

Welcome

EMCC UK

*The choice for **PROFESSIONALS***



*Defining, shaping and promoting best practice
in mentoring, coaching and supervision in the
UK*

Professional...Supportive...Inclusive...Progressive...

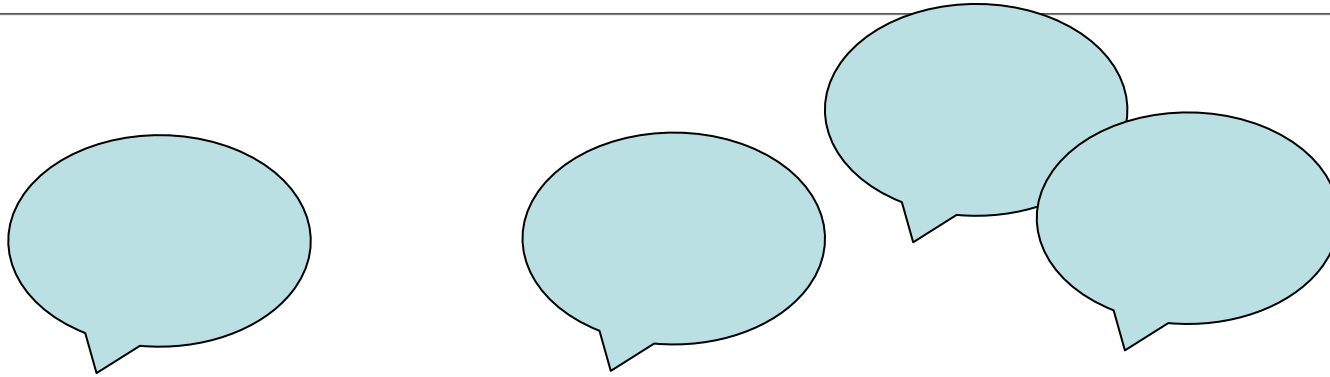


Coaching with the Earth in Mind

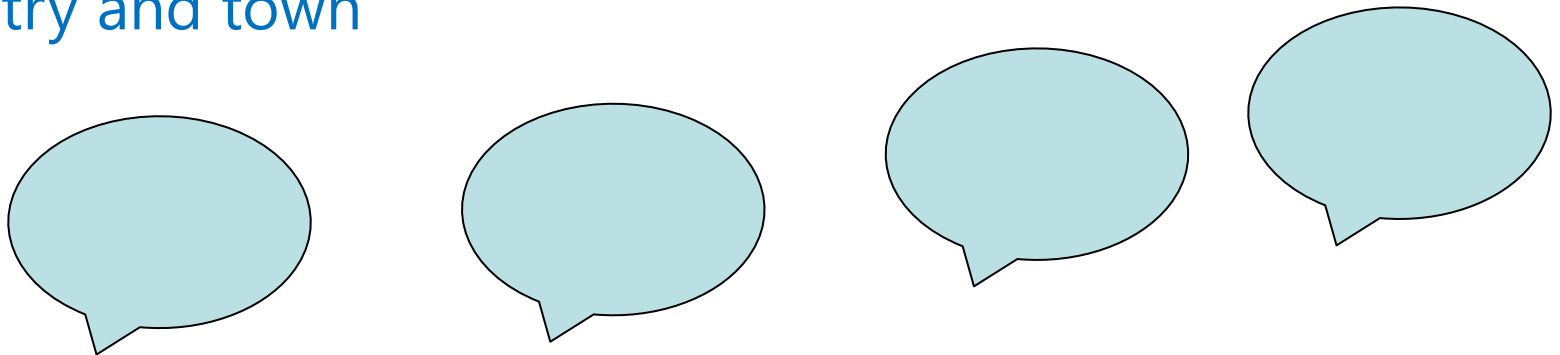
Linda Aspey

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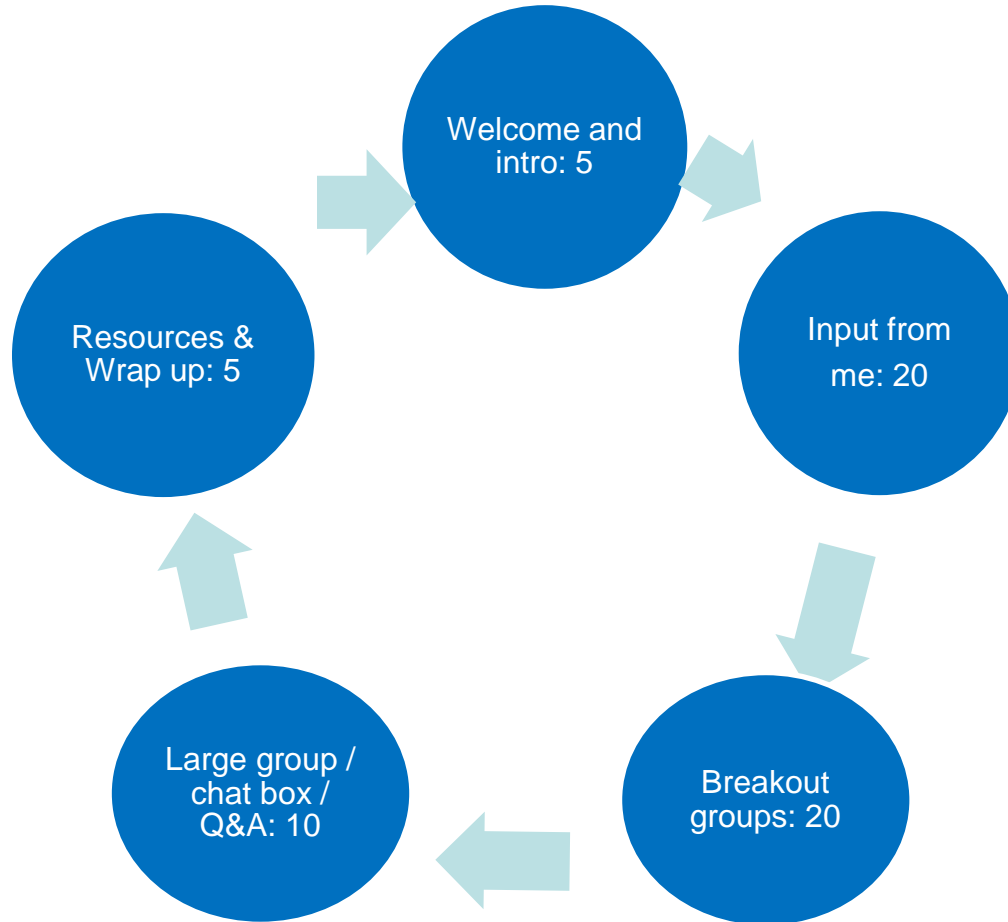
In the Chat Box



Tell us your name and where you are now – which country and town



Session Plan



Session aims – to:

Highlight some psychological defences that can emerge around climate change and the ecological crisis

Consider what your role – as a professional coach or mentor – might be around these issues and what it might mean to 'Coach with the Earth in Mind'.

Share a simple framework for you to take away to explore climate change / ecological crisis on both personal and professional levels.

About Me

Executive Coach, psychotherapist/ counsellor and supervisor of individuals and groups

One of Nancy Kline's Time to Think global faculty, teaching and qualifying coaches and facilitators in the Thinking Environment®

Extinction Rebellion speaker, trainer and trainer of trainers; joined XR in October 2018 – a first time activist

Member of the Oxford Climate Society and Student at the Oxford School of Climate Change

Increasingly working with individuals and organisations involved in sustainability field or in mitigating impacts of / creating solutions towards reducing climate and environmental change or damage

Raising the Alarm in Coaching

Together with Zoe Cohen & Alison Whybrow, authored an “Open letter to Coaches, the Coaching & Coaching Psychology Professional Bodies and Coach Educators” in July 2019



A Collaboration is Announced

29th May 2020:

From the Climate Coaching Alliance:

“Five of the major professional bodies have collaborated together to make a joint statement about our ecological crisis and the role of coaching.”

