

# People Care: Three Workshops Building Resilience

(in the struggle for another, better, world)



**It's good to talk!** These are facilitated, participatory discussion workshops, not lectures. We live in a crazy & fast changing world, and the often toxic and harmful nature of much social media interaction only serves to heighten our sense of alienation & isolation.

**At Off-Grid 2018** we'll all find a range of activities, experiences & approaches that together offer us a holistic approach to 'people care'. A key part of that is collective discussion & debate, in a respectful, open & supportive way – tackling issues & life experiences that can derail both our lives and dreams...and finding solutions!

Whilst these three workshops are connected, each one is a stand alone event. So come along to one, two or all three of the workshops...you choose!

## Off-Grid venue – The Nourish Tent



Fri 10<sup>th</sup> at 2:30 - 4:00pm:

### **Activist Burnout - what is it & what can we do about it?**

- We'll collectively define burnout; sharing our experiences, we'll identify the signs it's approaching, and work out ways together to avoid it, or at least lessen its impact!

Sat 11<sup>th</sup> at 11:30 - 1:00pm:

### **Activism and Alcohol – a Recipe for Fun, or Disaster?**

- We'll look at the pros & cons of alcohol in the activist context; consider who gains most from the relationship between social movements & the alcohol industry; and ask what alternatives there may be? Drinkers, non-drinkers & occasional tiplers all welcome.



Sun 12<sup>th</sup> at 11:30 – 1:00pm:

### **Loss, grief, trauma, change and resilience – a discussion**

- We'll collectively identify the varied experiences of loss, grief, trauma & change; and consider how we can best cope with and respond to them, to sustain our dreams and struggles for a better life & world.

Facilitators – Nathalie Griffin & Tim Beasley

### ***Please arrive on time!***

*Because of the potentially personal nature of these discussions, and the flow of the workshop, it can be difficult to integrate latecomers into the workshops.*

### **Useful Links:**

<https://offgrid-festival.co.uk/>

<http://www.nathaliegriffin.com/>

<https://www.counsellingforsocialchange.org.uk/>

<https://transitionnetwork.org/do-transition/inner-transition/>

<http://www.emptycagesdesign.org/category/radical-community-organising/overcoming-burnout/>

**Note:** If you'd like an informal chat about any of the issues raised please approach us at any time outside of the workshops.