

# PLANTING SEEDS OF RESILIENCE

## Being a Transformational Climate Leader

**Purpose/Intention:** Self-inquiry; mindfulness; taking action

**Length:** 15 minutes, plus discussion time

**Credits:** Adapted from Emotional Resiliency in the Era of Climate Change (2017), Jessica Kingsley Publishers, by Leslie Davenport.

### Instructions

**Facilitator Reads:** Buckminster Fuller asked, “If the success or failure of this planet and of human beings depended on how I am and what I do, how would I be? What would I do?”

One of the qualities of being a transformational leader is: “You stand for a sustainable, just and fulfilling future.” Can you imagine three specific ways this principle could operate in your personal or professional life, now or in the near future? Take a moment to write about it now.

**Facilitator Reads:** Take a moment to reflect on the following questions. Feel welcome to close your eyes or lower your gaze as we spend time here.

- What symbol or image can you use as a touchstone to reconnect you to this vision
- What supports you in moving toward that vision?
- What gets in the way?
- Is there a step you are willing to commit to right now that would begin or enhance your participation?

**When participants have finished writing their answers, a group member reads this aloud**

**slowly:** Close your eyes for a moment and begin to breathe into your heart. Imagine bringing that commitment into the center of your heart, and surround it and infuse it with your life force, a sense of “Yes!” and wellbeing. If it feels right, you can place a hand over your heart for a few breaths. Take about a minute in silence to be with your experience, and when you are ready, open your eyes.