

Carbon Conversations Facilitator training workshop

Sat 20th/Sun 21st November 2010.

This 2-day weekend workshop introduces you to the materials and the key skills needed to run a successful Carbon Conversations group. Participants should attend with the person they plan to co-facilitate with. Included in the price are:

1 copy of the Member's Handbook, 1 copy of the Facilitator's Guide, lunch and refreshments on both days of the training.

Games packs and more copies of the Member's Handbook and Facilitator's Guide will be available to buy at the workshop.

Venue: Abbey meadows Primary School Community Wing, Galfrid Rd, Cambridge CB5 8ND.

Times: Saturday 20th November 9.30-5.00. Sunday 21st November 9.00-5.00.

Cost per person: £165 small community groups; £190 local government and larger NGOs; £250 commercial.

Some bursaries may be available for those on low incomes. Please contact us for details.

Accommodation: See <http://www.visitcambridge.org/wheretostay.php>. We may also be able to find you accommodation with CCF members at cost.

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I would like to attend the Carbon Conversations Facilitator Training on Saturday 20th and Sunday 21st November. I enclose cheque for £165/£190/£250 per person payable to Cambridge Carbon Footprint.

Name

Organisation

Address

Phone

Email

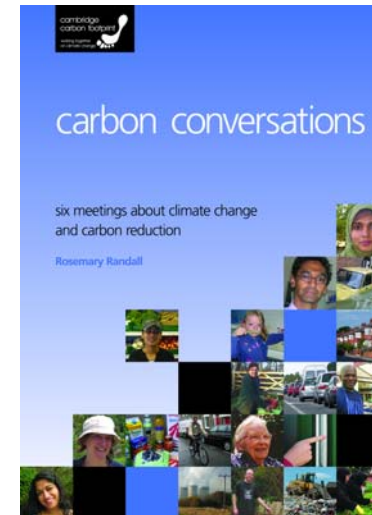
Print and return this form to Cambridge Carbon Footprint, CityLife Social Enterprise Centre, 182-190 Newmarket Road, Cambridge, CB5 8HE, or email your details to us: info@cambridgecarbonfootprint.org. For more information, call Mary Geddes 01223 971353

Carbon Conversations

Now available to run in your area

Six friendly practical meetings to help people halve their carbon footprint.

- based on the psychology of change
- emotionally engaging
- technically rigorous
- up to date, attractive handbook and materials



Featured in the Manchester Report: "...one of the most quietly inspiring presentations..." Ian Katz, the Guardian

Carbon Conversations Groups

Supportive - engaging – exploratory - practical

Carbon Conversations Groups help people halve their personal carbon footprint. Groups of 6-8 members meet with trained, volunteer facilitators in homes, community centres, workplaces or other venues.

The 6 meetings create a non-judgmental atmosphere where people can share hopes, fears, doubts and anxieties about the major changes that climate change demands. The friendly, supportive setting helps members make practical personal plans. Members explore the basic climate change problem, their ideas for a low-carbon future and the four key areas of the footprint – home energy, travel, food and other consumption. Group discussion, paired exercises, factual input, teaching games and other activities, combine with detailed monitoring of key areas of the carbon footprint. The approach emphasises the importance of exploring values, emotional responses and how to overcome difficulties. Carbon reductions of 1 tonne CO₂ are typically made by each member during the course, with plans developed to halve individual footprints over a 4-5 year period.

The materials

- **Carbon Conversations:** 128 page course member's handbook with detailed back-up information, 'at-home' activities', resource lists and FAQs, illustrated throughout with stories taken from our story-collecting and Akashi projects.
- **3 interactive games** for group discussion, each on a brightly coloured, cloth board with laminated playing cards, instructions and players notes.
- **The facilitators' guide:** 40 page booklet providing guidance on the emotional dynamics of a group, on the psychology of climate change and on the course content, including outline programmes for each meeting.
- **Carbon calculator** from the Centre for Alternative Technology, provides a base-line footprint for each participant.

Trialled in Cambridge with over 400 participants, Carbon Conversations materials and training are now available nationally.

Facilitator training

All facilitators need to be trained to deliver the groups successfully. Training is available in various packages and at various levels.

Weekend workshops in Cambridge: our 2-day course will equip you and a co-facilitator with the skills and information to run a group back home. Details of the next course overleaf.

Weekend workshops in other areas: find 8-16 people in your area who would like to train as facilitators and we will come to you. Contact us for details and prices.

Cascading the scheme: Carbon Conversations can easily be cascaded to a wider community by training suitable participants to deliver their own groups. We provide a shorter facilitation training for these people. A course for people who would like to train their own facilitators is planned for early 2011. Contact us for details.

"Encouraging and inspiring"

"Made me feel empowered"

"Helped me change my life in a meaningful way"

"Caused seismic changes in my attitudes"

"I've created my own personal carbon descent plan!"

Materials prices:

Complete sets of the materials can be purchased on completion of the facilitation training. Samples are available to view on our website. Contact us for prices. www.cambridgecarbonfootprint.org

