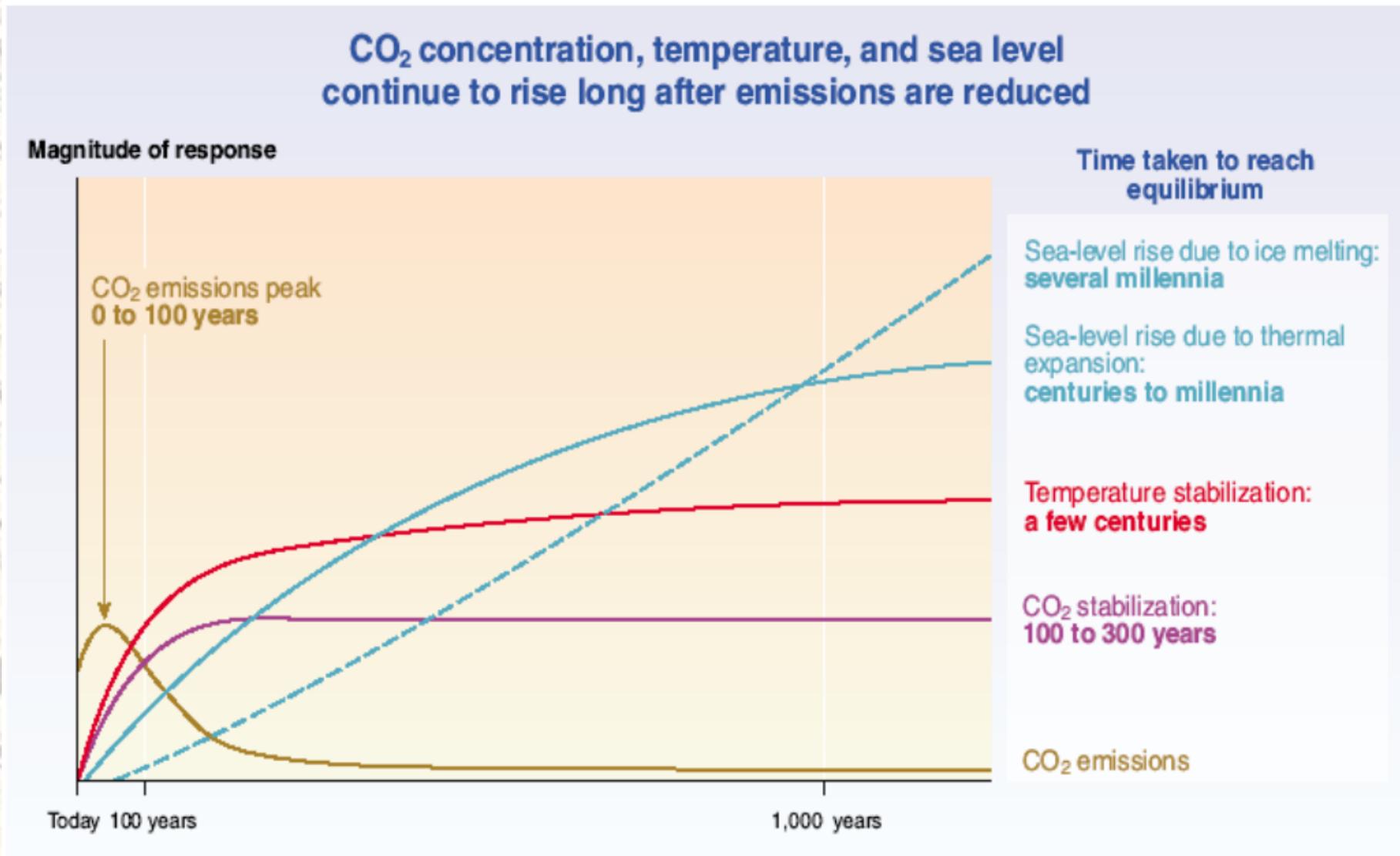


Figure SPM-5: After CO<sub>2</sub> emissions are reduced and atmospheric concentrations stabilize, surface air



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ABOUT US



## Adapt Now A Global Call for Leadership on Climate Resilience

DOWNLOAD THE REPORT

### We face a crisis

Climate change is upon us, and its impacts are getting more severe with each passing year.

