



**community**  
**climatecoaches**



Workshop Series

Workshop 1: Climate Resilient Individuals and Households



Welcome!



Image Source: <https://i.ytimg.com/vi/OWAZcDyzrkq/maxresdefault.jpg>

You Tube: <https://www.youtube.com/watch?v=OWAZcDyzrkq>



## Housekeeping



**IT IS TIME TO**



**You have the power to bring about positive change.**

Every action makes a difference, so start today at **[www.52climateactions.com](http://www.52climateactions.com)**

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- Acknowledgement
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- Safety procedures
- Breaks/snacks
- Respectful participation
- Questions
- Feedback
- It's time to act!



## Introductions: Your Facilitators



○ Add notes here

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## Workshop Outline



- Intro to Permaculture, 52 Climate Actions and SMART Goal Setting
- Ecological Footprint Calculator Reflections and Goal Discussion
- Energy Topic and Goal Discussion **BREAK**
- Water Footprint Calculator Reflections and Goal Discussion
- Waste Topic and Goal Discussion
- Goal set and share
- Feedback and close

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## Intentioning

- Get comfortable
- Breathe
- Let go of the before and after
- Commit to being fully present
- Focus on your intention for the workshop



**CLIMATE ACTION 1**

**COMMIT TO CLIMATE ACTION**

We're heading for 1.5 C (2.7 F) of global warming by 2030, due to burning fossil fuels, deforestation and agriculture. The result is more droughts, floods, wildfires, heatwaves and hurricanes. This prompts the question 'What can I actually do?'. The answer is simple: 'Commit to positive action now'.

**ACTION:**

Do an audit of your own climate impact and adapt accordingly

[READ MORE](#) 



## Introduction to Permaculture and 52 Climate Actions



### CLIMATE ACTION 18

#### STUDY PERMACULTURE

Permaculture is an approach to designing healthy, productive, wildlife-friendly places that can be applied from a personal to bioregion level. It combines ethics, understanding of nature and design principles to create a model for low-carbon living, thinking differently and climate adaptation.

#### **ACTION:**

Bring permaculture ethics and principles into your daily life

- Co-originated in Australia by Holmgren and Mollison in 1970s
- Developed by thousands across globe with a basis in First Nations knowledge
- Design system based on ethics earth care, people care, fair share (climate action requires climate justice!) and principles
- Current crises as opportunity for change
- 52 Climate Actions Consortium led by Permaculture UK



## SMART Goal Setting



Image source:

<https://commons.wikimedia.org/wiki/File:SMART-goals.png>





## Ecological Footprint Reflections



Image source:

<http://www.footprintcalculator.org/home/en>



**CLIMATE ACTION 2**

**REDUCE YOUR CARBON FOOTPRINT**

Personal carbon footprints in wealthy countries range from two tons of CO<sub>2</sub> a year to over 100 tons. We all need to reduce our footprint and it isn't difficult. Find out where you are using carbon, set yourself a reduction target, and make clear commitments to the actions you'll take.

**ACTION:**

Set a footprint reduction target and review it regularly

### Break Out Groups

- What was the most glaring area you could make a difference in?
- What challenges might you face and how might you overcome them?
- Summarise in chat when we return in 10 mins.



## Ecological Footprint Actions



### CLIMATE ACTION 4

#### THINK DIFFERENTLY

Tackling climate change calls us to a new relationship with nature, and lives of greater simplicity. We need to move from anxiety about the future to empowered, positive action. The simple ethics of Earth Care, People Care and Fair Share can guide us in restoring the planet and its people.

#### ACTION:

Choose to live more simply



### CLIMATE ACTION 6

#### EAT LESS MEAT AND DAIRY

One of the most powerful actions you can take to reduce your climate impact. Meat and dairy have a very high carbon footprint, especially beef and lamb. Globally, the spread of beef farming is causing huge deforestation. Reduce your meat consumption, and consider vegetarian or vegan options.

#### ACTION:

Go vegan two days a week



### CLIMATE ACTION 20

#### RIDE YOUR BIKE

Cycling is the perfect way to get around without fossil fuels. It produces minimal CO2, and no toxic exhaust emissions. It is efficient, fun, healthy and very cheap. Where good cycle infrastructure exists, it is also safer and often faster than going by car in urban areas. So get cycling!

#### ACTION:

Travel to work or school by bike



### CLIMATE ACTION 21

#### FARM REGENERATIVELY

Regeneration means restoring damaged systems. In farming this means improving biodiversity, building soil, planting trees, reducing emissions and sequestering carbon. Regenerative approaches include agroecology, organics, permaculture, agroforestry, no-till and biodynamics.

