

HEAL & HUSTLE CLIMATE CHANGE REVOLUTION



JOIN US FOR A DAY OF INDIVIDUAL AND COMMUNITY HEALING, RECOVERY AND ACTION PLANNING
AS WE GRAPPLE WITH THE CURRENT BUSHFIRE CRISIS AND THE BROADER CLIMATE EMERGENCY

<u>TIME</u>	<u>SESSION</u>
9:45am - 10:00am	ARRIVAL AND REGISTRATIONS
10:00am - 10:05am	WELCOME - MOIRA WERE AM, COLLAB4GOOD COFOUNDER
10:05am - 11:00am	LET'S START WITH LOSS AND GRIEF - ROSEMARY WANGANEEN
11:00am - 11:30am	TRUTH MANDALA - MELISSA HELLWIG <p>Internal feelings of fear, sadness, anger and emptiness are invaluable teachers at this time and need to be listened to. They reveal our shared vulnerability and the vulnerability of the natural world of which we belong. To give permission to express these specific feelings together paves the way for how to act in future as we reveal what actually needs to be changed.</p>
11:30pm - 12:00pm	RECOVERY & ACTION FROM THE FRONTLINE - NATALIE FULLER <p>A fire takes a matter of minutes but the recovery process can take years. Mobilising community to provide hands on support in the rebuilding process offers practical support to fire-affected families as well as a way for wider community members to directly contribute to the healing process.</p>
12:00pm - 12:30pm	SHARED LUNCH - BRING A PLATE
12:30pm - 1:15pm	BREAKOUT SESSION 1 PARTICIPATORY MEDIA FOR CHANGE - SUSAN ROONEY-HARDING <p>Learn a few basics in smart-phoneography and short storytelling around the theme of 'We don't need a handful of people doing it perfectly. We need millions of people doing it imperfectly'. This session will focus on smart-phoneography and short storytelling looking at what each one of us is doing at a personal level to create a more sustainable future for generations to come.</p>
	BREAKOUT SESSION 2 GEN Z SPEAKS OUT - AMY ORANGE <p>The future of our planet seems bleak and Gen Z stand to bear the brunt of past generation's actions and inactions. Join us for a lively panel discussion with members of our youngest generation to hear their views of the current and future state of our world, and listen as they tell us what they would like us as current leaders to do to give them more hope for a brighter future.</p>

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BREAKOUT SESSION 3 FIGHTING FAKE NEWS - MICHELLE PRAK

Tired of climate misinformation and myth online? It's too easy to hit Share or Retweet before checking facts. This workshop aims to build 3-5 habits we can all safely use in 2020 to share accurate climate stories on social media – and encourage our friends and family to do the same.

1:25pm - 2:10pm

BREAKOUT SESSION 1 POLICY FOR THE PLANET - SARAH GUN

Does your business (or the business you are in) have a climate and sustainability policy, or a policy that needs updating? We will create a best practice policy that can be implemented and actioned on monday morning. We have been called to action - this is a powerful way to be accountable.

BREAKOUT SESSION 2 START SMALL WITH TINY HABITS FOR CHANGE - ANNA LEE

Change can feel hard. In this highly interactive session, certified Tiny Habits coach Anna Lee will show how starting tiny can lead to big, beautiful, full-blown changes in your wellbeing, relationships and behaviour. You will leave with three personalised Tiny Habit recipes and the opportunity to track your progress over the following five days using the Tiny Habits online platform.

BREAKOUT SESSION 3 DESPERATE TIMES AND DESPERATE MEASURES - JOHN BAXTER

Join this facilitated discussion on redefining self, life and acceptable action in times of trouble.

2:20pm - 3:05pm

BREAKOUT SESSION 1 INTERPLAY FOR HOPE - ZIZI EMANUELE

Using movement, storytelling and voice work in this experiential workshop we will create an opportunity to tell stories and share experiences in new and somatic ways. InterPlay tools resource us as individuals and communities to develop a capacity for creative and healthy responses to the uncertainty in our lives.

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BREAKOUT SESSION 2

PERSONAL CHANGE FOR CLIMATE CHANGE - SWATI SHARMA

With personal commitment to changing a few everyday habits, collectively we can create enough good practice that will help our planet and support reversing climate change. This session will focus on ideas and habits that each one of us can embrace on a personal level to do our bit to make sure we have a planet to live on in the future. #togetherwecan

BREAKOUT SESSION 3

REBEL FOR LIFE - A MORAL IMPERATIVE? - DEBBIE DUNN

After a short briefing about Extinction Rebellion's rationale for Civil Disobedience and how the movement is based on self-organising principles, you will be invited to participate in a people's assembly to reach consensus on the use (or not) of civil disobedience as a strategy to drive rapid action on the Climate & Ecological Emergency.

3:10pm - 3:25pm

HEALING AND ACTION THROUGH MEDITATION - CHRISTYANA BAMBACAS

3:25pm - 3:30pm

WRAP-UP AND CLOSE - COLLAB4GOOD CO-FOUNDERS

TICKETS \$10 (CHILDREN 15 AND UNDER FREE)

WWW.EVENTS.HUMANITIX.COM.AU/HEAL-AND-HUSTLE-CLIMATE-CHANGE-REVOLUTION

**BIG THANKS TO OUR ACTIVATORS AND TO OUR VENUE PARTNER HEALTHY LIVING
PRECINCT FOR MAKING THIS COMMUNITY EVENT POSSIBLE**



16 HINDMARSH AVE, WELLAND • FEB 16 • 10AM TO 3:30PM