

Preparing for a better world

Inner transformation to face times of uncertainty



- Are you feeling hopeless about the alarming climate news?
- Do you KNOW what to do, but find it hard to DO it? – lifestyle, activism, engaging in discussions?
- Are you concerned of how to promote another way of living without replicating the domination paradigm in our change initiatives?

Join this community of change makers in an 8 months online exploration and building capacity for care, courage and connection.

Expect to:

- Find your courage
- Soften your inner dialogue
- Experience choice
- Know how to say NO
- Ask for what you want
- Improve your relationships
- Do what you decide to do—while in full integrity
- Grow new friendships

The series will take you into the engine of human relationships through the lens of green transition and preparing for a better world.

You will get closer to yourself, understanding your automatic reactions - and what keeps you from speaking your truth.

You will grow skills to engage with clear voice and warm heart even in the heat of challenging conversations.

You will recognize the human-human being behind challenging viewpoints.

You will recognize that
We are one.



17 webinars on Wednesdays

Beginning 6th March, webinars take place every other Wednesday at 19.00-20.30 Central European Time, followed by 30 minutes sharing and Q&A.

Date exceptions:

- Tuesday, 2nd April replaces Wed 3rd April.
- No class on 24th July.

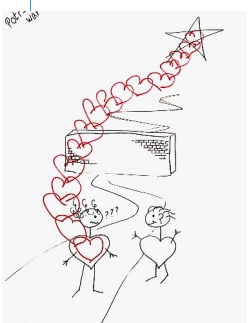
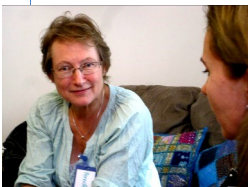
Recordings, presentations and other materials will be available online—for you to keep and use forever.

Pay-what-you-want for green activists.

For others, sliding scale 600-3.000 dkr./ **80-400 €** / **70-350 £** for the series.

If you pay less than 600 dkr./ **80 €** / **70 £**, I request a no-show fee of 100 kr./ **15 €** / **12 £** per webinar.

Turn page for webinar content



Overview of the content:

6th March: Grief Circle	Opening circle. The present conditions of the world – environmental and social state. Why grief is a necessary practice and grieving together primes us for action. Guest presenter: Emma Collins.
20th March The power of relating	Are you instrumental or resonant in your relationships? Language can connect or separate us. What drives living beings? How can we connect with the aliveness in each other, rather than diagnose, label or attempt to fix one another? Focus on the experience of feelings and needs.
2nd April Coming back to goodness within	How our brain works under stress and when we feel safe. How to support each other to come home and be socially engaging. The importance of acting from integrity, rather than rage or despair.
17th April Separating judgments from observations	While civil disobedience is a powerful tool for waking people up, the creation of a just and sustainable world takes deep communication skills. De-escalating conflicts starts with how we name what is going on. Clear observations are better foundations for dialogue than judgements if we want to connect.
1st May: Riding the lion	Our nervous system operates in three distinctly different states. Once we know the markers, we will easier recognize what goes on inside us and others, and we will be able to support each other in finding balance.
15th May: Dissolving enemy images	It is easy to point out the bad guys, but it doesn't prepare us for the more beautiful world our hearts know is possible. We need to have our brains and hearts recognize them as humans. It takes self-empathy and imagination – and allows for true respect for human beings.
29th May: Changing our beliefs about ourselves	We might have strong positions, but what keeps us from walking our talk? What are our worst fears? When we gently look into the eye of our fears, we find the key to change them and the resources to stand and walk.
12th June: Requests beat demands	Demands create reactivity. Requests invite the freedom of choice and tends to open for more committed 'yes'es. We will talk about the difference between these two and when to use each of them.
26th June: Saying 'NO' and staying connected	Communication skills include staying in connection even when we hold a 'NO' towards the other, or when they meet us with a 'no'. Even though we didn't get what we hoped for, we got closer connection which will inform our next steps.
10th July: The release of sacred contracts	We all have them– the sacred oaths we swore early in life. These oaths rarely serve us as adults, and as activists, they are too costly to carry. We need revoking them. Expect straighter back and broader shoulders.
7th August: Befriending the inner critic	We carry an inner community where each member has good intentions for us – even though they might speak to us in a harsh tone. Once we start listening, the conversation shifts, and we release energy to act from an integrated place.
21st August: Trauma – the word we need to deal with to become free	How trauma affects us as individuals and as communities, and what we can do to support healing the trauma, which is necessary before we can even think of designing another world and not replicate a culture of reward and punishment.
4th September: Expanding our window of welcome	Identifying when our brain withdraws us from social engagement, and how we can cultivate our robustness and stay resonantly connected even when challenged. Concrete ways of expressing sorrow and caring for ourselves without closing down.
18th September: Resonance vs reassurance	How to bridge the gap that separates human beings. Letting go of the myth of existential aloneness through simple practices.
2nd October: Attachment to mother Earth	The four main attachment styles and how we relate to Mother Earth/ the living biosphere. How we related to the first important people in our life determines how we relate to ourselves, our partners and the wider community. Recognizing our preferred style makes change possible.
16th October: Connecting with opponents with grace and boldness	Learning the I/ You-language is a simple practice with huge impact. No need for remembering a new language; this is true connection despite of opposing stands.
30th October: Gratitude practice paves the road forward	There is much to worry and mourn about. A gratitude practice helps keeping you balanced and sane. And it doesn't leave you passive; on the contrary, it fuels you to keep working for what is precious.