

FORCE^{OF} NATURE

Programmes

& offerings

Turning eco-anxiety into action, and mobilising the
next generation of climate leaders





70 % of young people feel hopeless about the climate crisis

(1)

The climate crisis is already upon us, and science tells us we have less than a decade to prevent irreversible damage.

Gen Z have inherited this challenge. Millions of young people have taken to the streets globally to protest climate inaction, yet we've been met with vague promises and incrementalism.

In response to widespread inaction, **56% of young people** believe that humanity is doomed.⁽²⁾

1) The rise of eco-anxiety <https://www.forceofnature.xyz/research>

2) 56 Percent of Young People Think Humanity Is Doomed <https://www.vice.com/en/article/88nnp/fifty-six-percent-of-young-people-think-humanity-is-doomed>





We must help young people step up, rather than shut down

Eco-anxiety is on the rise and **only 26%** of young people surveyed know how to contribute to solving the climate crisis.⁽³⁾

Schools are slowly introducing climate curriculum, yet teachers don't know how to respond to the exponential increase in mental distress - or help students channel these feelings into action.

By working with Force of Nature, educators have a unique opportunity to help young people become custodians of a future by their own design.

"I feel constant anxiety that the climate is seriously worsening but there seems to be almost nothing you can do about it as an individual... and so many people don't seem to care."

- Catrina

1) The rise of eco-anxiety <https://www.forceofnature.xyz/research>



Force of Nature

We're the leading non-profit turning climate anxiety into action. Through our free programmes, we help young people feel empowered and develop the skills to make a difference.

We then place them at the heart of decisions that affect their future, by working with leaders across business, policy and education.

As featured in:

The New
York Times

The
Guardian



FT
FINANCIAL
TIMES

VOGUE





We're the leaders in translating climate psychology into programmes

In collaboration with research institutions, we co-led the largest ever study into youth mental health and climate (surveying 10,000 young people across 10 countries).

We have used our insights to co-create interventions with young people that aim to mobilise mindsets. Our hero product is a 90-minute **Anxiety to Agency workshop**. The following mindset shifts were recorded through data collected from 500+ students before and after a session:

19% increase
in positive mental health outcomes

26% decrease
in feeling of hopelessness

“Force of Nature's Anxiety to Agency workshops were not only inspiring and empowering for my students in Environmental Studies; they are based on the best psychological research on *what the climate generation needs most in order to face the greatest challenges of our time.*”

- Sarah Jaquette Ray

Author of *A Field Guide to Climate Anxiety*
and professor at Humboldt State University



Clifton High School
Graduation Party, pre-school to sixth form



TEACH THE FUTURE





Flagship programme:

Becoming a Force of Nature

Beyond understanding their climate emotions, it's important that young people develop the knowledge in how to be effective agents of change. This is why we expanded on our standalone '*Anxiety to Agency*' session to create '*Becoming a Force of Nature*'; a 3-part workshop series*.

1. Anxiety to Agency

Helps participants navigate strong emotions, identify self-limiting beliefs, and understand how to cultivate agency and resilience.

2. Discovery

Helps participants get clear on their 'why'; highlight their strengths; and identify barriers (internal and external) to taking action.

3. Catalyst

A crash course in climate solutions; helps participants hone in on where they want to be champions of change, then map the 'how'.

* Completion of the 3-part BaFoN programme is the prerequisite for young people joining our 4-week training pathways, which include: communications, advising decision-makers, and programme facilitation.

