



Self and Collective Care for Transformational Change

DATE:

Saturday, November 14, 2020

TIME:

6:00–7:30 PM GMT (Glasgow) | 1:00–2:30 PM EST (New York)

REGISTER:

[Register here](#) for Zoom workshop (optional support group after)

LANGUAGES:

In English

**ONLINE
WORKSHOP**

*An interactive experiential workshop
from Greenpeace International and Sustaining All Life*

GREENPEACE



Sustaining All Life

Activists and organizers are more important than ever. To build and sustain a strong environmental movement we need a place to share the impact the climate emergency has on us and any discouragement we feel about taking action. Saving the planet is an empowering, exciting, and motivating mission, but it can feel really hard on us. We need support to maintain and build connections with each other and to address difficulties together. Join us to:

- ★ Create a brave and safe space among activists to talk about burnout, emotions, wellbeing, and resilience
- ★ Work collectively on strategies to help ensure our activism is joyful and fun
- ★ Share personal experiences so we can learn as a group
- ★ Learn the approaches used by Sustaining All Life and Greenpeace International to increase our effectiveness in the climate justice movement, prevent burnout and heal from the damage of living in our oppressive societies

There will be an optional Listening Circle for an hour immediately following the workshop for further practice using these tools.