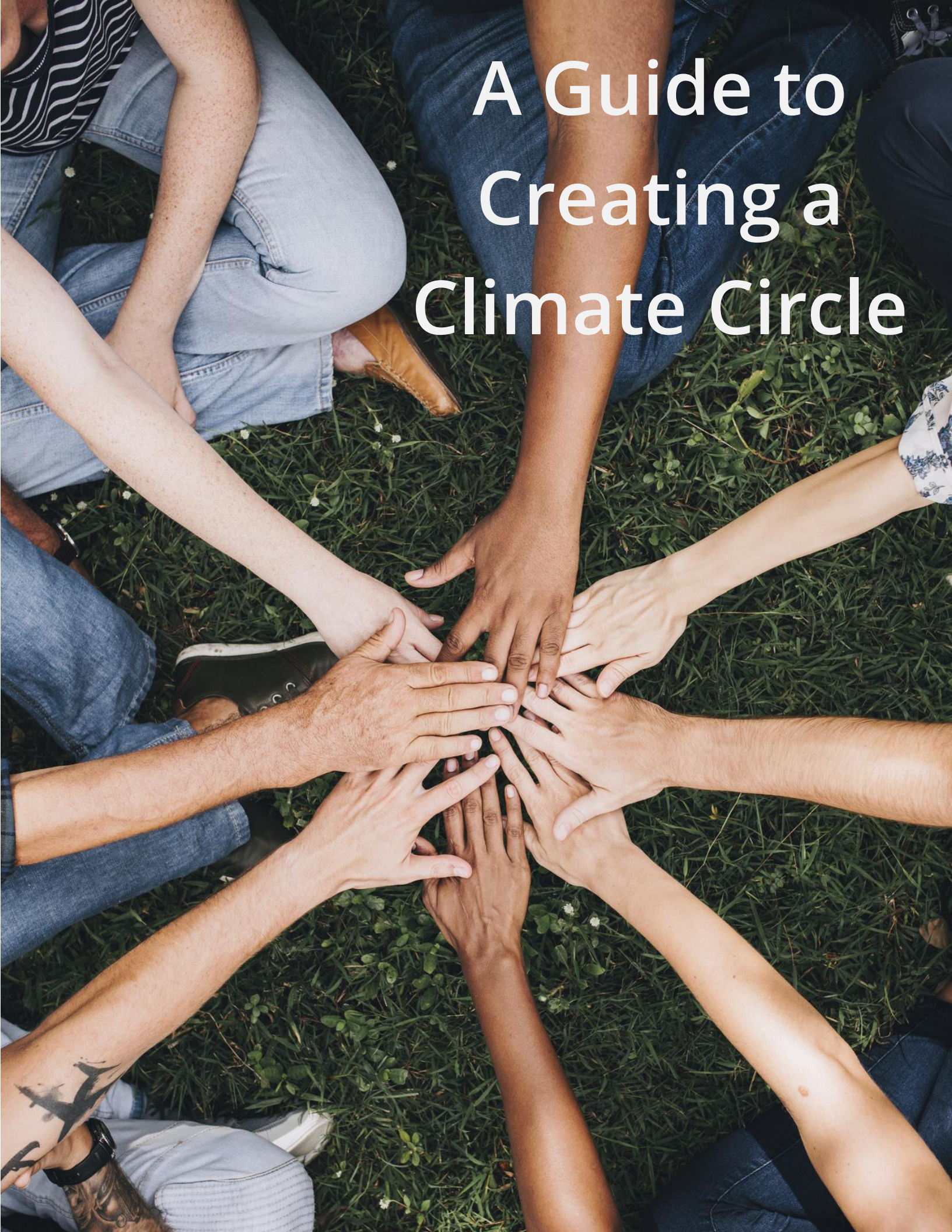
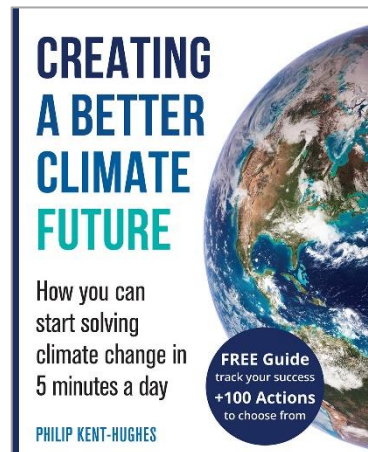


A Guide to Creating a Climate Circle





Welcome

This is a reference for the book, *Creating a Better Climate Future*, by Philip Kent-Hughes. This guide has been developed to help you take action on reducing emissions. More information and other guides can be downloaded from [Climate-Action.org](https://climate-action.org).