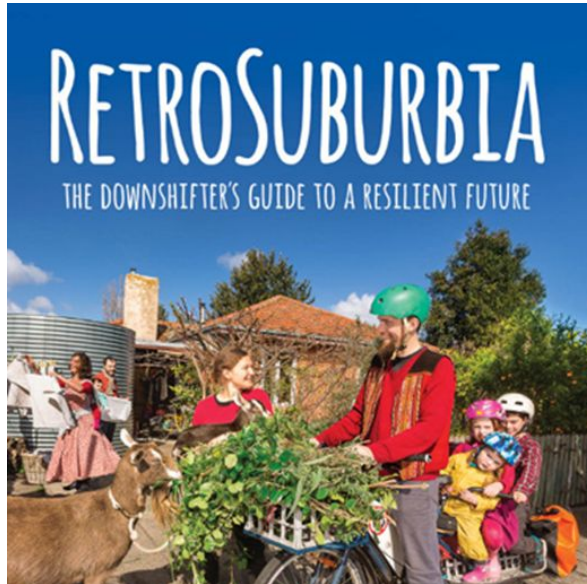
#### ACTION:

Make a series of regenerative improvements to your farm





## Energy Reflections



NEXT: BUILT	BIOLOGICAL	BEHAVIOURAL
Increase roof insulation & shade west wall	Detailed soil testing	More organised seasonal veg growing routine
Expand PV array, add battery storage	Keep building fertility	Brewing & winemaking
Increase workshop/ 'making' capacity	Expand veg growing	More regular honey & wax harvesting & use
Greywater recycling, composting toilet	Plant railway verge	More neighbourly collaborations
Extend house up, include guest space	More medicinal plants	Boarders / WWOOFers
Open up living area	Community gardening	Do away with petrol car

### Break Out Groups

- What did you learn from the worksheets?
- What solutions have you thought of so far?
- Can you think of one built, one behavioural and one biological solution or action you can take?

### BREAK



Summarise in chat when we return in 10 mins.

Image source:

<https://holmgren.com.au/permaculture-event/retrosuburbia-book-launch/>





## Energy Actions



**CLIMATE ACTION 10**  
**GENERATE YOUR OWN ELECTRICITY**

Generating electricity from domestic solar panels, small wind turbines or micro hydro is increasingly practical and popular. If you're on the mains grid, you sell the extra electricity. If not, you secure your electricity supply without a petrol generator and the electricity is carbon and cost free.

**ACTION:**  
Employ an expert to assess your energy generating options



**CLIMATE ACTION 23**  
**CHOOSE RENEWABLE ENERGY**

Fossil fuel power stations are the biggest source of CO2 emissions. In contrast, renewable energy comes from everlasting sources like wind, water, sunshine or plants and produces minimal CO2. By choosing renewables, you send a powerful signal to government and industry.

**ACTION:**  
Switch to a renewable energy supplier



**CLIMATE ACTION 28**  
**KEEP YOUR COOL**

Manage high summer heat without energy-hungry air conditioning. Adapt your home with tree shade, ventilation, insulation, thermal mass and a cool roof. Adapt your behaviour by using your coolest rooms, shutting blinds, slowing down, wearing less, getting into water and having a siesta.

