

## Carbon Conversations Facilitator training workshop Sat 6<sup>th</sup>/Sun 7<sup>th</sup> February 2010.

This 2-day weekend workshop introduces you to the materials and the key skills needed to run a successful Carbon Conversations group. Included in the price are:

1 copy of the Member's Handbook, 1 copy of the Facilitator's Guide, lunch and refreshments on both days of the training.

Games packs and more copies of the Member's Handbook and Facilitator's Guide will be available to buy at the workshop.

Venue: Cambridge, details to be confirmed.

Times: Saturday 6<sup>th</sup> Feb 9.30-5.00. Sunday 7<sup>th</sup> Feb 9.30-5.00.

Cost per person: £165 small community groups; £190 local government and larger NGOs; £250 commercial.

Some bursaries may be available for those on low incomes. Please contact us for details.

Trainers: Rosemary Randall, founder of Cambridge Carbon Footprint and author of Carbon Conversations, Mark Skipper, sustainability educator and CCF member.

Accommodation: See <http://www.visitcambridge.org/wheretostay.php>. We may also be able to find you accommodation with CCF members at cost.

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I would like to attend the Carbon Conversations Facilitator Training on Saturday 6<sup>th</sup> and Sunday 7<sup>th</sup> February. I enclose cheque for £165/£190/£250 per person payable to Cambridge Carbon Footprint.

Name

Organisation

Address

Phone

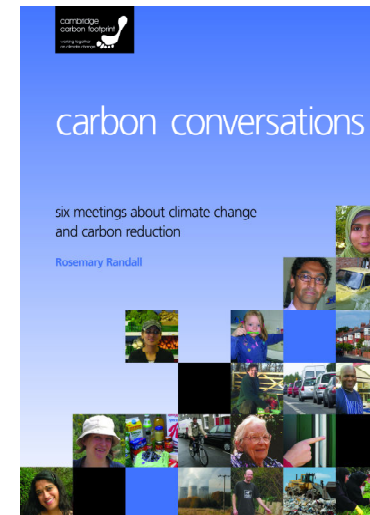
Email

Return this form to Cambridge Carbon Footprint, CityLife Social Enterprise Centre, 182-190 Newmarket Road, Cambridge, CB5 8HE.

## Carbon Conversations Now available to run in your area

Six friendly practical meetings to help people halve their carbon footprint.

- based on the psychology of change
- emotionally engaging
- technically rigorous
- up to date, attractive handbook and materials



Featured in the Manchester Report: "...one of the most quietly inspiring presentations..." Ian Katz, the Guardian

[www.cambridgecarbonfootprint.org](http://www.cambridgecarbonfootprint.org) [info@cambridgecarbonfootprint.org](mailto:info@cambridgecarbonfootprint.org)  
01223 971353

## Carbon Conversations Groups

Carbon Conversations Groups are short courses that help people halve their personal carbon footprints. Led by trained volunteer facilitators, groups of 6-8 members meet in homes, community centres, workplaces or other venues.

The 6 meetings engage people both emotionally and practically, helping them overcome the barriers often associated with making large carbon reductions. Members explore the basic climate change problem, their responses to it, their ideas for a low-carbon future and the four key areas of the footprint – home energy, travel, food and other consumption. Group discussion, paired exercises, factual input, teaching games and other activities, combine with detailed monitoring of key areas of the carbon footprint. The approach factors in time to explore people's values, emotional reactions and difficulties in making changes. Carbon reductions of 1 tonne CO<sub>2</sub> are typically made by each member during the course, with plans developed to halve individual footprints over a 4-5 year period.

### The materials

- **Carbon Conversations:** 128 page course member's handbook with detailed back-up information, 'at-home' activities', resource lists and FAQs, illustrated throughout with stories taken from our story-collecting and Akashi projects.
- **3 interactive games** for group discussion, *Low-carbon house*, *Travel dilemmas* and *Food footprints*, each on a brightly coloured, cloth board with laminated playing cards, instructions and players notes.
- **The facilitators' guide:** 40 page booklet providing guidance on the emotional dynamics of a group, on the psychology of climate change and on the course content, including outline programmes for each meeting.
- **Carbon calculator** from the Centre for Alternative Technology, on CD, provides a base-line footprint for each participant.

Trialled in Cambridge with over 350 participants in 40 different groups, Carbon Conversations materials and training are now available nationally.

## Facilitator training

All facilitators need to be trained to deliver the groups successfully. Training is available in various packages and at various levels.

**Weekend workshops in Cambridge:** our 2-day course will equip you and a co-facilitator with the skills and information to run a group back home. Details of the next course overleaf.

**Weekend workshops in other areas:** find 8-12 people in your area who would like to train as facilitators and we will come to you. Contact us for prices.

**Training for trainers:** in Cambridge or in your local area. If you'd like to roll out a cascade of groups, training your own facilitators and providing supervision and support, we offer training in delivering the complete package. Contact us for details and prices.

### Materials prices:

Complete sets of the materials can be purchased on completion of the facilitation training. Samples are available to view on our website. Contact us for prices. [www.cambridgecarbonfootprint.org](http://www.cambridgecarbonfootprint.org)

carbon conversations games

low-carbon house

food footprints

travel dilemmas

cambridge carbon footprint  
working together on climate change  
[www.cambridgecarbonfootprint.org](http://www.cambridgecarbonfootprint.org)

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