

Jackie Montminy

Tips for Leading Power in Our Bodies for Environmental Change

Think Ahead

The workshop is meant to be held outdoors so have a plan for inclement weather or extreme heat. A tent is great, as long as it is big enough to hold all participants. Do not be afraid to host the workshop in a light rain. True environmental activists do not mind a little rain and working out in a light mist is really fun especially in the spring with the smell of grass and new growth. Regardless of weather bring a refreshment for after the class. Because of the rain during my workshop, I brought homemade ginger tea in a large thermos. Bring mugs for people to use or invite participants to bring their own. While the workout is fun to hold in the rain, hold the discussion under a smaller tent or inside so people can be comfortable and warm. Play chill uplifting music in the background of your discussion. Make sure to pause often to appreciate (aloud or in your mind) the participants and the comfortable atmosphere.

Plan the give-away item wisely. Painted stones with leaves, suns, flowers, and other pictures on them make great reminders and also open up a comfortable conversation participants will remember. If you are having lots of participants plan a little painting party with friends or incorporate some of the images into a handout asking at the end of participants can pick an image that resonates with them.

Set goals during the workshop. Have participants write down two things they plan on doing either to remind themselves of the power in their bodies or to make positive environmental impacts. The written goal along with the give-away item will hopefully continue the message of your workshop for days to come.