



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.
- Time 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 does the course relate to me as a staff member?

The Carbon Conversations look at personal carbon footprints – those we have individual control over. The course is a personal opportunity, but one that can also pay dividends within your work context.

- Awareness and skills relevant to personal professional capacity in an ever 'greening' work market.
- Free half-day Facilitator Training to facilitate your own group is available– learn facilitation and group skills.
- Meet new people and bring a healthy variety to your working life.