<https://gca.org/global-commission-on-adaptation/report>

# Humans are driving one million species to extinction

Landmark United Nations-backed report finds that agriculture is one of the biggest threats to Earth's ecosystems.

Jeff Tollefson



[PDF version](#)

RELATED ARTICLE!

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Top UN panel pain world's ecosystem

Climate change Wildlife Energy Pollution

This article is more than 1 month old

## Human society under urgent threat from loss of Earth's natural life

Scientists reveal 1 million species at risk of extinction in damning UN report



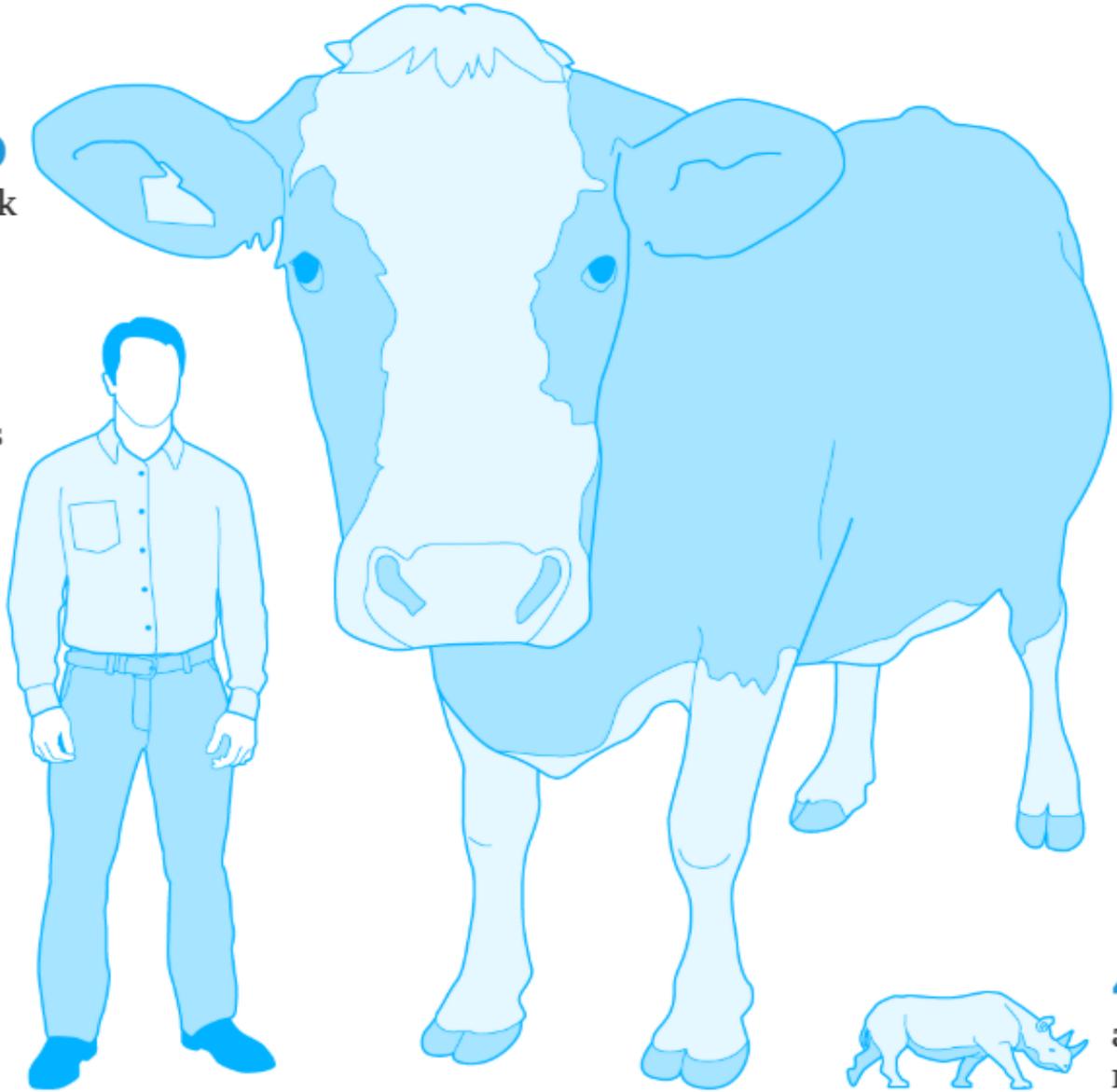
▲ Forest clearance in Indonesia. Scientists have warned of the impact of deforestation on animals. Photograph: Ulet Ifansasti/Greenpeace

