

GLOBAL WARMING CAFÉ **BEARING WITNESS... TAKING ACTION...**

A PROJECT OF EMPOWERMENT INSTITUTE WITH THE WORLD CAFÉ

PURPOSE

To help individuals process their fears and hopes for the future around global warming; and take personal responsibility for change through participating in a Low Carbon Diet team.

TIME

Recommended Saturday or Sunday 2 PM to 6 PM. Note: Can be abbreviated by reducing the rounds of sharing and background on Low Carbon Diet.

AGENDA

1. Welcome/Purpose/Introductions: 15 minutes
 2. World Café: 100 minutes
 3. Break: 15 minutes
 4. Taking Action: 90 minutes
- (10 minutes extra is built in at the start for people settling into the room and arriving late. All times indicated are estimates and can be adjusted as needed.)

ROOM SET-UP

Combine music with images, poetry, and stories placed around the room to evoke a planetary unitive field. Its purpose is to help us connect with the larger human community and inspire the possibility of us coming together to respond successfully to the climate crisis/opportunity. Consider the following:

- Post on flip chart paper examples of successful large-scale transformative change experiences that brought people together in a positive non violent way: Non Violent Civil Rights Movement / South Africa Reconciliation / Velvet Revolution / Berlin Wall / Live Aid Concert / We Are the World song / First Earth Run / Tsunami and Katrina Disaster Relief.
- Show photos to build the unitive field immersion experience as people are participating in Café. Two photo slide shows have been especially created for the Café. Kevin Kelley's NASA photos from space of the Earth and the First Earth Run images of the torch of peace going around that built a

planetary unitive field. Consider showing simultaneously on opposite walls. To download photo slide shows visit www.empowermentinstitute.net/lcd go to Global Warming Café. Or consider creating your own photo slide show.

- Play music as people are gathering that inspire a sense of our connectedness. Examples of music that inspire people with a sense of our connectedness and possibility includes: "Imagine" – John Lennon, "We Are the World", "One" – U2, "One Love" – Bob Marley, "All You Need is Love"– Beatles, "From a Distance" – Bette Midler. Play introspective music as people are talking and moving from table to table.
- Provide refreshments for people as they gather and during the break.

MATERIALS

Café tables, table clothes, flowers, colored pens, butcher paper for capturing learning and commitments, flip chart paper for posting Café guidelines and questions, name tags, CD's, CD player, computer(s), projector(s), Low Carbon Diet books and table for people who wish to purchase them, handout of Low Carbon Diet Table of Contents for those who wish a list of actions but are not ready to purchase a book.

CURRICULUM

1. WELCOME, PURPOSE AND INTRODUCTIONS – 15 MINUTES

- Welcome people and thank them for coming.
- Overview: Global Warming is the central organizing project of humanity. The Global Warming Café is a grassroots attempt to help individuals rise to the occasion.
- Purpose of Global Warming Café:
 1. To help you bear witness to the fact that life as we have known it on this planet has radically changed with global warming and based on this to provide you an opportunity to process your fears and hopes for the future.
 2. To learn how you can take personal action in your household and larger community to be part of the global warming solution through participating in Low Carbon Diet teams and spreading this tool to your community.

- Introductions: Invite participants to share their name, why they came, and what they would like from this experience. If a large event invite about a dozen people.

2. WORLD CAFÉ – 100 MINUTES

- Describe World Café format and guidelines. (See Appendix A at end of this document for world café background and guidelines.) – 10 minutes.
- Questions: Allocate approximately 15 minutes per round times 4 rounds (2 rounds per question) plus approximately 10 minutes for moving from table to table. – 70 minutes
 1. What, if any, are my fears for myself, my family, my community and my planet's future inhabitants?
 2. What, if anything, provides me hope that we can successfully address global warming?
- Invite spokespeople from tables to share essence of fears and hopes. First a round on fears, than round on hopes. If large Café, do with representation from some of the tables.
- Use a graphic facilitator to capture learning on large butcher paper displayed on one of the walls in the room. Divide into three sections: fears, hopes and actions (which you will do later). – 20 minutes

