



The Carbon Conversations

An inspiring, practical 6-session course on low carbon living

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What are the Carbon Conversations?

- A safe space that helps people connect, explore and act on climate change.
- Five two-hour sessions held fortnightly and a sixth 'reunion' session 2 months later.
- Comprehensive course handbook, games and energy monitoring resources.
- A friendly, non-preaching space for discussion, understanding, acceptance, laughter and practical plans.
- Based on a psychological understanding of barriers to change
- Groups address key areas of an individual carbon footprint in a supportive and non-judgemental fashion.
- Informal findings indicate group members reduce their footprint by 1 tonne during the course and make plans to halve their footprint over the next 5 years.

Where did they come from?

- Developed by Rosemary Randall - psychotherapist and author of '[A New Climate for Psychotherapy?](#)' Rosemary is founder and director of Cambridge Carbon Footprint (CCF), a charity that uses approaches drawn from psychotherapy, social marketing and community work to engage diverse audiences in work on climate change.
- Featured in The Guardian's 2009 'Manchester Report' as one of the best 20 ways to respond to climate change.

We've been told what we *should* do already. How is this different?

- Recognises the multiple personal and social barriers preventing rewarding low-carbon lifestyle change.
- Designed to explore and build individual capacity to overcome barriers to change
- Guides participants to identify achievable, enjoyable yet ambitious low-carbon changes.

How will the course benefit me as a student at the University of Edinburgh?

- Deepen your understanding and ability to communicate large global issues, such as climate change
- Train as a facilitator after taking a group – learn advance group facilitation skills and experience in engaging people in collective action
- Do something extra curricular which balances both personal interests and issues relevant to all professions