A special mention and well done to Eve Turner!

**GLOBAL STATEMENT
FROM
THE PROFESSIONAL BODIES FOR
COACHING, MENTORING & SUPERVISION**

Dated 29/05/2020 v1.0

Humankind faces one of its biggest challenges in the current climate and biodiversity crisis. This challenge has been building for decades; many experts concur on the understanding that we have at most a ten-year window of opportunity to address the changes needed to slow down and stabilise the worst-case scenarios of runaway climate change before an irreversible tipping point is reached¹.

We write this statement in the midst of the coronavirus pandemic. It is noteworthy how swiftly people have changed their behaviours in response to the pandemic, how they have come together to collaborate, share resources and do what needs to be done in the face of danger. This response provides many clues and possibilities for useful actions as we face the ongoing greater threats to our climate and ecology which equally provides us with a landscape of learning.

The facts of the ecological crisis are compelling and can be seen in reports by organizations such as the IPCC². Hundreds of organisations, including governments, have acknowledged and declared a climate emergency. The WHO have estimated that between 2030 and 2050, climate change is expected to cause approximately 250,000 additional deaths per year, from malnutrition, malaria, diarrhoea and heat stress alone³. For some climate change represents a concern for future generations. For others crop failures, floods, economic breakdown and stark choices around survival are a current reality. The crisis is highly complex with many interlocking aspects, ranging from protection of natural environments to economic and social issues to mental health concerns.

And in the News

EDITORS' PICK | 21,901 views | Jun 10, 2020, 06:12pm EDT

Carbon Dioxide Levels Just Hit 417ppm, Highest In Human History



Trevor Nace Senior Contributor @
 Science
[Explore More](#)



Heavy air pollution is emanating from a Chinese factory smokestack GETTY

Country-wide lockdowns and quarantine acted to temporarily decrease emissions of global greenhouse gas. However, as the yearly May benchmark was released, it appears to have done little to slow



Climate change

World has six months to avert climate crisis, says energy expert

International Energy Agency chief warns of need to prevent post-lockdown surge in emissions

Fiona Harvey *Environment correspondent*

Thu 18 Jun 2020 00:00 EDT



The world has only six months in which to change the course of the climate crisis and prevent a post-lockdown rebound in greenhouse gas emissions that would overwhelm efforts to stave off climate catastrophe, one of the world's foremost energy experts has warned.

"This year is the last time we have, if we are not to see a **carbon rebound**," said Fatih Birol, executive director of the International



About You

- Have you encountered challenging issues related to climate and ecological crisis in your supervision or coaching practice?
- If so, have you known how to handle them? If no, what might that mean?
- Have you been feeling anxious yourself about it?
- Have you experienced guilt, shame, anger, indifference to CC?
- Have you taken action that has given you a positive feeling of a way forward?
- Have you not felt able to engage with it?

Psychological Threat

“Climate change and ecological crisis pose profound psychological threat:

- existential threat;
- threat to the integrity and stability of self-identity;
- and threat to self-esteem, life plans and internalised expectations of the future.

We are reminded of the fact of our eventual death, and the morality of our behaviour, is challenged.”

(Crompton and Kasser, 2009).