Human society is in jeopardy from the accelerating decline of the Earth's natural life-support systems, the world's leading scientists have warned, as they announced the results of the most thorough planetary health check ever undertaken

**Of all the mammals on Earth, 96% are livestock and humans, only 4% are wild mammals**

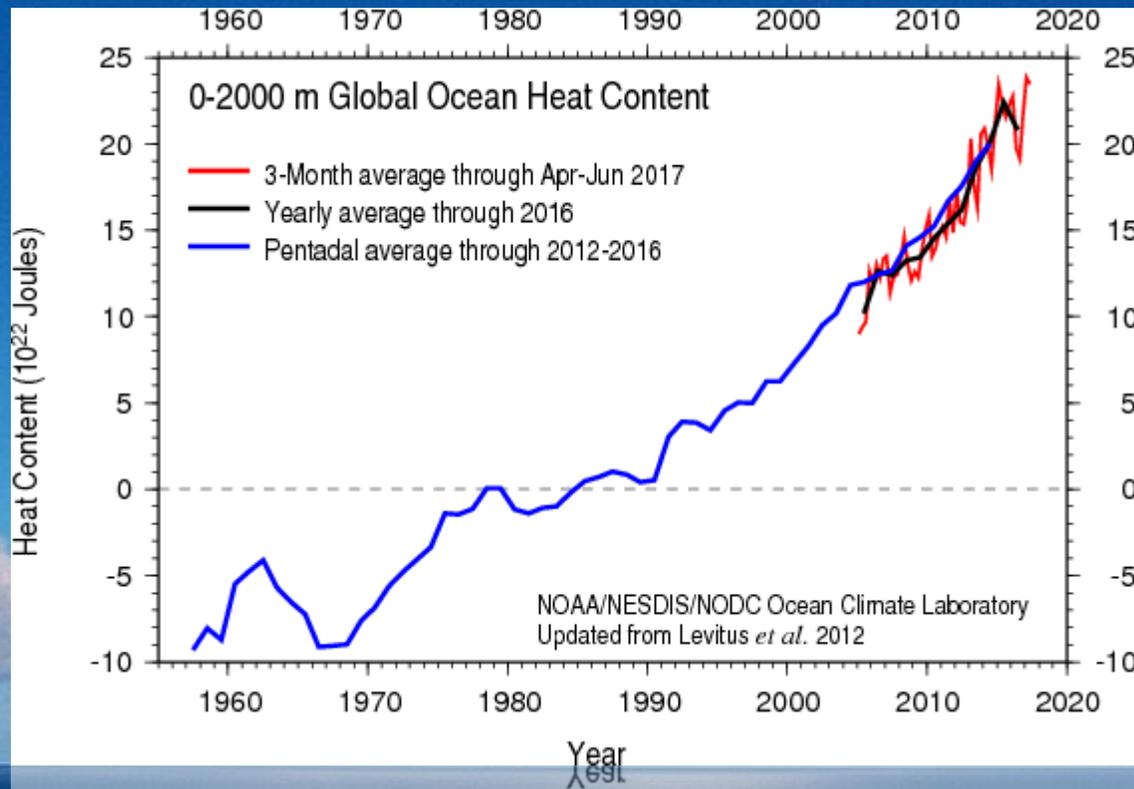
**60%**  
are livestock

**36%**  
are humans



**4%**  
are wild  
mammals





**Ocean heating reduces dissolved  $O_2$ , increases acidity, kills ecosystems, disturbs ocean currents and melts icecaps**

# As the climate crisis heats up, flooded farms in the Midwest can't plant corn

By Michael J. Coren • May 30, 2019



## Food security

**Jonathan Watts**  
Global environment editor

@jonathanwatts

Thu 21 Feb 2019  
23.05 GMT



This article is over 1 month old

## World's food supply under 'severe threat' from loss of biodiversity

Plants, insects and organisms crucial to food production in steep decline, says UN



▲ Organic carrot harvest in Germany. Organic agriculture makes up just 1% of global farmland. Photograph: Ji Stratenschulte/EPA

The world's capacity to produce food is being undermined by humanity's failure to protect biodiversity, according to the first **UN study** of the plants, animals and micro-organisms that help to put meals on our plates.

