

THE PSYCHOLOGY OF CLIMATE ACTIVISM



Do you feel overwhelmed, worried, and anxious about climate change? And do you rebel against human extinction?

Then, this weekend, organised in collaboration with XR, is meant for you. Learn to emotionally support yourself and others. What inner, relational, social, and systemic issues do you run into whilst being a climate activist –taking responsibility for our future?

WHY YOU SHOULD COME

You want to learn how to deal with your own and other people's emotions. How do *you* deal with system-wide trauma and pain?

- ★ Join a group of people who want to also connect on a deep human level.
- ★ Use this weekend to take care of yourself and see the big picture.
- ★ Share with each other strategies in creating a regenerative culture.
- ★ Learn from other activists on how they deal with emotional tension.
- ★ Train your skills to deal with your own and other people's feelings.
- ★ Learn about system trauma and how XR may reflect that tension.



Sign up before
March 25, 2020!

XR ACTIVISTS WELCOME

This initiative is open for all XR activists. The group size is limited to max 50 people. When you sign up, you are expected to come both days and do an intake beforehand. Sleeping over is highly recommended. The outdoor activity at the end of the second day is optional.

Sign up goes together with an intake. **Book your time-slot here.** Please login with the password **xrpoca2020**

**SIGN UP + BOOK
YOUR INTAKE NOW**

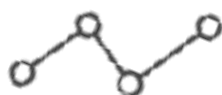
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YOU WILL **LEARN** ABOUT



The psychology of sustainability.

How do you create a community of support whilst systemic trauma and pain are all around?



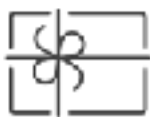
The ups and downs of climate heroism.

There is a price to be paid to stand up for the bigger and common good. What does it bring and take?



Systemic change & transformation.

When you are seeing the whole system, all voices do count. What needs to be respected/challenged?



Self-care and compassion.

Though we might want to save the planet, we should not forget ourselves and take care.



Being radically honest with yourself & others.

Activists point towards today's blindspots in society. Can we be both compassionate while holding people accountable?



Trauma and re-traumatisation.

Climate change requires to see the forces of your past, acknowledge them, and move on, differently.



Deepening your climate activism.

Being right and getting it, are two different things. How do you personally deal with that tension?



Perpetrator and victim dynamics.

Within society, there are a lot of paradoxes. How do you step out the powerful and powerless dynamics?



Reconnect to your bigger life purpose.

What drives you? And what are you sensitive for – coming from your own and family's past?

WEEKEND PROGRAM

Though the program may change upon your needs, it may look like:



Check-in and warm-up

Why are you here? What elements and voices of the system are in the room?



Individual reflection

What kind of activist are you? How is that similar to your role in your family of origin?



Pop-up mini-lectures

During the two days, there will be mini-lectures about the patterns that we find.



Group constellations

Bring in your issue and we will explore it spatially and visually. What do we find?



Reflections and check-out

There will be various moments in which we will reflect in sub-groups. What did we learn?



Optional: active in nature

Do you like rafting or canoeing? In this optional afternoon outdoor activity you can give it a go.

WEEKEND SCHEDULE

The **official workshop program** will be during the weekend before Easter weekend on **Saturday** (April 4, 2020, 10.00- 21.00 hrs) and **Sunday** (April 5, 10.00-15.00 hrs). Optional outdoor is at 15-17 hrs.

DAY	Thursday (optional) (April 9, 2020)	Friday (optional) (April 3, 2020)	Saturday (workshop day I) (April 4, 2020)	Sunday (workshop day II) (April 5, 2020)
EARLY MORNING		Prepare the place, do groceries, bring/pick up people, and more last-minute activities.	Walk-in & breakfast 7.00-9.00.	Walk-in & breakfast 7.00-8.30.
MORNING			Workshop program starts at 10.00 hrs.	Workshop program starts at 9.00 hrs and ends at 15.00 hrs.
AFTERNOON		Sign up to help out! It will be fun. Thank you!	Workshop program	Optional outdoor activity: go hiking, rafting or canoeing, 15-17.00 hrs.
EVENING	You can arrive and stay over if you help us the next day prepare!	All: You can arrive and stay over to be there in time for the next day. You can also help us taxi people to the bus/trains.	Workshop evening program runs until 21.00 hrs.	All: You can help us clean up or taxi people to the bus / train stops. Thank you!
LATE EVENING		Please be in latest at 22.00 hrs. Thanks!	Sleep and campfire time (optional)	

ABOUT THE FACILITATOR

Hi XR activists,

My name is Oscar.

**I am a systemic coach,
researcher, consultant,
trainer, and facilitator.**

**I have my coaching practice
in Amsterdam, at De Zuidas.**

**I have worked with activists
before. I also work together
with governments / banks to
solve complex social issues.**

**Look forward to meet you
and support you in your
climate activism. We need
people to change the game.**

See you soon!

**CLICK HERE TO LEARN
MORE ABOUT OSCAR**

WHAT DOES A SYSTEMIC COACH DO?

Systemic = seeing people within their family, organisational, societal, political, legal, and ecological system. Awareness of the relational context may help you deal with key conflicts and tensions within your team. How can we navigate right through?