3. BREAK – 15 MINUTES

4. TAKING ACTION – 90 MINUTES

- This part of the Global Warming Cafe is designed to help participants take direct action to reduce their contribution to global warming and then encourage their community and workplace to do the same. Many of the actions are built around the *Low Carbon Diet*.
 1. If you have the capability and time, show power point slide show to build case for the effectiveness of the *Low Carbon Diet* program and the potential of it's grassroots mobilization strategy to effect substantive change. The slide show can be downloaded at www.empowermentinstitute.net/lcd -- go to Global Warming Café. Customize as appropriate for your situation. – 30 minutes

2. If you have less time or do not have access to a projector use the following talking points. – 15 minutes
- ❑ *Low Carbon Diet: A 30 Day Program to Lose 5,000 Pounds* was written by David Gershon, an expert on environmental behavior change and large scale transformation.
 - ❑ It empowers households to be part of the global warming solution.
 - ❑ It is based on the experience of helping tens of thousands of people around the world measurably lower their environmental footprint and a successful pilot of the *Low Carbon Diet* program in Portland, Oregon.
 - ❑ The program enables individuals to calculate their carbon footprint and then choose from a menu of actions to reduce it. Participants are encouraged to reduce their footprint by a minimum of 5,000 pounds and consider becoming carbon neutral by reducing their footprint to zero.
 - ❑ The program can be done either as part of a team with friends or neighbors or co-workers; or as an individual household. The team is the most effective as it creates a peer support system and makes the whole process fun. If you wish to go further it also shows you how to engage others in your community or workplace.
 - ❑ The 7 actions are:
 1. *Lower Your Carbon Footprint:* Participate in *Low Carbon Diet: A 30 Day Program To Lose 5,000 Pounds*. We will be setting up teams for those interested at the end of the Café. You can also get the book at the back table.
 2. *Help Others Lower Their Carbon Footprint:* If you have already done the program or wish to immediately jump into gear engage others in your social network, neighborhood, civic organization, workplace or professional association and encourage them to participate in the program.
 3. *Start and/or Participate in a Cool Community Campaign:* Using *Low Carbon Diet* as a foundation, start a campaign where you live. For more information visit www.empowermentinstitute.net/lcd. Go to Cool Community Campaign.

4. *Lead a Global Warming Café:* Lead a Café for your social network, neighbors, faith community, civic organization, professional network or community.
 5. *Contribute:* Start an initiative, or contribute time and money to local, national and international initiatives addressing global warming.
 6. *Vote:* Support local, state and national political candidates who are supporting policies to reduce global warming.
 7. *Visualize Success:* Visualize or pray for the human community to successfully rise to the global warming challenge and take the necessary actions to forestall the crisis.
5. Invite any participants in attendance who have been through the program to share their experiences. – 5 minutes
 6. Q & A – Invite questions about the program and any of the actions. – 15 minutes
 7. Invite participants to decide which action(s) they will take and share with someone sitting at their table. – 10 minutes
 8. Ask participants if they are willing to at a minimum, reduce their CO₂ emissions by 5,000 pounds. Make note of the number of people and multiply by 5,000 pounds and feedback to the group the collective impact of this Café. Indicate that those who wish to form teams will be meeting afterwards to get into teams. Ask how many are interested. (This question peaks interest and can generate momentum for the possibility of a Cool Community Campaign as people see what might be possible.)
 9. Invite a number of individuals to share their action(s) commitment in large group. Keep it focused on doable actions they will commit to, not something they wish others to do. If there are specific initiatives you wish people to participate in such as EcoTeams, future Global Warming Cafes, or a Cool Community campaign, indicate where people will meet after Café. If you have a visual recorder, record action commitments on butcher block paper. – 15 minutes
 10. Inspirational ending. Thank people for coming. Create a closure experience that inspires people. It could include music, poetry, etc. – 5 minutes.