The stark warning was issued by the **Food and Agriculture Organisation** after scientists found evidence the natural support systems that underpin the human diet are deteriorating around the world as farms, cities and factories gobble up land and pump out chemicals.

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## Opinion

Politicians are complicit in the killing of our insects - we will be next

**Molly Scott Cato**

Insects are essential for the proper functioning of all ecosystems. If policymakers don't act now, we're all in trouble

Tue 12 Feb 2019 09.00 GMT

“The world population is expected to grow to almost **10 billion** by 2050.

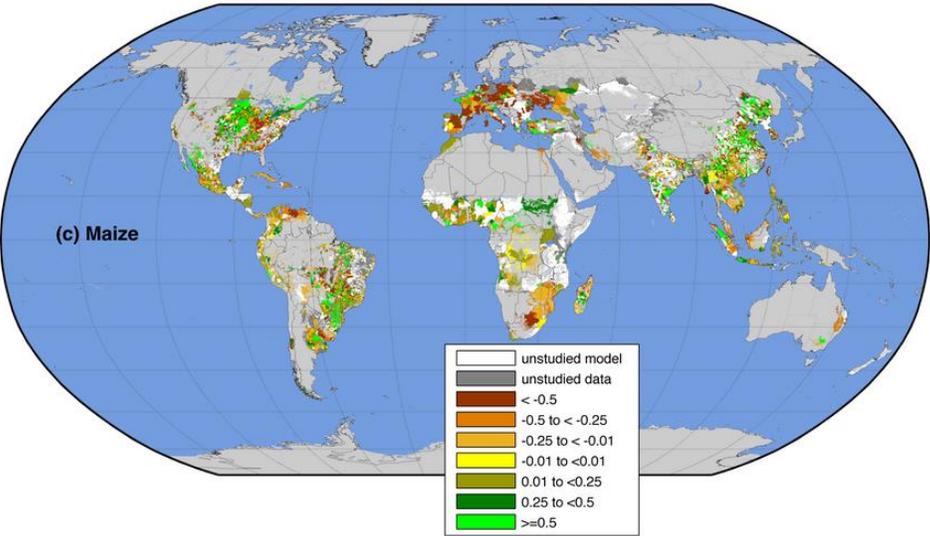
With 3.4 billion more mouths to feed, and the growing desire of the middle class for meat and dairy in developing countries, global **demand for food** could increase by **between 59 and 98 percent.**”



## Climate change is affecting crop yields and reducing global food supplies

July 9, 2019 12:22pm BST

Farm land near Holly Bluff, Miss., covered with backwater flooding, May 23, 2019. AP Photo/Rogelio V. Solis





## **PART 1**

**What does the science tell us?**

## **PART 2**

**What can we do about this as Climate  
Conscious Coaches?**





Article in Coaching Perspectives magazine – January 2020  
[“How to be a Climate Conscious Coach”](#)

## **Domain 2: Own life**

What do you know about your own household’s [carbon footprint](#) and [ecological footprint](#)?