Coaching = enabling people themselves to find what's best for them, while mirroring, confronting, supporting, and all that helps to build awareness of oneself and better navigate one's context.

A **systemic coach** helps you map your social system with for example figurines, your inner emotional landscape with A4s, but also works in groups with the team constellations method.



WHAT IS A (GROUP) CONSTELLATION?



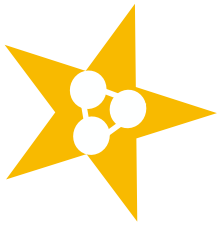
a constellation = a spatial representation of a question, issue, or theme. It is mapped in the room with different roles (so-called “representatives”). By mapping the field in this way, it clarifies unconscious relations and dynamics that play. These can come from our personal lives, but also from the history of a value system in wider society.

WHY AND WHEN THIS METHOD WORKS BEST:



CREATE A SENSE OF URGENCY

People need contexts that support them. When we are busy, we forget about what we need or forget to ask this question to others. Set shared priorities by tuning into yourselves first.



REALISE BREAKTHROUGHS

Your job, role, and tasks can be spelled out. However, the organisational/industry history and intergenerational team undercurrents may still impact your work experience today.



CLARIFY CONFLICTING ROLES

While working with others or within an organisation, our needs may not be met all the time. What of this do we know from our youth? What of those paradoxes come back in “the system”?



SEE WHAT'S NOT BEING SEEN

What we experience, may be a reflection of dynamics within the wider organisational context. What blindspots, individually and collectively, do we hold onto? What wisdom does emerge?



DISCOVER WHERE TO GO NEXT

When we dare to look at ourselves radically honestly, we may find new paths forward. What next, possible step can we see?

HOW TO GET THERE

This weekend will be held at:
Bekkingvelderweg 6a
7625 RM Zenderen
The Netherlands



The place we will be at will be in the middle of the countryside. It is difficult to reach with public transport. So please, plan your intake and also let us know if we can help you get there. No guarantees, but we will do our best to organise it.

FOOD AND DRINKS

Vegan food and cooking together

We are striving to cook vegan throughout the whole weekend. We are also aiming to cook together, that will be fun as well! :)

Tea and coffee

Tea and coffee and a healthy snack we will have during the day.

Alcohol and drugs free

Though we are open to these things, since we will be working with emotional stuff, we do not allow for any form of alcohol/drugs use during the days of the workshop (on both Saturday and Sunday).

Special diet?

Please bring your own food and take care of yourself. In terms of money, please pay the regular fee for things like tea and the like.

Important: bring cash for food costs sharing

As you may understand, feeding a large group of people brings costs with it. Please bring **EUR 35** in cash. This will include breakfast, lunch, and dinner. No costs are charged for location facilities (this is taken care of by opporren.nl). No costs are charged for the workshop guidance by [Oscar](#). Any remains of funds, if any, will be donated to XR. No discounts are possible.

Important: Bring your own cutlery and plates!

Bring your own **fork, spoon, knife, plate, bowl, and (tea) cup.**



SLEEP & STAY OVER

Stay over on Thursday and Friday night

If you are helping to prepare, you can come on Thursday evening or on Friday during the day. If you want to stay over to be in time for Saturday, please make sure to come in before 22.00 hrs.

Stay over on Saturday night

It is recommended to stay over. Please bring a mattress, cushion, sheets for yourself. Thanks! If the weather is good, we can build a campfire. Bringing warm clothes is always a good idea! :)

Stay over on Sunday night

If you want, all can stay over Sunday night. Please indicate this when booking your intake.

Important: bring your towel, toothbrush, etc.

There are three showers. Please bring your own towel, clean clothes, soap, and your toothbrush!

Unfortunately, there are no wheelchair showers and bathrooms at the venue. Our most sincere apologies.

Important: bring your sleeping bag and mattress!

It is recommended to stay over. Please bring your own **sleeping mattress, cushion, and sheet**. If you want to sleep under the stars, you can also bring your **tent**. Plenty of nature around! :)

Questions
about this?

Please call Ico Jongerden at
+31 (0) 6 13
38 99 20 for
practical
issues and
directions.

Thank you!



(OPTIONAL)

OUTDOOR ACTIVITY

To close the two official workshop days, you can come along with an outdoor adventure activity on Sunday. We will start the tour around 15.00 hrs and it will end around 17.00 hrs. Ready?

This activity will be made possible by [opporren.nl](https://www.opporren.nl) – experiential learning.



OPPORREN



Questions about this? Contact Ico Jongerden
+31(0)613389920 or mail info@opporren.nl.

SIGN UP BEFORE MARCH 25, 2020

You can sign up by scheduling your phone intake [here](#). Login with the password (5 lower case letters, 4 digits): **xrpoca2020** The intake call takes 15-30 minutes. Look forward!

**SIGN UP + BOOK
YOUR INTAKE NOW**

Please login with the password **xrpoca2020**

CURIOUS FOR MORE?

★ Call/whatsapp/text me at +31 (0) 6 16261381 or send an e-mail to oscar@westravanholthe.com.



★ Logistics questions? Then please contact Ico Jongerden at +31 (0) 6 13 38 99 20 info@opporren.nl.