



cCC2019
cCHALLENGE
Think Cosmically
Feel Globally
Act Locally

F.I.R.E. up your New Year's and make a difference with your resolutions for 2019.
Find your Spark: **December 2, 2018, 2:15pm**
Moray Art Centre.

15-20 Findhornians are invited to participate in a **30-day experiment** and chart a path to **conscious climate change**, starting **January 8, 2019.**

1. Choose one small change that benefits the environment. What you choose is up to you! Here are some examples:
 - I'll spend one hour in nature each day.
 - I'll raise conversations about climate change with people I meet.
 - I won't use screens / electricity after 9pm each night.
 - I will create a piece of art each day on the subject of climate change.
 - I'll only use my legs for transportation.
2. Commit to your change for 30 days. Your challenge should not be too easy or difficult – it should be a stretch.
3. Share your experiences, reflections and stories on your profile on CCC19.cchallenge.no and with people around you.
4. Get support, inspiration and insights from a cCHANGE climate coach along the way.
5. See experiment report sent to the Climate Change and Consciousness Conference 2019.

Join us to explore creative & innovative ways to shift the focus of climate change conversation **Dec.2, 2018.** For more info, sign up **NFA Office** or email: marilyn@integralcity.com

The cCC2019 cCHALLENGERS will explore creative and innovative ways to shift the focus of climate change conversations from “climate change” to “conscious change” through individual and collective transformation. This cCHALLENGE prepares the field for the **Findhorn Foundation Climate Change and Consciousness Conference 2019.** We will summarize results of the experiment and send a report to the conference. (Prof. Karen O'Brien from the University of Oslo and the creator of the cCHALLENGE plans to attend the conference.)

The cCHALLENGE and accompanying research and workshop will be convened and sponsored by **Findhorn Innovation Research & Education (F.I.R.E.)** in partnership Dr. Marilyn Hamilton, Founder of Integral City Meshworks who is collaborating with Maria Cooper and the Carbon Conversations process. Marilyn and Maria will join the experiment and hold the space for everyone from the wider community of Findhorn Foundation, Findhorn Village, Kinloss and Forres to participate. Maria will provide suggestions from the Carbon Conversations Handbook and will offer several sessions after December 2, 2018 to give you ideas to act on.

This project is co-created with cCHANGE, an Oslo-based company founded by University of Oslo Professor Karen O'Brien and Linda Sygna. cCHANGE brings together an interdisciplinary team with world-leading researchers on green transformation, sustainability and change.

C
- CHANGE