What more can you do to reduce it to as near to net zero as soon as possible?

**Domain 3: Communities** – What are the communities (local, business, professional etc) you are connected to that you could seek to influence?

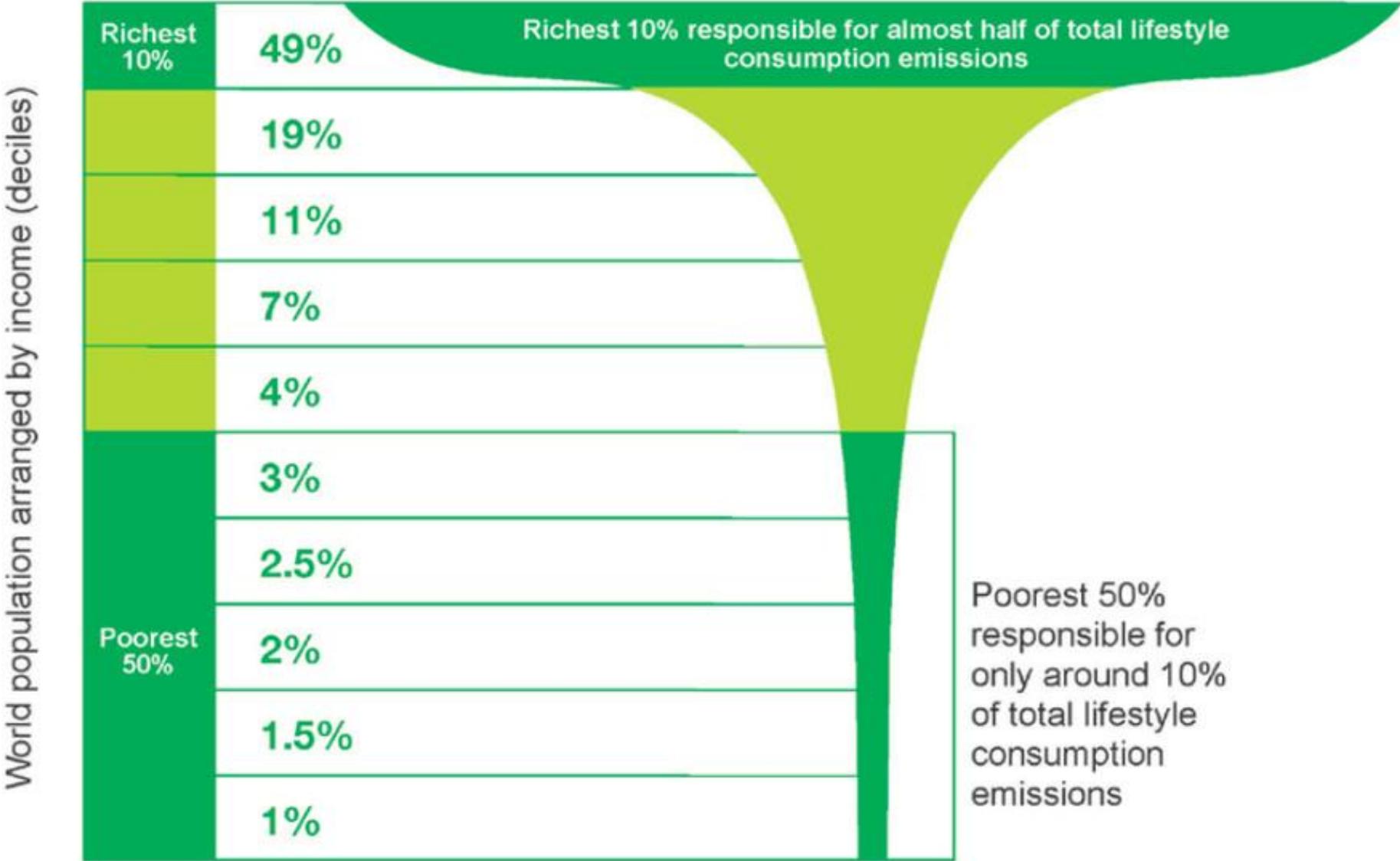
How might you seek to foster greater awareness and positive change in each of those communities?

