

FORCE^{OF} NATURE

Programmes & offerings

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





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

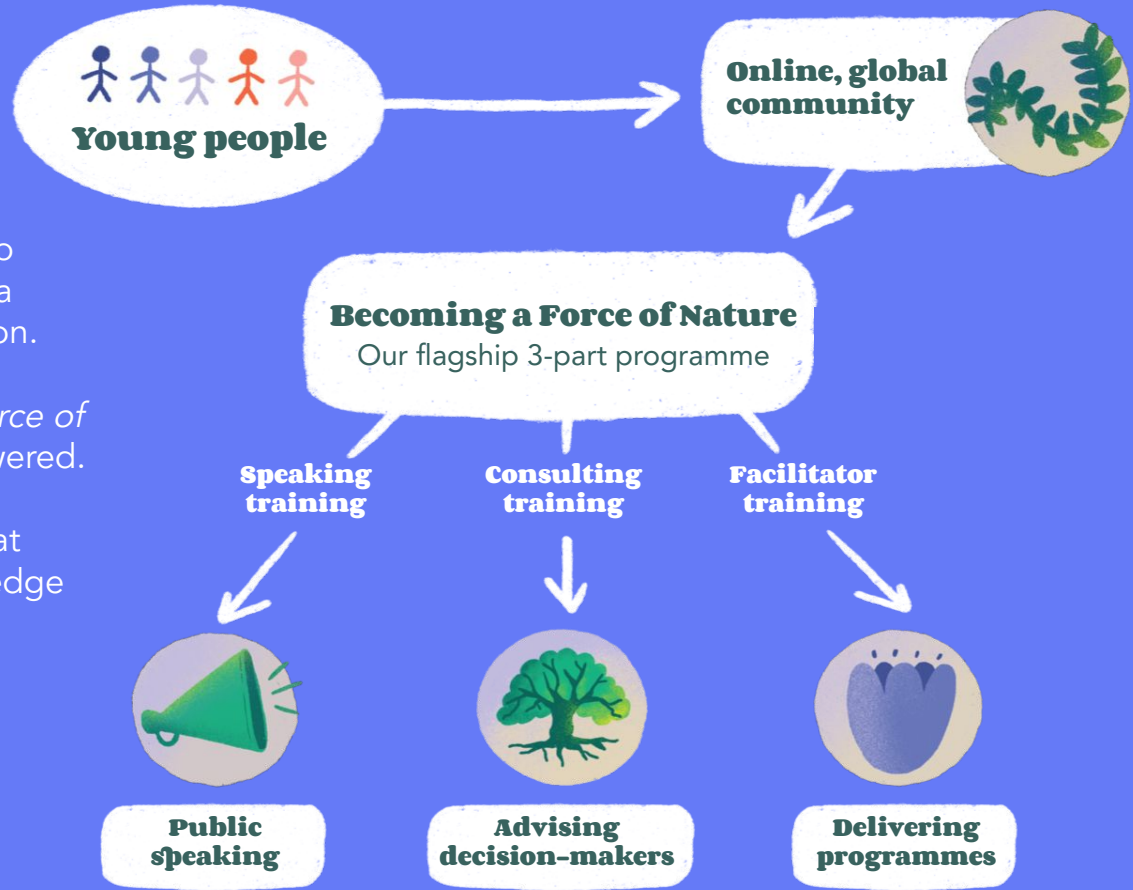


Journey from anxiety to action

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

Our 3-part programme, *Becoming a Force of Nature* helps young people feel empowered.

Then our 3 training pathways ensure that young people not only have the knowledge in how to be effective, but the skills to specialise in an area of change.





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.



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

This programme 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 at 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

**- Graduates of
Becoming a Force of Nature**



The Speakers Training

A speaker is a conduit for a message. At Force of Nature, our speakers are expert in communicating to inspire, catalyse or challenge. Their job is to help people learn, as well as think or do differently.

Everyone has a different communication style, and a preferred space to show up in. We help participants identify both via the training.

Week 1) The power of communication*

Week 2) What makes a good speech?

Week 3) How do I speak for maximum effect?

Week 4) How does this translate into practice?

**Click for a preview of content*



Speaker spotlight

Bella Zanin 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.



The Consultant Training

Our consultants are trained to bring a fresh perspective and spark new ways of thinking, especially when it comes to the role of sustainability in business. Over four weeks, we cover everything from the nuances of greenwashing to understanding how business can be a force for good. Most importantly, we help participants gain the knowledge and confidence to become 'constructive disruptors'.

Week 1) [Why work with business?](#)*

Week 2) What is the role of business?

Week 3) How does business need to change?

Week 4) How can I be a constructive disruptor?

**Click for a preview of content*



**Consultant
spotlight**

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.



The Facilitator Training

A facilitator is someone who holds space for conversations and learning. The role of a facilitator changes according to the context and needs of a group.

Sometimes a facilitator will be a guide, an active listener, or a bridge-builder. Within FoN, our facilitators are equipped specifically to navigate climate emotions via A2A workshops.

Week 1) From eco-anxiety to agency*

Week 2) Holding space for difficult conversations

Week 3) Fostering agency

Week 4) Turning theory into practice

**Click for a preview of content*



Facilitator spotlight

Pim Sullivan-Tailyour 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; and will be hosting her next one at the Change Now conference in Paris.



“I’ve developed confidence in my own voice, feel worthy to be heard, and like I’m no longer too small to make a difference. I’m already recommending this programme left and right!”

- Silvia, Speakers training

“I feel more equipped to engage in meaningful and productive conversations with people in business. I’m so grateful for this opportunity.”

- Amy, Consultant training

“I’ve learnt to create a safe space for people to explore their feelings without judgement!”

- Jaynika, Facilitator training

**- Participants in the
2023 training pathways**



Sign up **today** for Force of Nature's BaFon Training Programme.

Deadline for signing up: May 12, 2025

How to sign up: Share link in chat



Join our free programming for young people aged 16-35

**APPLICATIONS
ARE NOW OPEN!**



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



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