



Courageous Conversations - in a time of metacrisis *

What does it mean to be human during this time?

The metacrisis represents a coming together of many different crises. Climate. Biodiversity. Mental health. Social cohesion. Meaning. And more. * n.b. We are using the term metacrisis to reflect not just that humanity currently has many crises that are connected to each other, but that also, we have a fundamental underlying crisis around what it means to be a human being in this world, in a society that is not in a balanced relationship with nature.

'The greatest breakthroughs of the 21st Century won't occur because of technology. They'll occur because of an expanding concept of what it means to be human.'

Giles Hutchins, Leadership Coach & Author

So what do we do?

- How can we as humans better engage with each other to better face the most important challenges of our time?
- Where do we find safe spaces to explore wise responses to the Metacrisis?
- What are the conversations your heart yearns to have?
- What are you being called to do during this time? How do we move to wise action?

If these questions resonate, please read on.

The **Courageous Conversations in a time of metacrisis Course** provides *a safe space* for participants to have the conversations they yearn for.

In **6 x 3 hour online modules over 6 months** you will have opportunities to:

- dive deeper into big existential questions (e.g. “What does it mean to be human during this time? Who are we in relation to each other?” “How can we be good ancestors?” “What’s mine to do?”)
- deepen your connection with yourself, others and nature through various mindfulness & (self) compassion practices, nourishing nature practices
- connect at a deeper level with other participants, **supported by peer Walk & Talk coaching style conversations between modules**
- challenge yourself and support each other to clarify ‘What’s my calling? What’s my contribution?’
- for coaches we will support you to consider how your role and practice needs to adapt to the contexts we find ourselves in
- explore why what you do matters as you move to **‘wise action’**

What are the foundations for the course?

Drawing on an ecology of practices from **nature, wisdom traditions, the attitudes of mindfulness, neuroscience and systems thinking** amongst others, this course supports you to deepen your own inner work, and also invites you to cultivate **curiosity, compassion and courage**, foundational traits for doing this work.

“The major problems of the world are the result of the difference between how nature works and the way people think” Gregory Bateson

Who is this course for?

This course is for leaders, coaches, business owners, sustainability practitioners, school principals, activists, people changing careers, anyone who wants to make a difference at this critical time. It’s for people who wish to step into their power, (re)claim agency and encourage others to do the same. Participants are invited on a journey of discovery over 6 months which will challenge their habitual ways of thinking, acting and being.

When is this course starting?

Tuesday March 4th 14:00 - 17:00 GMT (15:00 - 18:00 CET)

Course Dates

March 4th, March 25th, April 15th, May 6th, June 3rd, June 24th
Tuesdays 14:00 - 17:00 GMT (15:00 - 18:00 CET)

Pricing

Early Bird (up to February 14th)

Individuals €695, organisations (per participant) €1,100

Regular Price: individuals €795, organisations (per participant) €1,250

Our intention is to make this programme available to people drawn to do this work. If cost is a barrier, we have a Scholarship Rate. To find out more please contact us.

Course Outline

This course draws from leading-edge practitioners including: *Otto Scharmer*, author of *Theory U* and *Leading from the Emerging Future: From Ego-System to Eco-System Economies*; *Regenerative Leadership* by *Giles Hutchins and Laura Storm*; *Immunity to Change* by *Robert Kegan*; *The Work that Reconnects* by *Joanna Macy*; and interweaves mindfulness and nature practices throughout.

“In a BANI - brittle, anxious, non-linear, and incomprehensible - world, systems are fragile, people are anxious due to uncertainty, cause and effect relationships are non-linear, and complexity can be overwhelming.” *Jamais Cascio (Futurist)*

Between Sessions

You will have opportunities to experiment with different practices, *Walk ‘n Talk Peer-to-Peer Coaching Style Conversations*, *bringing nature practices into conversations, integrating the attitudes of mindfulness; building a connected community, etc etc.*

Course work

There will be suggested reading and a variety of practices and materials provided for all sessions to help you maximise the value of your participation in the course.

To register or make further enquiries please contact

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Course Facilitators:

Grattan Donnelly

- Grattan Donnelly is an experienced Regenerative Leadership coach, facilitator and trainer, passionately interested in how we can create a better world for all life.
- With a background in leadership and management development, Grattan has been coaching since 2006 and a leading figure bringing mindfulness into coaching since 2014.
- He integrates neuroscience, mindfulness, somatic and nature practices into coaching, facilitating the people he works with to do deep transformational work and be at their best to contribute to a more peaceful world and healthier planet.
- He lectures the Diploma in Coaching for Performance in Dublin Business School, and is associate faculty with the Irish Management Institute on the Diploma in Executive Coaching.
- He is a keen sailor and dog walker.
- He is an Honorary Life Fellow and a Founding Council Member and former Chair of the Association for Coaching, Ireland. He is a member of the Climate Coaching Alliance.

Chris Chapman

- Chris Chapman is an experienced systemic facilitator, working particularly with large diverse groups and communities of interest that go beyond single organisations.
- Most of Chris's current work is in the fields of education and sustainability. He has an MSc in Change Agent Skills and Strategies from the University of Surrey Business School and a particular interest in the relationship between adult development and our collective capacity to work well with complexity and uncertainty.
- Chris leads facilitation work at the beautiful Burren College of Art, helping organisations and systems to find creative approaches to complex challenges.

“The time for the lone wolf is over. Gather yourselves!

Banish the word struggle from your attitude and your vocabulary.

*All that we do now must be done in a sacred manner and in
celebration.*

We are the ones we’ve been waiting for!”

Hopi Elder

This course has been developed and is being delivered in association with ReSource@BCA. ReSource is a dedicated centre at the Burren College of Art that facilitates organisations and systems find creative solutions to complex issues.



In association with