**ACTION:**  
Implement a range of improvements to keep your home cool



# Water Footprint Reflections



VIRTUAL  
**WATER** inside products

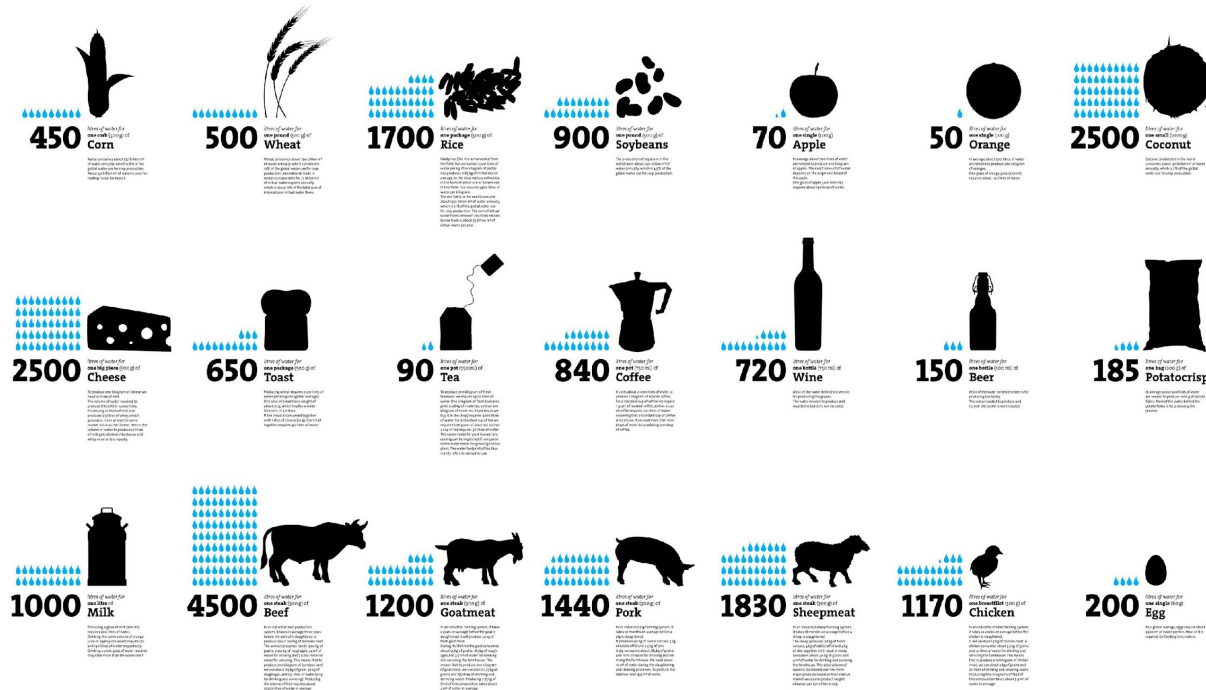


Image source:

[https://ecosistemaurbano.org/wp-content/uploads/virtualwater\\_alimentos1.gif?x87008](https://ecosistemaurbano.org/wp-content/uploads/virtualwater_alimentos1.gif?x87008)

## Break Out Groups

- What did you learn from the calculator and worksheets?
- What solutions have you thought of so far?
- Can you think of one built, one behavioural and one biological solution or action you can take?

Summarise in chat when we return in 10 mins.





## Water Actions



### CLIMATE ACTION 13

#### MANAGE WATER IN THE LANDSCAPE

A big effect of climate change is unpredictable rainfall, causing both droughts and floods. This is an acute threat to crops and livelihoods. Adapt by improving how you collect and store water on your land. Slow it down and harvest it with ponds, tanks, wetlands, swales and trees.

#### **ACTION:**

Harvest rainwater from your roof



### CLIMATE ACTION 15

#### USE CLIMATE TOLERANT PLANTS

Climate change is causing irregular heatwaves, varied season length, erratic rainfall and increased wildfires, hurricanes and floods. Growers are in unfamiliar, unpredictable conditions. One answer is to change what you grow; well chosen deep-rooted perennials will protect yields and stabilise land.

#### **ACTION:**

Change what you grow to increase its climate tolerance



### CLIMATE ACTION 24

#### GET WATER WISE

Seasonal water shortages and local rationing are becoming more widespread. There are two ways to respond: reducing home usage and increasing home supply. Simple cuts in use, combined with efficient or compost toilets, tap aerators, rain barrels and reuse of grey water can cut mains usage by 80%.

#### **ACTION:**

Harvest rainwater from your roof



## Waste Reflections



### Break Out Groups

- What stood out for you after being mindful of your waste for the past week?
- Can you think of one action you can take for each of the following:
  - Refuse,
  - Reduce
  - and Reuse/Recycle

Five minutes to think pair share!



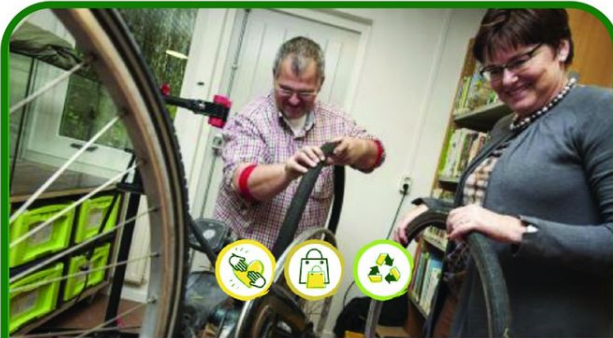
Image source:

<https://naturalpapa.com/wp-content/uploads/2011/11/nosuchthingaswaste.jpg>





## Waste Actions



### CLIMATE ACTION **11**

#### REFUSE, REDUCE, REUSE, REPAIR & RECYCLE

Recycling gets a lot of attention, but it's the least effective of the 5Rs. We need to be doing more refusing, whether it's excess packaging, cheap goods that won't last, or just simply something we don't need. Take what you have already and make it last, or give it a new lease of life.

#### **ACTION:**

Always carry a re-useable cup and cutlery with you



### CLIMATE ACTION **42**

#### EAT LOCAL, SEASONAL FOOD

Food transport, packaging and processing make up 6% of CO2e emissions from rich countries. Local, seasonal food means lower emissions, so find a source near to home - a farmers' market, community supported agriculture or your garden. Avoid air-freighted fruit and veg; use frozen or tinned instead.

#### **ACTION:**

Stop buying air freighted fruit and vegetables



### CLIMATE ACTION **51**

#### BUY LESS, MAKE MORE

Buying less stuff means more freedom and fewer things to worry about. Many of us have become so far removed from the source of what we buy that we are unaware of the environmental and ethical effects of producing and disposing of it all. So unleash your inner creativity and make it yourself instead!

#### **ACTION:**

Do an audit of your everyday expenses



[READ MORE](#)





# Your Household Climate Actions



Image source:

<https://commons.wikimedia.org/wiki/File:SMART-goals.png>



## Thank you and Feedback

When using these slides or the 52 Climate Actions cards, please acknowledge the authors and sponsors of the development of these resources at all times.



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