

# Compassion for Earth Training

## Part 1: Primer for Compassion for Self

Embark on the first step towards creating campaigns that inspire real behavioural change and sustainable living.

Your team will be trained on our framework as well as some core skills of compassion, and learn to utilise and infuse them into your campaigns.

The training consist of two segments. The first segment of the training, 'Primer for Compassion for Self' - lays the foundation for healing the Earth. Through this training, participants will be taken on a journey to explore their relationship with themselves and learn skills to manage and support themselves through difficult emotions and inner struggles.



## Overview

In this course, participants will learn essential skills of Compassion for self, including:

- Self empathy and deep listening
- Relationship of their core values to feelings
- Managing difficult emotions
- Motivating oneself with compassion
- Self kindness versus self criticism
- Silver lining and our struggles
- Listening with compassion
- 5 stages of acceptance
- Mindfulness versus rumination

# Compassion for Earth Training

## Part 2: Primer for Compassion for the Earth

Continuing your team's journey in developing the skills of empathy and compassion for the Earth.

This segment of the training, 'Primer for Compassion for the Earth' - focuses on expanding our circle of compassion beyond ourselves to include Compassion for the Earth.

Through this training, participants will be taken on a journey to explore their relationship with themselves and the Earth.



## Overview

In this course, participants will learn essential skills of Compassion for the Earth, including:

- What it means to 'Treasure Earth'
- Setting Earth-friendly intentions
- Formulating positive affirmations
- Honouring our pain for the world
- Managing climate anxiety and eco-grief
- A larger view of ourselves
- Recognising our common destiny with all of life
- Personal action plan to heal the Earth