[Source: www.climatepsychologyalliance.org/handbook/304-coping-and-defences](http://www.climatepsychologyalliance.org/handbook/304-coping-and-defences)



Psychological Defences

(aka Defence Mechanisms)

Some Common Defence Mechanisms

Repression
Displacement
Projection
Identification
Projective identification
Introjection
Splitting
Rationalization
Sublimation
Denial
Idealization
Distortion
Humour
Intellectualization
Reaction formation
Regression
Acting out
Withdrawal

Per Espen Stoknes

- **Distance:** It's not here / it's on another continent / it's next century / it's outside my circle of influence.
- **Doom:** Looming disasters make us fearful. People can habituate to it and get apocalypse fatigue.
- **Dissonance:** Inner discomfort (perhaps with values) -the person feels like a hypocrite and doesn't like it. "My diet makes no difference". "The climate is always changing; one plane journey won't make an impact".
- **Denial:** If we keep silent, and ignore it, we might find refuge from feeling guilty. I might be aware, but I live like I don't know.
- **Identity:** "Alarmed activists and scientists aren't like me. They're trying to stop the Government from helping us to grow and prosper but I care about my family". "I make my own decisions about how I live my life. I'm not a puppet". Cultural identity starts to override the facts.

Questions

Might we need to face more into our own defences and if so, what would that entail?

If yes, how? If not, why not?

Might we need to encourage our clients to consider the earth / environment as a stakeholder in the system and what would that entail?

If yes how, if not, why not?

Breakout Groups

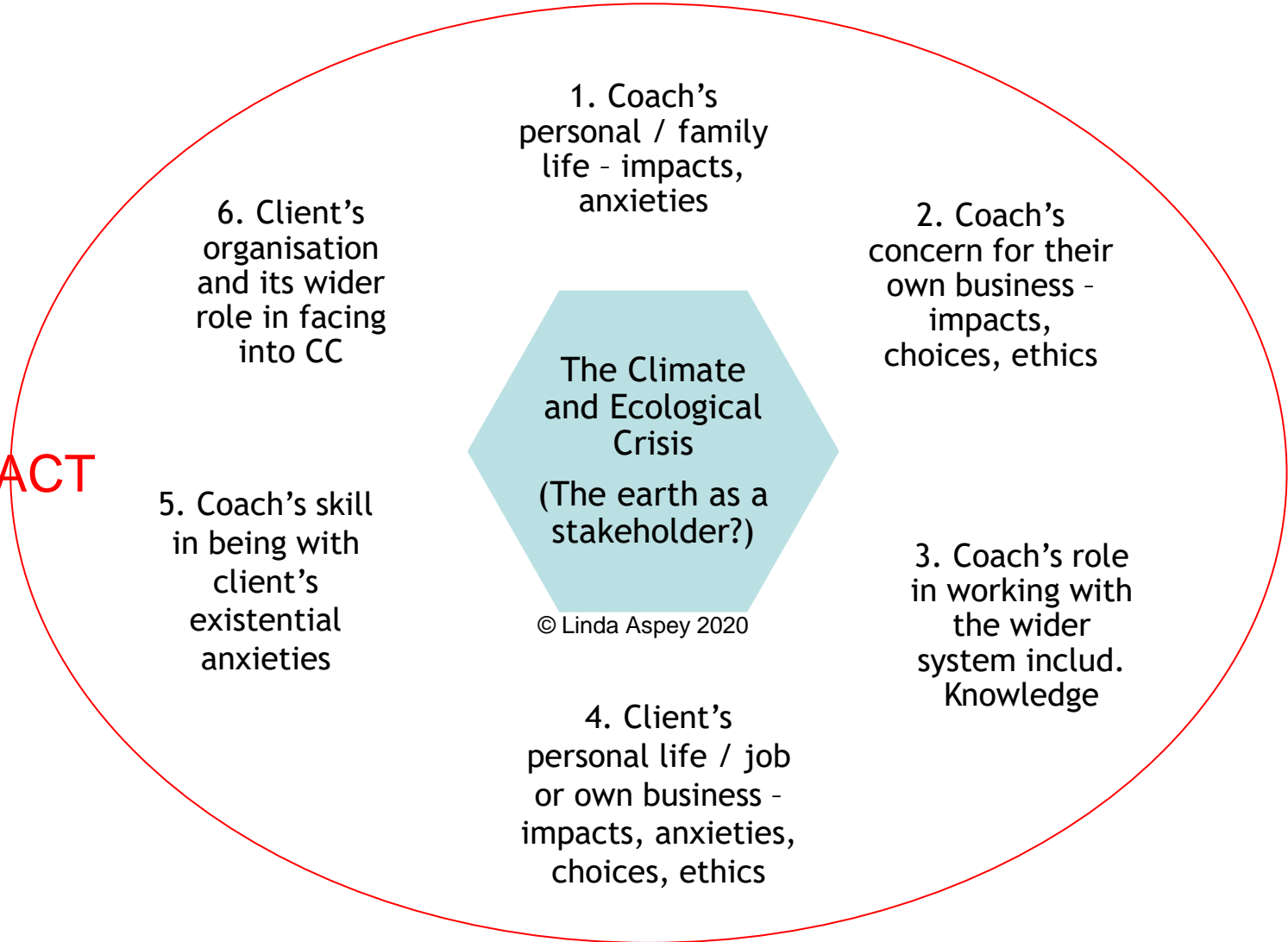
Q: Given the client’s or our own defences that may be at play, could or should we “Coach with the Earth in Mind?”

