



# ECO Mindful

cultivating the potential for resilience and adaptation

**INTRODUCTORY WORKSHOP** for coping with eco-anxiety and **TRAINING** in the facilitation of BefriendYourMind circles, to foster **CONNECTION**, **RESILIENCE** and develop **PEER TO PEER SUPPORT**

**UNDERSTAND AND MANAGE YOUR EMOTIONS**  
**SUPPORT YOUR MENTAL HEALTH**  
**TAKE ACTION TOGETHER**

Tackling the subject of emotional well-being is not an easy task. There are still many taboos and cultural differences that make it difficult to ask for help or even identify that we need it. What if we could help each other to develop our active listening skills, express ourselves in confidence and support the emergence of an inspiring and change-making collective?

**For more than 10 years we have been helping students to connect with their inner resources.**

**Candice MARRO**, certified mindfulness trainer & psychotherapist, designed the P.E.A.C.E® curriculum for schools, based on the practice of mindfulness and the development of psycho-social skills. She also teaches stress regulation and self-awareness courses for students.

**Isabelle GIRALDO**, certified mindfulness trainer & ecotherapist, designed the Eco-facilitation training to help young adults transform their eco-anxiety into strength and become actors of change, each at his or her own level and aligned with their own potential.

**FOR WHO?**

Secondary schools, campuses, students, staff, teachers



*« It is important to feel supported when you decide to say no to the current system. Because when you realise the state of degradation of biodiversity, natural resources and waste management, it can generate a lot of overwhelming emotions. » - Caroline Mouille, 24, student of the INP-MSEI class of 2020*

Find our program in the meditation app prezens

Free download on App Store and Google Play



**THEY TRUSTED US:**



**A STRAIGHTFORWARD IMPLEMENTATION FOR PEER TO PEER EMPOWERMENT**

After a short training in your institution, participants get an ambassador badge, are listed in our network and start to run circles on campus and/or online. They have member access to thematic sheets developed by our experts & regular supervision.

When they have facilitated enough circles, they can become trainers of students or colleagues themselves in order to strengthen peer-to-peer empowerment.

- 1 1,5 days - Training of a group of student volunteers and/or teaching staff. How to facilitate a BFYM Circle: foundation principles, key practices, 4 themes.
- 2 The campus and facilitators communicate about the programme. We give you the objectives and key concepts of the communication
- 3 Trained facilitators begin to lead circles on-site or online
- 4 Peer to peer teaching after supervision, BFYM network referral. Trained facilitators can become circle trainers

**HOW DOES A BEFRIENDYOURMIND CIRCLE WORK?**

The BFYM circles cover 4 themes: **Mental Health, Climate anxiety, Creativity, Collaboration**. The circle fosters an experience of community, acknowledging that each voice may be heard, that each person has a gift, a story to share, a piece of the whole. The process helps to strengthen a network of peer support and promotes a sense of wellbeing and belonging.

**BFYM circles are conducted in a simple 4-step process :**

01

Facilitate anchoring and orienting using a short guided practice

02

Create a safe space  
Open up a circle by reminding people of the guidelines for non-judgmental listening

03

Initiate the circle with a clear formulation or the reading of a short text

04

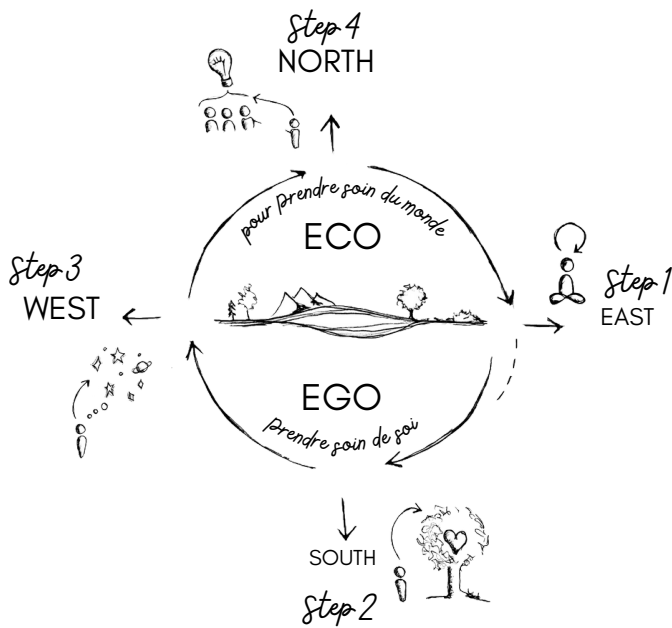
Close the circle, thank participants, refer to resources and/or professionals