**Domain 4: Business footprint** - What do you know about your own business’ carbon footprint and ecological footprint?

What more can you do to reduce it to as near to net zero as soon as possible?

**Figure 1: Global income deciles and associated lifestyle consumption emissions**

**Percentage of CO<sub>2</sub> emissions by world population**





## **Domain 5: Political engagement**

How aware are you of how the different policies of the political parties in your country impact on the climate and environment?

How much do you consider these factors in the way that you vote?

## **Domain 6: Our Practice**

How can you bring the climate and ecological reality into the field in your coaching practice?

How can you make explicit the reality is that it is already in every coaching conversation we're having even if we or our clients don't realise it?

Article in Coaching Perspectives magazine – January 2020  
["How to be a Climate Conscious Coach"](#)



Article in Coaching Perspectives magazine – January 2020  
[“How to be a Climate Conscious Coach”](#)

## Domain 7: Our ethics

How does a greater awareness and acknowledgement of the climate and ecological crisis impact on the decisions we make as a coach?

How does it impact on which client’s I chose to work with or the way I choose to develop my coaching career?

## Domain 8: Reflection/supervision

In what ways can we bring the ecological dimension into our own reflective practice?

What do I want from my supervisor in this regard?

If you are a supervisor yourself, how does my practice need to evolve in light of my awareness and action?



## **Domain 9: Supporting Adaptation**

What can I do to support and challenge myself, my communities and my clients to understand how we need to adapt to what will unfold?

What can I actively do in my life and my practice to both mitigate and adapt to what will happen?

What other questions do I need to be asking myself to keep playing my full part in the days, months and years ahead?

Article in Coaching Perspectives magazine – January 2020  
[“How to be a Climate Conscious Coach”](#)



Don't steal  
our future

GO VEGAN  
Save the CLIMATE

RAISE  
YOUR  
VOICE  
NOT THE  
SEA LEVEL

FRIDAYS  
FOR  
FUTURE

is  
NO  
Planet B

SYSTEM  
CHANGE  
NOT  
CLIMATE  
CHANGE

12 YEARS  
TO SAVE OUR  
PLANET

PLEASE  
STOP  
HURTING  
ME

IHR HABT VERSCHLAFEN  
WIR SIND DER  
WECKER!

THERE'S  
NO  
PLANET B!!!

I WANT A  
HOT  
PLANET



## **FURTHER READING AND RESOURCES:**

**Climate Coaching Alliance – including the Climate Coaching Action day and 24-hour conversation on 5th March**

<https://www.climatecoachingalliance.org/events/>

**Zoe Cohen’s Article in Coaching Perspectives magazine – January 2020**

[“How to be a Climate Conscious Coach”](#)

**Climate and ecological science: The facts**

Published articles and reports

<https://emccuk.org/Public/1Resources/climate-and-ecological-science-the-facts.aspx>

**Climate change: What are other professions doing?**

Organisations, articles and publications

<https://emccuk.org/Public/1Resources/what-are-other-professions-doing.aspx>

**Climate change: What have coaches been doing or starting?**

Resources for reading, viewing and action

<https://emccuk.org/Public/1Resources/what-have-coaches-been-doing-or-starting.aspx>

# Thank you

Zoe Cohen

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