



Speakers Bureau Presentations

The Resilient Activist Speakers Bureau offers educational and inspiring presentations and workshops designed to help audiences better understand ways they can be a part of creating a healthier planet while nurturing themselves.

Speakers Bureau Topics

An Introduction to the Resilient Activist offers an overview of climate anxiety and ecological grief and simple practices that are hopeful and imbued with self-care:

For Activists offers resilience tools for the activist who feels overwhelmed, fearful, or anxious about the climate crisis and the accompanying social injustices that impact the most vulnerable populations.

For Communities Who Care helps participants understand the emotional impact of the climate crisis and sheds light on action steps and self-care tools that will make a vital difference.

Five Essentials for a Resilient World presentations bring thoughtful intention to living in supportive connection with Earth through:

FIVE ESSENTIALS FOR A RESILIENT WORLD



FIVE ESSENTIALS FOR
EARTH-CARE



FIVE ESSENTIALS FOR
SELF-CARE



FIVE ESSENTIALS FOR
BUSINESS

Topics are geared for your audience and interests in the following categories:

- **Earth-Care** - Five Essentials for Earth-Care presentations offer simple concepts to help you understand, make decisions, and take action in ways that benefit humans, non-humans, and our planet's ecosystems.

- **Self-Care** - One of the most important ways to explore the Five Essentials is as a reflection on your well-being through mind, body, and spirit; learn how to nurture yourself while nurturing Earth.
- **Business** - customized Business for Good programs to help bring the Five Essentials into the corporate environment. Consumers want their purchases to be aligned with their earth-aware values; this program gives a clear picture of action steps that will meet this consumer-defined need while enhancing their bottom line.
- **Mindfulness for a Resilient World** programs explore the connection between environmental activism and social justice, through the resilient lens of mindfulness practices imbued with deep nature connection. This presentation includes meditation concepts and a guided meditation practice through the Five Essentials for a Resilient World.
- **Mindfulness in Nature Retreats** are hosted in a natural setting where participants can receive all the benefits of time spent in nature! Programming includes an exploration through all the senses, mindfulness practices, and an embodied connection to the natural world.

Bring Deep Nature Connection to Outdoor Interpretation offers simple tips and tricks for those who engage the public in experiencing the awe and majesty of the natural world.

This workshop includes:

- mindfulness practices and nature-connection activities;
- the ecopsychology perspective on more than our five senses in nature;
- proactive ways to alleviate fears of nature;
- techniques that use nature to support environmental activists through their ecoanxiety and climate grief.

The Visionary Activist: Introduction, Workshops, Retreats

The VISION is a cause, situation, social issue, or environmental injustice that catches your attention and tugs at your heartstrings. It's something that you study and read about. You watch videos and documentaries about it. It can be the causes you've talked about or donated to in the past, and now there is a feeling that you are ready to take it to the next step, to bring in your unique talents, and make a more substantial difference.

ACTIVISM is the art of taking action to bring forth whatever is bubbling up from your heart.

Through a unique approach of meditation, deep nature connection, and journaling, our 14-Step Visionary Activist program guides you to clarify and design just what is yours to do to make a tremendous difference for a resilient world.

Speakers' Bureau Opportunities and Pricing

Options for our presentations are available in a format that works for your audience. [Click here for options and pricing.](#)

[Contact us](#) for customized speaker presentations, workshops, and retreats.



THE
VISIONARY
ACTIVIST