



Essential Ingredients of Sustainability

A Skills-Development Workshop

Organisations and communities have the passion and desire to drive real and sustainable **positive social and ecological impact**; but are often frustrated with their limited success. All too many underestimate the vital importance of addressing our perceptions, attitudes and skills of empathy, and therefore completely **overlook these key success factors**. Until teams and initiatives include an explicit focus on our inner world, they will continue to repeat the same errors. In this webinar, we will share and discuss what are the essential ingredients that create the subtle and powerful alchemy that transforms and energises these efforts, and without which they may remain bland.

Workshop Overview

- Responding to climate catastrophe - common obstacles
- Finding balance between our values, priorities and actions
- Ingredients and techniques that help build skilful responses to climate and environmental issues
- Maintaining active and conscious practice that supports eco-conscious lifestyles
- The workshop consist of presentation, personal assessment survey, exercises and practices

Workshop outcomes, participants will learn:

- Common responses to climate crisis
- Common blocks to our our responses, healthy actions and lifestyles
- Skills and techniques that help build skillful responses to climate and environmental issues - be a force for positive ecological changes
- To tune in to and align their values, priorities and actions
- To acknowledge and appreciate that their actions matter

Suitable for:

Corporations, NGOs, Schools

Duration:

Customisable according to the needs of your organisation