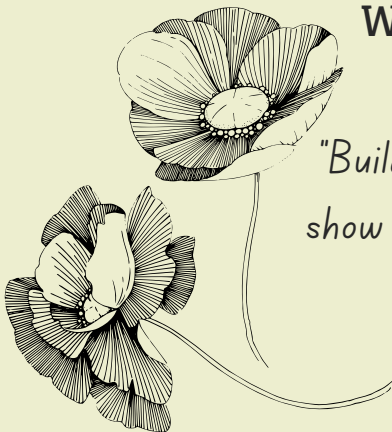




PERMACRAFTERS PRESENTS

Becoming a Resilient Eco-Citizen

WEBINAR ACTION GUIDE



*"Build practical and emotional resilience skills to
show up for the planet day after day with JOY!"*

- Christelle Siohan -

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YOU'RE IN THE RIGHT PLACE IF...

*You're looking to do more for your health and the planet
in a way that actually feels JOYFUL*

*You're looking to build practical resilience skills and take
actionable steps for the planet in your home &
community*





MY PROMISE TO YOU...

- *I'll be mindful of your time*
- *I'll provide as much valuable information as I can in this free 60-minute class*
- *What you'll learn has helped hundreds of our students*

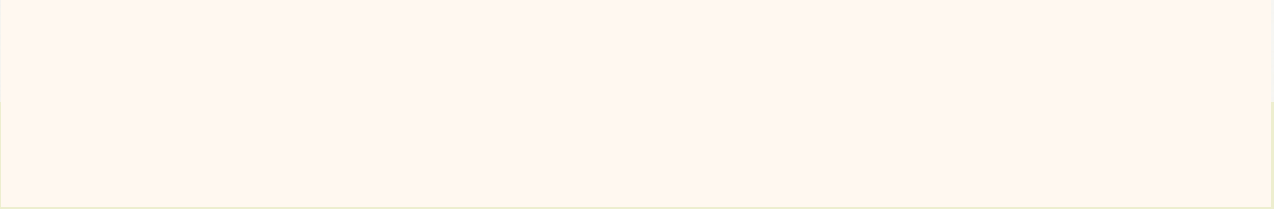
TIPS FOR WATCHING THIS WEBINAR:

You deserve to learn these resilience skills without distractions. This is YOUR time in which you get to tune in fully.

- *Put your scrolling on pause*
- *Take notes*
- *Watch from a computer (if possible)*
- *If you're loving it, share your experience on Instagram or Facebook! Take a pic of the training & tag us @permacrafters. We'll give you a shoutout!*

Defining Resilience

What does being a resilient eco-citizen mean to YOU?



The term refers to building both _____ and _____ resilience skills.

It means that you can _____ in the face of _____

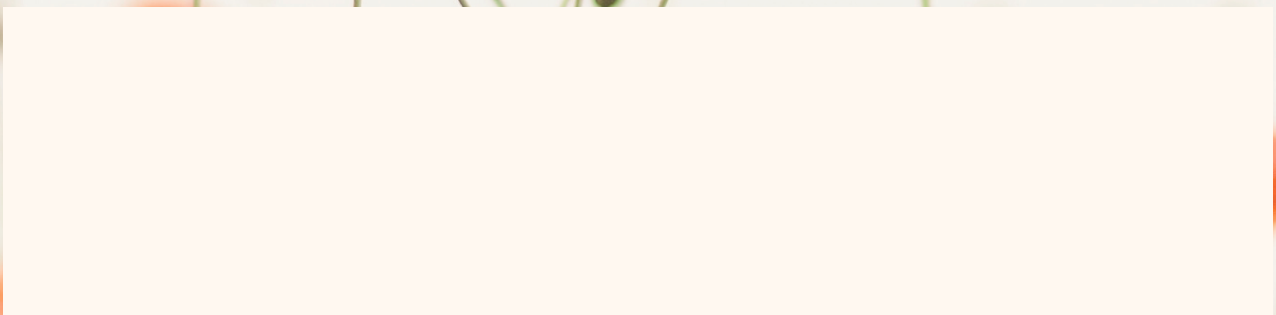
E_____ Resilience:

*Building skills to adapt well in the face of
_____*

P_____ Resilience:

*Building skills to adapt well in the face of
_____*

Notes:



3 Common Mistakes

that May be Preventing You from Being Resilient in your Engagement

Mistake #1: Thinking you need to _____

Being resilient means _____ your skills
and being _____ in doing so.

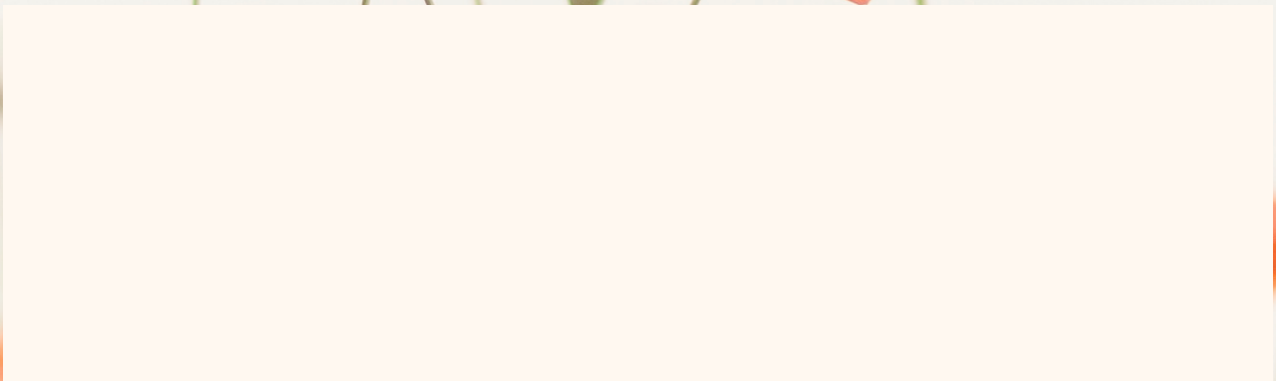
Mistake #2: Failing to see the _____

The _____ you are to something,
the less you can see the _____

Mistake #3: Adopting a _____ mindset.

It is possible to reclaim _____
and defend _____

Notes:



4 Pillars of a Resilient Eco-Citizen

1.

2.

3.

4.

Step 1: Find a _____

Part 1:

Find F_____

Part 2:

Find E_____

Whatever you do, don't _____

Notes:

Step 2: Spend time _____

If you're doing the work of protecting the environment, but you're _____, then you run the risk of burning out.

Some ways I would like to address this:

-
-
-
-

Step 3: Learn _____

Part 1:

M_____ H_____

Some tools I might want to learn to address this:

-
-
-
-

Part 2:

P_____ H_____

Some skills I might want to develop to address this:

-
-
-
-

Step 4: *Build a Variety of* _____

*This step is important to become less _____
and to work with _____*

*Having ___ is part of how you keep your energy going over
time.*

Some skills I want to build to address this:

-
-
-
-

Notes:

