

GLOBAL WARMING CAFÉ (MINI) BEARING WITNESS... TAKING ACTION ...

Materials: Laptop/PPT, Carbon Counter handouts, LCD books, paper/pens.

Logistics: Handout carbon counter fliers

Time: 1.5 to 2 hours

1. Welcome, Purpose and Introductions – 10 minutes

- Welcome & Purpose:
 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 through participating in the Low Carbon Diet program as a household or as part of a team and spreading this tool to your community or workplace if you wish.
- Introductions: Invite participants to share their name, why they came, and what they would like from this experience. If a large event invite about 6 people.

2. Bearing Witness Exercise – 30 minutes

- Overview: Global Warming is the central organizing project of humanity. Write on flip chart.
 1. What, if any, are my fears about global warming for me, my family, my community and my planet's future inhabitants? (3 minutes)
 2. What, if anything, provides me hope that we can successfully address global warming? (3 minutes)
- Partner Share – 10 minutes
- Large Group Share – 10 to 15 minutes

3. Taking Action – 15 to 30 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. Consider putting 7 actions on a flip chart. – 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. For more information visit www.empowermentinstitute.net/lcd. Go to hosting a Global Warming Cafe.
 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.
4. Invite any participants in attendance who have been through the program to share their experiences. – 5 minutes
 5. Q & A – Invite questions about the program and any of the actions. – 15 minutes
 6. Ask participants if they are willing to reduce there 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.
 7. Thank people for coming. Invite those who wish to join teams to meet afterwards. 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 format is not conducive to setting up teams, encourage participants to do this on their own. 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