



Annual General Meeting

23 October 2016

President's report

Carol Ride

During the year since our last AGM (October 2015) we have continued with our dual role of helping people understand the **impediments and challenges** emotionally and psychologically of engaging with climate change.

We are increasingly being asked to speak with groups about both aspects – the challenges and the impediments. Speaking events include a large 250 plus public event in Wonthaggi for Bass Coast Groundswell, for RMIT Sustainability students, at Geography Teachers Association conference, on BZE Radio Show, and forthcoming events in the next couple of weeks at Lighterfootprints and a group based at Melbourne Uni called Climates.

Since being offered the chance to do training in using and presenting to the media offered by the Climate Council Climate Media Centre, articles have been written and published in regional papers such as the Tasmanian Examiner, Bendigo Advertiser and Albury papers, with CMC support. There have also been a few media interviews on Regional and interstate ABC Radio and FM interstate stations. The thirst and for understanding of psychology behind our lack of engagement is growing as is the curiosity about there being psychological factors operating at all.

We have responded to requests for emotional support for activists by offering workshops on Climate Grief, Beating Burnout and how to Care for Oneself with the exhausting and demanding pressure of being an activist, and with the propensity to feel overwhelmed and in despair at the perverse response of governments to the reality of the problem. This work looks to be a growing concern and we have responded by developing more resources to respond – both with material and workshop leaders.

We have run workshops on Climate Communication which uses role play and discussion, and has helped people realise that talking about climate change requires good communication skills, useful throughout life. But also that there are no magic answers to engaging people.

The group Climate For Change runs climate discussions in people's homes with trained facilitators. A couple of us have done this training and have found it a very good model that helps people shift from knowing a little while not being active, to being seriously engaged. We have been asked to run workshops for their facilitators on communication in the next months.

Early this year we did our updated print run of Let's Speak About Climate Change having exhausted our initial supply. This continues to be in demand.

We have also had a few requests from within the climate movement to offer advice or help with emotional problems. Some within organisations we have taken on ourselves, and others we have offered resources of psychologist and counsellors able to help in a private capacity.

Thank you to the growing team of psychologists, psychiatrist and helping professionals working with our group. This work continues to offer rewards from the people we offer our work to, and from the friendship and professional companionship of our being part of our group.

Many thanks to Bron Wauchope, Rosemary Crettenden, Ben Nisenbaum, Libby Skeels, Charles LeFeuvre, Anne Clancy, Andrea Bunting, Julie James, the support of Sue Pratt, and to recent members Nick Mueller and Kathleen Cator, and to support of Nique Murch who will be running our workshop today.