

4TH MARCH 2021

WHAT'S MINE TO DO? GENERATING OUR PATHWAYS TO CLIMATE AND ECOLOGICAL ACTION

WELCOME TO THE 3RD CLIMATE COACHING ALLIANCE 24 HOUR
GLOBAL CONVERSATION



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OUR HOSTS FOR TODAY'S CONVERSATION



Musa Nxumalo

- MD at Knowledge Connections
- Author of *I am a Cross-Pollinator* (2020)
- Member of CCA since July 2020



Colleen Qvist

- VP at COMENSA
- Faculty Member at WBS
- Director of CQ Associates

Section 1

LET'S GET TO KNOW EACH OTHER

WHO'S IN THE ROOM THIS MORNING? WHAT GIFTS ARE YOU BRINGING?

CCA PURPOSE: TO BUILD AN ALLIANCE THAT ACCELERATES OUR COLLECTIVE CAPACITY TO LEARN AND ACT

In the face of the climate and ecological emergency we are a global community of coaches, coaching psychologists and aligned professionals learning how respond in our personal and professional capacity. The CCA:

- Is purpose led, open and free.
- Follows living systems principles to allow the complexity and possibility within the widest set of relationships, offerings and shared intelligence to emerge and ripple.

Started in November 2019, we have:

- 700+ members across 6 continents
- a growing number of local communities forming (10+)

We are also inviting and provoking system change within the coaching profession



Section 2

ECO-ANXIETY: WHAT'S MINE TO DO?

GENERATING OUR PATHWAYS TO CLIMATE AND ECOLOGICAL ACTION

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“The truth about fiscal irrationality and the insanity of deliberate climate warming will shock all the generations, and they will enter all forms of negative psychoterratic states. It will shake the foundations of current human identity to its core.”

Glenn Albrecht
Earth Emotions



Beira, after Cyclone Eloise (Courtesy of Mercy Air via Reuters)

WHAT ARE THE EMOTIONAL & BEHAVIOURAL PATTERNS WE NEED TO NAVIGATE THROUGH?

- Blame
- Guilt
- Embarrassment
- Worry
- Fear
- Overwhelmed
- Helplessness
- Hopelessness
- Nihilism
- Cynicism
- Rage
- Grief
- Depression
- Anxiety

“Between stimulus and response, there is a space. In that space is our power to **choose our response**. In our response lies our growth and our freedom”

Viktor E. Frankl
Man's Search for Meaning

- Radical Hope
- Purpose
- Meaning
- Creativity
- Justice
- Aspiration
- Solidarity
- Excitement
- Inspired
- Contributing
- Charitable
- Accepting
- Caring
- Active

WHAT ARE THE POSSIBLE PATHWAYS WE COULD EXPLORE?

- How do we start telling stories of radical hope and appropriate action?
- How do we let go of emotional set points that don't serve us anymore?
- What can we do to narrow the 'us and them' gaps in society?
- If we were to bring in all the voices, how would our actions change?
- What would appropriate individual & societal change look like?
- How can we use scientific facts to empower ourselves?
- In which way can we broaden the scope of political narratives?
- What should our attitude and use of technological advancements be, so that it works for us and enables us to control and monitor what we can?
- How can we start doing our ecological and environmental coaching and development work in a way that is driven by **Emotional Intelligence**?





Coastline 30km from Inhassoro, Jambalya, Inhambane Province, Mozambique

EXAMPLES OF PRACTICAL ACTION YOU COULD TAKE



At the Maharashtra Reservoir in Hyderabad, India (2018)

- Spend more time getting immersed with nature
- Get in touch with your own emotions about your relationship with the planet
- Practice mindfulness and compassion when it comes to your own actions on environmental issues
- Engage with your clients in a way that frees up their capacity for action, e.g. **Motivational Interviewing**
- Read more about climate and ecological changes
- Get involved in climate and environmental matters
- Be a part of a community that is advocating for ecological and climate action

ANY QUESTIONS?

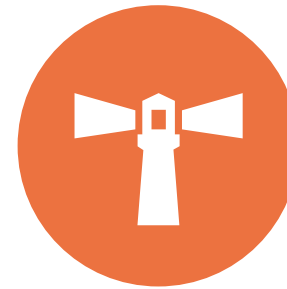
Thank you for participating. We will now answer any questions that you may have.



WHO WE
ARE



OUR
PHILOSOPHY



HOW WE
WORK

THANK YOU FOR YOUR TIME

Please feel free to get in touch for further engagement.

Musa Nxumalo



+27(0)81 217 8117



musa@knowledgeconnections.co.za



Musa Nxumalo

Colleen Qvist



+27(0)82 550 3568



vp@comensa.org.za



Colleen Qvist

THANK-YOU

PLEASE JOIN THE CLIMATE
COACHING ALLIANCE

www.climatecoachingalliance.org

WE LOOK FORWARD TO SEEING YOU AT OTHER SESSIONS
THROUGH THE DAY