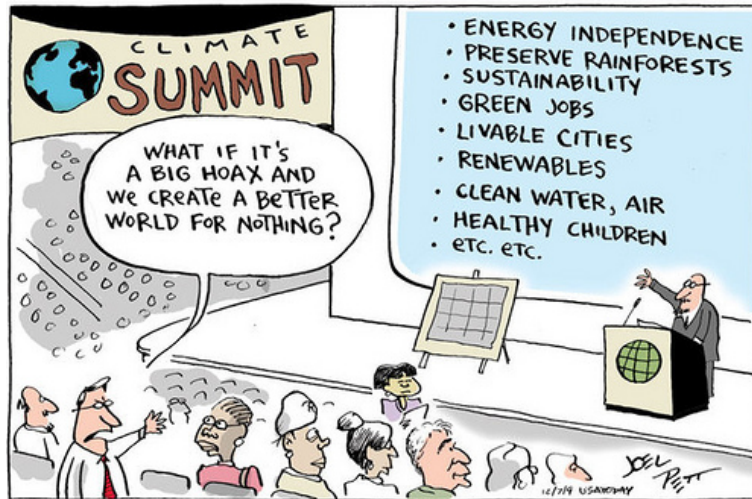


## Do you want to explore how we can take our sustainability to the next level and reduce our carbon footprint?

I would like to introduce you to Carbon Conversations!

**What?** Carbon Conversations is an inspiring series of 5 group discussions, involving games, knowledge-building, idea-sharing and reflections. Developed by psychotherapist Ro Randall and engineer



Andy Brown, it takes a unique approach that addresses the practicalities of carbon reduction while taking account of the complex emotions and social pressures that make this difficult. It is a facilitated course (I am a trained facilitator), you get a handbook and workbook with relevant information and prompts, and can expect to try some things out at home!\*

**When?** Tuesdays 7.30-9.30pm, starting January 23<sup>rd</sup> (and continuing Jan 30<sup>th</sup>, Feb 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>).

**Where?** My place (Barrel House 265 aka Craig's Barrel).

**Why?** I would like to do this first series as a pilot – let's explore whether Carbon Conversations are helpful in our context of Findhorn and how we could potentially add some more materials/information to use it as part of our very own climate change education or even evolve our climate change consciousness. And also, cosy winter evenings spent in interesting conversation in a whisky barrel with tea in front of a fire...

Considered by the Guardian to be one of the "twenty ideas that could change the world". <https://www.theguardian.com/environment/2009/jul/13/manchester-report-climate-change1>

**Interested?** Contact me, Maria, on [coop.maria@gmail.com](mailto:coop.maria@gmail.com) for more info and to reserve your place.

Sponsored by the Park Ecovillage Trust.

\*See also <http://www.carbonconversations.co.uk/>