

Preparing for a Better World 2020 – webinar programme

4th 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.
18th 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.
1st 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.
15th 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.
29th April: 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.
13th 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.
27th 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.
10th 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.
24th 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.
8th July: The release of sacred contracts	We all have them – the unconscious contracts we made 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.
5th 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.
19th 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.
1st September: Intention vs impact. Making amends.	Awareness of our social identity is the first step to recognize how we are all part of the global system of historical and current colonization and domination. Next step is to be willing to receive feedback when we unintentionally hurt somebody and to listen to the pain, rather than defending ourselves.
16th 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. Vulnerability feels like weakness when it is unfamiliar, but as we get used to it, it offers us true power.
30th September: Our relationship with mother Earth	We are not separate from nature as the predominant paradigm tries to teach us. There is no planet B. We are inseparable from nature; the Earth is our body. We will explore our current relationship and how we can engage in a reciprocal exchange with Nature.
14th October: Connecting with opponents with grace and boldness	We origin from the same womb, from Mother Earth. I and you are like left and right hand of the same body. When we can stay in connection even when stakes are high, it is more likely that our voice is heard. It takes confidence and courage – and a little technique.
28th October: Gratitude practice paves the road forward	There is much to mourn and worry 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.