



THE MINDFUL GOODS

**MINDFULNESS AND MOTIVATION:
A RETREAT FOR
CLIMATE LEADERS**

Delivered by Abigail Somma

2022

VISION & MISSION

Wildfires. Droughts. Floods. Mega-storms. Diminishing ecosystems. Failed or stalled negotiations... and on and on. Media headlines on climate change continue unabated, dire and startling. As much as we want to stay positive, the pull toward despair, pessimism or apathy can be overwhelming.

Yet every crisis holds within it the seeds of opportunity. At such moments of deep turmoil and rising stakes, our human family can respond with new ways of being, relating and addressing collective challenges. Those tasked with addressing climate change are on the front lines and deserve to be at their very best: engaged, resilient, and resourceful. Cultivating inner calm frees up newfound resources, unleashing creativity, innovation and optimism.

For thousands of years, sages have proclaimed what such shared global challenges make obvious: we are all interconnected. At the Mindful Goods, we also believe that the inner world is connected to the outer world; and that while we work toward healing the planet, we must simultaneously tend to our own inner lives. Ultimately, what we do for our personal wellbeing, we do for the wellbeing of the world.

Mindfulness and Motivation: a Retreat for Climate Leaders, consists of **six modules**, delivered over **two half-days or six separate sessions**. The goal is to train climate leaders in the mindfulness and mindset tools that foster inner peace and wellness, as well as open up new channels to meet the greatest challenge of our age. This dynamic retreat will include a presentation, different types of meditation, journaling, partner work and group discussion.

PROGRAM

Module 1 - Practicing Attention

We all know the phrase "pay attention!" In fact, many of us probably heard it a lot as kids. But what we really need to do is "*practice attention.*" When we practice attention, both in focus and quality, we begin to understand how much overlooked power we actually have within us. Not time, not money – rather *attention* is our greatest currency, and as we improve at spending it skillfully, new possibilities open up everywhere.

Module 2 - Separating Fear from Fact

Conventional human wisdom says that if we feel something we don't like, we should do everything possible *not* to feel it. But mindfulness tells us the opposite: we should dive right in. Because on the other side of that discomfort is the beginning of freedom. As we move closer toward feelings we don't like, they don't gobble us up as we might have feared. Rather, we become better, stronger versions of ourselves, which benefits us, the people around us and ultimately, our whole planet.

Module 3 - Cultivating Compassion

Compassion and motivation may not sound like obvious bedfellows, but they certainly can be. Being compassionate toward ourselves actually motivates us to learn from our mistakes and do better; and treating others with compassion motivates them in the same way. In this session, we work with both sides of the compassion coin: treating ourselves with kindness and understanding, as well as extending that to everyone else (even the climate deniers!)

PROGRAM

Module 4 - Living in Alignment

When we refer to alignment, we're talking about being in a state of agreement or cooperation *with ourselves*. Alignment is about knowing and living according to our values; it's about having purpose and goals that matter to us; it's about meaning what we say and saying what we mean. In this session, we'll look at some of the elements that constitute "living in alignment" and do a few exercises to help clarify our thinking - and next steps - in this regard.

Module 5 - Harnessing Innovation

The "thinking mind" is complex: both the source of pain and the seat of insight. As we learn to manage difficult thoughts and emotions, we begin to access deeper reserves of creativity and innovation. Moreover, connecting with others who are doing the same sparks new ideas and possibilities, maybe even a little magic. In this session, we'll do a visualization exercise and then connect with others in the "hive mind" to support each other's vision for a thriving future that supports life on planet Earth.

Module 6 - Stepping Into the Future

Our retreat may be coming to a close, but the journey continues, and hopefully with new ways of working, processing experiences and collaborating with one another. In this session, we explore where we can go from here. In our final meditation, we'll look at the intersection of gratitude and interdependence, and how they can drive us toward renewed sense of appreciation and enthusiasm about our work.

ABOUT

Abigail Somma and the Mindful Goods



Abigail Somma is one of those lucky people with two meaningful careers. On one hand, she has coached and trained hundreds of people in mindfulness, mindset and emotional wellbeing. In addition to working with numerous individuals, she has delivered workshops to international organizations, businesses, schools and universities, and NGOs. She has certifications to teach meditation from both the Nalanda Institute of Contemplative Science (NYC) and Search Inside Yourself (San Francisco), the renown Google-founded program rooted in mindfulness and emotional intelligence.

On her other life path, Ms. Somma has had a longstanding career in international policy, primarily as a speechwriter. She has worked for the UN, the World Bank, global foundations and think tanks. In her role as a speechwriter, she has written for celebrities, business personalities and multiple international leaders. Ms. Somma currently writes about climate change and disaster risk reduction. This role prompted inspiration to develop a retreat for climate leaders. In the most meaningful way possible, it ties the two strands of her career together.

Ms. Somma has a Bachelor's degree from Villanova University and a Master's from Johns Hopkins University. She is also a professionally produced playwright (a third career!) You can find more about her at www.themindfulgoods.com

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