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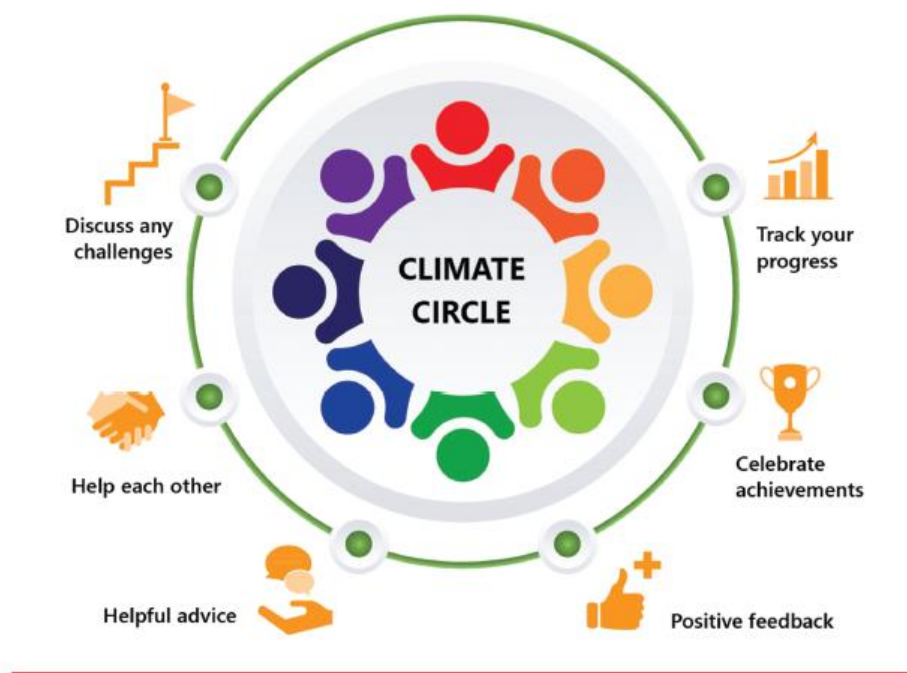
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Climate Circles

What is a Climate Circle?

A good way of building community and sustaining momentum for reducing emissions is to create a small group of people who meet on a semi-regular basis, much like a book club.

The intention is to create an enjoyable way of being involved, as well as empowering and encouraging people to make positive change. This approach has been around for a long time and has been useful in effectively creating social change.



How can participating help people in the group?

What the outcomes you want to include is entirely up to the group. These are some options:

- Creating a safe place to discuss difficult feelings about climate change, such as worry about impacts, and effects on children, or anxiety, or helplessness about the future of Earth. The group can help support each other in being heard and discuss questions, concerns, and hopes for the making the world a better place.
- Enabling discussion about reducing emissions. One way could be to go through the implementation checklists in the book, *Creating a better climate future*. The book includes many ways of reducing household emissions related to food, energy, transport, production, and consumption. People can share information and experiences.

- It can be helpful to have a few people to check in with regularly. You can track your progress and help each other with positive feedback and helpful advice, discuss any challenges, provide encouragement, and celebrate achievements.
- Find out about community groups or initiative making a difference. These could be community gardens, composting, recycling, events or programs at schools or faith groups, new walking or cycling tracks.
- Look and consider the options for taking action to influence corporations, industry or government to reduce their emissions.

Who could be involved?

