

DO YOU NEED SUPPORT AS YOU ATTEND COP26?

We are a group of individual coaches from around the globe who have come together to offer free coaching to anyone attending COP26 who identifies as coming from a marginalised or underrepresented group. We know how essential fair representation is in order to ensure fair outcomes. As COP26 has failed to ensure equal participation we have come together to support those attending with whatever they need to feel as seen, heard and supported as they possibly can be during this critical moment. We believe well supported and well resourced people make unstoppable change-agents.

THE OFFER:

We are delighted to offer free, 1-1, on-line coaching. Coaching can provide a neutral, confidential and non-judgemental space for you to explore whatever feels most relevant for you during your participation in COP26. All sessions are up to 60 minutes in length and will take place by phone / zoom / whatsapp (to be decided with your coach).

WHO IS THIS COACHING FOR?:

- Any self-identifying marginalised / underrepresented people attending COP26 who feel they could benefit from this support
- This could be, but is not limited to, women, non-binary folks, transwomen, people from the LGBTQI+ community, women of colour, youth, and people from the Global South or anyone who self-identifies as being from another marginalised or under-represented community.

HOW CAN COACHING SUPPORT YOU:

You are welcome to use the coaching session for anything you need relating to COP26. Some of the sorts of 'topics' you may want to explore might include:

- Confidence to speak up / public speaking
- Imposter syndrome (who am I to represent my country, to be here? etc)
- Grief / eco-anxiety / despair
- Processing a difficult conversation or session at COP
- Self-belief / purpose
- Your resilience / wellbeing - avoiding burnout
- Dealing with harsh self-criticism

WHY ARE COACHES OFFERING THEIR TIME WITHOUT CHARGE?

Climate Change is THE biggest challenge of our time. We know that for all the other issues affecting our clients, our networks and communities, climate change may in the end have the greatest impacts of all - if not now, universally, then certainly for the generations to come. We can be in service here to something far bigger than our usual clients, our businesses and our day-to-day schedules. This is an opportunity to make a real difference with our coaching skills and toolkits - and removing the barrier of a fee means we hope to reach those who are most in need of this support.

TO BOOK A SESSION / FIND OUT MORE:

If you would like to book a session with one of our coaches please follow [this link](#). This offer is open between 1-30th November 2021.