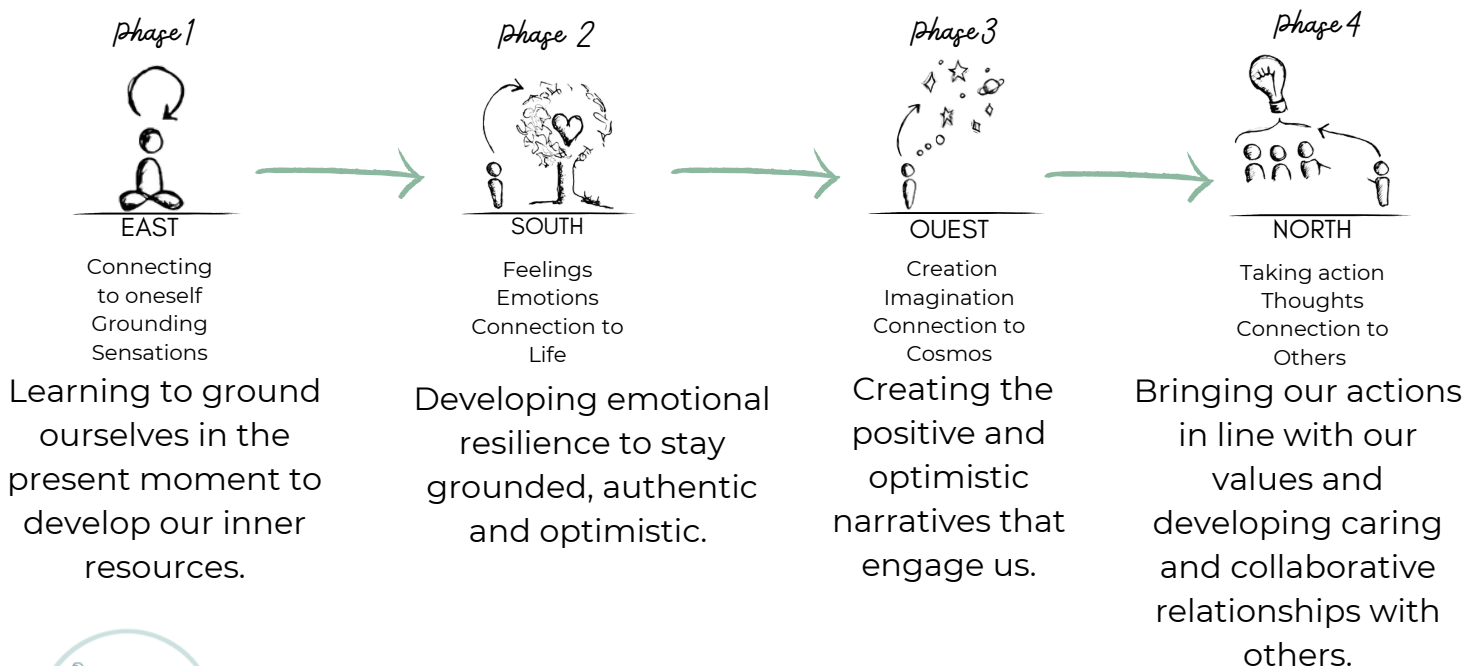
# Workshop FROM EGO TO ECO

## 4 HOURS TO SHARE THE KEYS FOR STUDENTS TO COPE WITH ECO-ANXIETY

We propose to see eco-anxiety as a systemic problem and a healthy reaction to a world in crisis. The solution lies in creating connections (to ourselves, to others, to the living and to the cosmos) to strengthen our support network and to activate the shift to action. The more we connect, the more resilient we become. This is why we propose this workshop divided into 4 phases, 4 types of links, 4 cardinal points.



## THE WORKSHOP 4 PHASES



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