11. Setting Up Teams: Organize teams around geography and ask for a leader to step forward to host the first meeting. Team members should try and organize date for the first meeting then, if possible. E-mail and phone info should be provided to the team leader. If managing a campaign capture the contact information of team leaders. If you have books provide an opportunity for them to purchase them or invite them to get online at www.empowermentinstitute.net/lcd. – 10 to 15 minutes

APPENDIX A

WORLD CAFÉ BACKGROUND AND GUIDELINES

Created by Juanita Brown and David Issacs, the World Café is a process that fosters conversations that matter in a creative and empowering way. The fundamental premise of the World Café is that this conscious conversation accesses a rich and deep wisdom found only in the collective. The World Café is not only a dynamic technique, but also an invitation into a way of being with each other that is profoundly respectful and collaborative.

CAFÉ ASSUMPTIONS

1. The knowledge and wisdom we need is already present and accessible.
2. Collective insight evolves from:
 - Honoring unique contributions
 - Connecting ideas
 - Noticing deeper themes and questions
 - Accessing the collective wisdom
3. Intelligence emerges as the system connects to itself in diverse and creative ways.

CAFÉ ETIQUETTE

- FOCUS on what matters
- CONTRIBUTE your thinking
- SPEAK your mind and heart
- LISTEN to understand
- LINK AND CONNECT ideas
- LISTEN TOGETHER for insights, patterns, and deeper questions
- PLAY, DOODLE, DRAW – writing on the tablecloths is encouraged
- ENJOY

HOW THE WORLD CAFÉ WORKS

1. Groups of four to six people sit together. If there are more than six the process doesn't work well. The Café is most interesting and effective when people sit with those they do not know.
2. Once the World Café begins the facilitator presents the questions to be explored.
3. For centuries indigenous peoples have used a talking stick to encourage mutual support and deep listening. Use a pen from the table or a symbolic object to pass around the table to each person. When you hold this object, it's your turn to speak and answer the question. No one should interrupt the person. Those listening are encouraged to write, draw, or doodle on the paper tables clothes as others talk. Once everyone has spoken then general discussion is encouraged.
4. You will move in four rounds of conversation at four different tables and cross-pollinate idea – carrying key insights, themes, and questions to each new conversation. Patterns emerge, additional perspectives surface, and surprising combinations of insight and creativity reveal themselves. The Café facilitator will let people know when to move to the next table.
5. Choose one person who would like to act as host and who will stay at the same table to welcome each round of guests. When the new guests are seated the host briefly shares the high points of last conversation and then encourages the guests, using the talking object, to link and connect ideas coming from their own table. As each person shares, the others continue to record and or draw key ideas and new connections on paper tablecloths.
6. As part of the fourth and final round the host will ask: “what’s at the center of our conversation?” Invite people to “listen into the middle” for the deeper themes and larger patterns. Access the collective wisdom.
7. These insights will be shared in the larger group and if possible visually recorded for the larger community to observe.

RESOURCES

- *Low Carbon Diet: A 30 Day Program To Lose 5,000 Pounds*, David Gershon, Empowerment Institute, 2006. Can be purchased at www.empowermentinstitute.net/lcd. Quantity discounts available. Also available at www.amazon.com or through local bookstores.
- For resources on the Global Warming Café or Cool Community Campaign visit www.empowermentinstitute.net/lcd.

- *The World Café: Shaping Our Future Through Conversations That Matter*, Juanita Brown with David Issacs, Berrett Koehler, 2006. Can be purchased at www.amazon.com or local bookstores. This is the definitive resource on leading the world café process. Information is also available at www.theworldcafe.com.
- *An Inconvenient Truth*, Al Gore, Rodale Books, 2006. The book and DVD can be purchased at www.amazon.com or local bookstores. This book and DVD are one of the best resources for understanding the global warming issue and the case for taking action. It can be used when leading Global Warming Cafés for groups not well informed about the issue.

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