

# ! RESILIENCE FROM THE GROUND UP!

Sat 27th October at the RedBrick Building, Glastonbury, BA6 9FT 10 - 4.30pm

**'Resilience: the capacity to recover quickly from difficulties; toughness'**

- ⇒ **How do we sustain our action, campaigning, resisting, building and creating when sometimes nothing can feel enough?**
- ⇒ **How do we avoid, or recover, and re-balance, after burn out?**
- ⇒ **What about those days when climate change, the 6th extinction crisis and the other interrelated crises are just too much?**
- ⇒ **How do we balance being 'tough' whilst being connected with our 'softness', too; the heart and soul fuelling our work...**

**What?** This day offers a space to gather, stop, share and reflect together, with the aim of supporting ourselves and one another in our 'world work' - whatever shape that takes.

**Who?** This day is open to all and might most benefit those of you who taking stock. Perhaps this'll be taking stock of where you are in life, needing a change, or taking a day to reflect on what you're doing and how you're doing it. It'll be the chance to drop deeper, with the support and shared learning of a kindred-spirited group, held by experienced facilitators. The agenda of

the day will be very much shaped by who shows up and what each of us bringing. Please note there'll be a maximum of 18 participants, on a first come, first served, basis, so book soon to avoid disappointment.

**Cost and booking:** £40/£25 full price/concessions. Any profits made will be retained for future days like this one. Price includes simple veggie lunch.

**For more information and to book:**  
Paul: [awarenessworks@btconnect.com](mailto:awarenessworks@btconnect.com)  
Emma: [emmpalmer@blueyonder.co.uk](mailto:emmpalmer@blueyonder.co.uk)

## Facilitator information:

**Paul Crummay** and **Emma Palmer** are friends, nature lovers and fellow Zen practitioners. They love authentic, heart felt communication and action, and offering spaces for that for others. Paul has been a trainer in the not for profit, public and private sector, and Emma has facilitated in higher education, not for profit, and the private sector. Nowadays she's most engaged leading 'Wild therapy', and ecopsychology events with activists and engaged psychotherapists. Alongside training and facilitating, Paul is active working for the Green Party in the south west and is a member of Sustainable Wells. He is currently co-launching a creative new arts and Zen space in central Wells. Emma works as a psychotherapist and supervisor in private practice in Bristol. She's also a book author and active director in her family's Somerset-based business (and she's proud to have been born and raised in Somerset!) For more information:

<http://paulcrummay.co.uk/>  
[www.kamalamani.co.uk](http://www.kamalamani.co.uk)



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