In other words, as professional change agents, what is our potential role in this climate and ecological crisis?

Would 1 person summarise and feed back to us all afterwards? (Without sharing personal content of group members please)

To Take Away Some Aspects to Consider around CC

THE CONTRACT



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Resources

Climate Coaching Alliance: Coaching Bodies Joint Statement: https://mcusercontent.com/45b80693aaafa6cce0364d5fe/files/126b7d9b-885c-4081-9600-061b1392b34d/AGREED_JOINT_STATEMENT_on_CC_Prof_Bodies_Final_290520_007_.pdf?fbclid=IwAR2VvQlgFstBsB5_Fmbeg8CTDLMM0d-mDdj6Zhp9qmlzpf7VKk8xQI-C0s

Websites:

Climate Psychology Alliance: www.climatepsychologyalliance.org

Climate Coaching Alliance: www.climatecoachingalliance.org

Linda Aspey: www.aspey.com/climate-crisis

Climate Outreach: <https://climateoutreach.org/resources/how-to-have-a-climate-change-conversation-talking-climate/>

Articles:

Coaching with the Earth in Mind, *Coaching Today*, February 2020: <https://www.bacp.co.uk/bacp-journals/coaching-today/january-2020/coaching-with-the-earth-in-mind/>

Facing the Reality of Climate Change, *Therapy Today*, March 2020: <https://www.bacp.co.uk/bacp-journals/therapy-today/2020/march-2020/in-focus/>

The Earthquake, The Chasm and the Puzzle”, Neil Scotton, *Coaching Perspectives* (Assoc for Coaching), October 2019, Iss 23
https://enablingcatalysts.com/wp-content/uploads/Association-for-coaching-magazine-Neil-Scotton-article_compressed.pdf

Call for Multi-pronged Coaching Response to the Global Climate Crisis, Zoe Cohen, Alison Whybrow & Linda Aspey, *Coaching at Work*, September / October 2019, Vol. 4, Issue 5 <https://www.coaching-at-work.com/2019/09/13/climate-crisis-news-call-for-multi-pronged-coaching-response-to-the-global-climate-crisis/>

Videos:

Zoe Cohen: An introduction to what it means to be a "Climate Conscious Coach" <https://www.youtube.com/watch?v=XpdjF6xPcSw&t=59s>

Per Espen Stoknes: www.ted.com/talks/per_espen_stoknes_how_to_transform_apocalypse_fatigue_into_action_on_global_warming

EMCC UK

European Mentoring &
Coaching Council



Thank you

email: info@emccuk.org

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