



ECOANXIETY WORKSHOP

Making space for our climate emotions.

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How can we transform ecoanxiety into meaningful work on climate solutions?

It gets harder to float through the days without expressing deep worries about our future on this planet. Ecoanxiety, ecoanger, ecogrief, or ecoparalysis — these feelings are normal. It's okay to have them. It's a healthy reaction to what is happening around us. How can we better channel them to use them as fuel for climate action work?

/// what to expect

Participants will experience an interactive presentation about key concepts and terms on climate emotions, their underlying mechanisms, and they will deepen their understanding about why these thoughts are normal. This workshop is an invitation to normalize, destigmatize and share climate emotions, transforming them into meaningful climate action.

Three-quarters of Canadians feel really anxious or increasingly worried about the climate crisis*

/// about the facilitator

William Gagnon is a trained innovation facilitator (UNLEASH Innovation Lab, Copenhagen) and has hosted ecoanxiety workshops in Yellowknife, Whitehorse, Calgary and online, as well as in Madrid at COP25. He holds a bachelor of building engineering, graduate studies in sustainable carbon management, and completed a Climate Fellowship at Cornell University (New York). In 2018, he received the Corporate Knights magazine *Top 30 Under 30 Sustainability Leaders* award.

/// about Eco-Anxious Stories

Eco-Anxious Stories is a community of storytellers channelling worry and fear about the climate crisis into courageous, compassionate action. Included among our collaborators are climate and mental health professionals who help us design tools to support healthy, long-term relationships with our eco-anxieties. Join us today at ecoanxious.ca.

Only 12 percent of Canadians feel that climate change is not something that people should be concerned about.*

/// book a workshop

60 minutes (minimum) to 2 hours
\$ 2 000 + expenses

Consider partnering with other universities or organizations in the area to reduce costs and minimize travel-related carbon emissions.

/// keywords

empowerment; leadership; climate action; innovation; ecoanxiety; community-building, change mindset.



william.gagnon@me.com
+1 (514) 996-6284
[wgagnon](https://www.instagram.com/wgagnon)
[wgagnon](https://www.linkedin.com/company/wgagnon)
[in/wgagnon](https://www.instagram.com/wgagnon)

ecoanxious.ca
williamgagnon.ca

*Abacus Data 2019

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