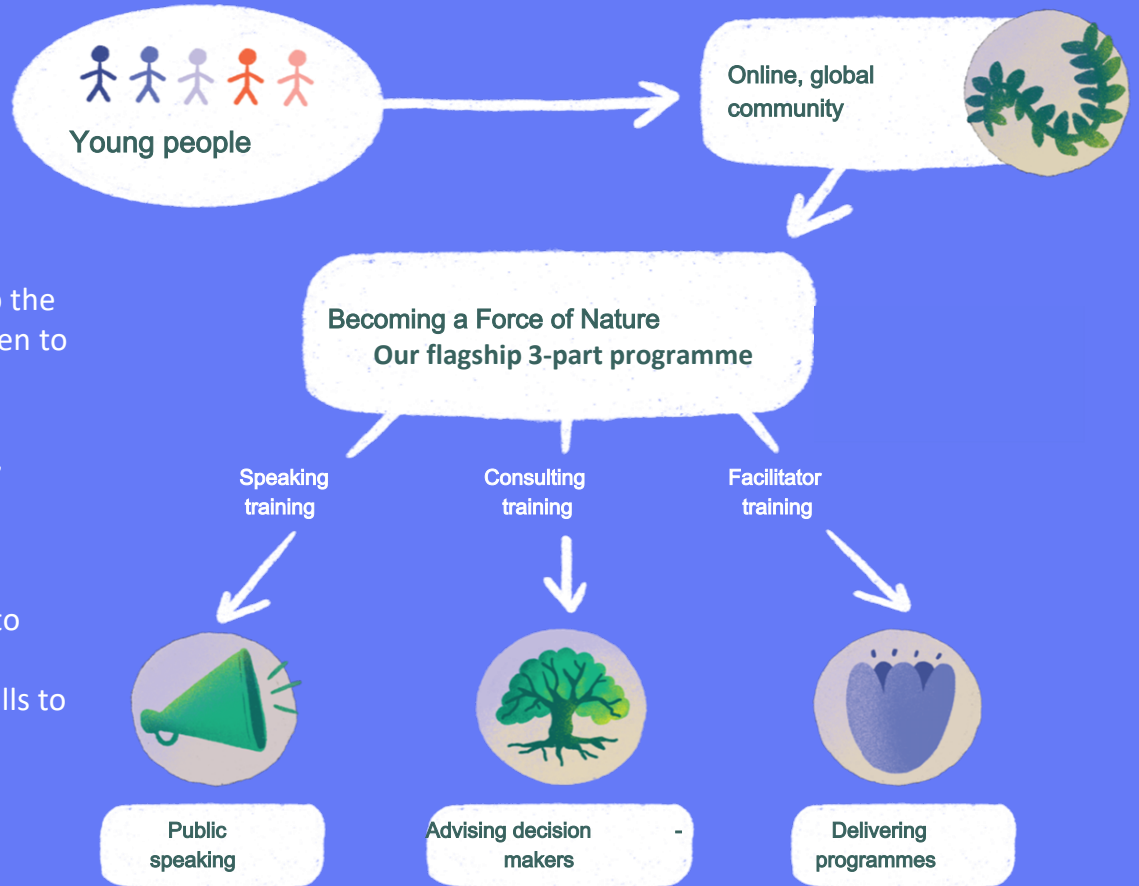


Student journey

For young people who feel powerless to stop the climate crisis, we've designed a journey proven to turn anxiety into action.

In 2021, we launched our 3-part programme, *Becoming a Force of Nature*, to help young people feel empowered.

In 2022, we piloted three training pathways to ensure that young people not only have the knowledge in how to be effective, but the skills to specialise in an area of change.





Graduates spotlight



Public speaking

Bella Zenin graduated through our speakers training in 2022. She has since spoken on several stages, including at the Natural History Museum for “Generation Hope” in March 2023. You can watch her panel on “*Why Gender Equality matters in the Planetary Emergency*” [here](#). In February 2023, Bella started a new role with the UNEP.



Advising
decision - makers

Hana Kidy has advised companies including Airbus and the Crown Estate since graduating from our consultant training. In October '22, she landed an internship with B Lab UK – which she attributes to the knowledge and confidence she gained through the consultant training.



Delivering
programmes

Pim Sullivan - Tallyour is one of our licensed facilitators, and has delivered A2A workshops with St. Johns School, at the Natural History Museum, at the On Purpose Summit, and for Greenpeace. During COP27, she also led and delivered her own climate café at the Conduit.



Supporting educators

The average teacher impacts 3000 students in their career. We've co-created programmes, curriculum support and teacher resources to help educators foster the next generation of leaders.

We've developed and delivered **CPD trainings to hundreds of educators across the UK**. Using our in-house research, we've supported them to:

- Understand the relationship between mental health, mindset and the climate crisis,
- Respond sensitively to climate-related distress and create spaces of wellbeing
- Harness tools to support students long-term

“ One of FoN’s facilitators ran a CPD session for the National Education Union (NEU) members looking at the increasingly common issue of climate anxiety among young people and how that anxiety could be turned into agency and action.

Not only were they passionate and engaging on the subject, they were inspirational too. The NEU look forward to working with Force of Nature again, in the future, for the future.”

**- Jacqui O’Neill,
National Professional Development Manager,
National Education Union**



Award - winning resources

We've developed free, research-backed and award-winning resources to disseminate our theory of change. Including:

- **Educator's Discussion Guide on eco-anxiety** - anxiety (launched in tandem with a 2-part doco series on climate anxiety, in partnership with YouTube). This resource won the [Global Dimension Awards 2023](#) in the Top Resources category, run by Reboot the Future.
- **Climate Emotions Journal for young people** (in partnership with Imperial College)
- **#HoldThisSpace, a digital tool** (helping people explore climate emotions, in partnership with research institutions such as UKRI & NERC).
- **Climate Café: a "how to" guide** (a manual launched during COP27 on hosting climate cafés, incl. safeguarding procedures & risk assessment)





Digitised Facilitator Training

Facilitator training (4x 90-minute workshops; minimum 7-person commitment) help you:

- Pull back the curtain on the facilitation process
- Learn how to empower the shift from anxiety to agency for your team or students
- Help others create impact and instil a sense of agency within them

These sessions are entirely digitised, made up of four course recordings, alongside a facilitator guide so you can run these trainings with your team on a self-paced basis. At the moment, we are looking to share this product on a company-wide level, rather than individually. We may consider sharing this on an individual basis in the future but for now we believe it works best in a group setting!

All engagements are delivered by our community of trained youth facilitators, who are compensated for their services. **We offer our programmes for free** to partners who are directly serving young people from historically disadvantaged groups (although this sometimes requires additional funding or sponsorship to subsidise the cost of delivery).

When delivering programmes, we conduct pre-and-post surveys to capture the mindset shifts we're facilitating. We're able to present these insights back, upon request.



“I often wanted to take action but felt as if I was alone, or that my singular actions couldn't make a difference.

This classroom helped me realise that my actions do have weight and taking action is the only way to change the narrative.”

- Ellie

“A true game-changer in the youth climate space - as someone who has been involved with multiple youth climate organisations, **the creativity, passion, and ingenuity behind programmes behind FoN** truly stands out.”

- Emily

“**Inspiring and reassuring.** I now realise the importance of re-writing my own stories, overcoming self-limiting attitudes, and believing in the power of my own agency.”

- Tim



Thank you!

If you are an educator or organisation with a budget, we ask that you consider sponsoring a programme so that we can continue to support young people around the world.

For information on sponsorship, or to invite us to deliver a programme, email partnerships@forceofnature.xyz.



forceofnature.xyz



[@forceofnature_xyz](https://www.instagram.com/forceofnature_xyz)



[linkedin.com/company/forceofnature](https://www.linkedin.com/company/forceofnature)



twitter.com/fon_xyz