These could be people such as friends, family, or acquaintances. Your safety and security are important, so consider at the beginning if you want to include people you don't know. After establishing the group, you can invite others you know, if you need more people. If it is online, you could easily include people from any location. I've helped run a book club with people different cities, and often from other countries.

How many people?

Having a group of about 4-8 people to begin with is good, as this means a gathering can continue if one person can't make it. It's also small enough to give everyone the chance to contribute and feel heard. You can always invite more people later.

Organising

Once the attendees are known, the idea would be to make getting together as easily as possible. Creating a communications group can help. This could be done on social media, a messaging app, an SMS group, or via email.

How often to meet?

Life is often busy, so find the timing that is convenient with the people in the group. Consider meeting monthly or every second month to begin with. Review progress after a few meetings and make it more frequent if it works for the group.

How long to meet for?

It really depends on the group. The number of people, and how busy everyone is. You could try 1 or 1.5 hours to begin with and see what people think.

Where to meet?

Meet in person at home, a café or library, community centre, online, or other setting. I'm on an organizing committee that involves the online meeting of six people from across the city and one person from another country, and it works well. If meetings are at a home, consider taking it turns to host.

Shared values

It is important to establish shared values about mutual respect, allowing all participants to be included and have an opportunity to be heard, without interruption.

Meeting structure:

It is important to give the meeting as much structure as you think it needs. Some people like the certainty of a process, while others like to be informal. The following points below are options for you to consider:

- **Deep Breathing (1-2 minutes)** – A friend suggested this for the beginning for an online meeting we had, and it worked well to start the meeting. People can close their eyes or not, and use whichever breathing technique works for them, eg. box breathing.
- **Check in (10 minutes)** – Introduce any new people. Each person could share about how they are and if they need any accommodations.
- **Action steps (40 - 80 minutes)** – One approach could be to work through the implementation checklists. Start with the first checklist and discuss the actions, any progress being made, any issues, or plans for putting action into practice. Another approach could be to have an open discussion about what people are interested in, or have been thinking about, and workshop ideas and solutions. Consider including a break during this time.
- **Good news (10 minutes)** – Finishing on a positive note could help people leave the meeting feeling good. Encourage sharing of any positive climate news which is local, from across the country or from around the world.
- **Conclusion (5 minutes)** – You could close with another session of deep breathing. This could include visualising a better climate future and what that means for each person. Also, finish off by confirm the date and place for the next meeting.

To maintain momentum, try not to cancel meetings, and to reschedule instead. If you miss one meeting, try not to miss two meetings in a row.

Overall process

You can keep the meeting informal, or go through the process of creating positive change outlined in the book:

1. Write your identity statement
2. Getting your household involved
3. Making a vision board
4. Setting an objective
5. Implementation; Food, Production and Consumption, Energy, and Transportation
6. Reviewing progress
7. Updating the plan

One meeting could cover one or more steps or several checklists.

Check-in to Climate-Action.org

Another activity you can consider is to either check the Climate Calendar and Unified Actions section to see if there are any events or activities you would like to participate in. Another way would be to subscribe to the email list for a monthly update. There is also a blog and other information.

Guidelines

You can establish guidelines for the running of the Climate Circle. They could include:

- Attendee contact or personal information is not to be shared with anyone without their consent.
- Not for profit or promotion of business, or brands.
- Maintain the health and safety of attendees.
- Promote active listening with no interruptions while people are sharing.
- Encourage all attendees to share, while respecting their decision if they choose not to.
- Get feedback on how the meetings are going and make any adjustments.

Other benefits

Some people in your group may encourage others to take action. If one of these people starts their own circle, this could lead to a chain reaction and create a cascade of new people becoming involved. In his book *Cascades*, Greg Satell wrote that the role of a leader is now less important than the growing power of networks. If only 5,000 people encouraged three people to take action, and each of these told three people, then after ten steps, the number of people involved would be over 295 million. When we get millions of people involved in unified actions around the world, we will change the course of history.

Feedback and successes

Your feedback and stories of how your Climate Circle is going is welcomed. Feel free to use the contact form on the website [Climate-Action.org](https://climate-action.org) to let us know.