

Finding your NEXUS

An experiential workshop to unlock
everyday action on climate change



Finding a story that works for you

We need a different approach

Statistics suggest that 75% of the population are concerned about climate change. But if 3 in every 4 people you meet are concerned about climate change, why aren't we talking about it more? Why aren't we taking urgent action?

The reason is frequently rooted in emotions of **FRUSTRATION, ANGER and DISEMPOWERMENT**

Change happens by 'Finding your Nexus!'

FRUSTRATION



MOTIVATION

ANGER



PASSION

DISEMPOWERMENT



EMPOWERMENT

Who am I?



My name is Carl Gough. I'm a professional storyteller who has performed across the UK and internationally.

In 2020, I experienced an uncomfortable re-awakening that changed the way I view my life and my work as a storyteller. A story found me that I didn't know I was looking for. A story that gave me renewed purpose and helped provide inspiration for this workshop.

Back in 2020 I had no guide and no map to help me find my way out of despair, frustration, anger and overwhelm. Finding your Nexus is the map I wish I'd had back then; providing a structured and supportive framework to enable meaningful exploration that can change the way you view your role in the current environmental crisis.

What has taken me 3 years of soul searching and reflection, is now available to you through this workshop, in as little as 3 ½ hours!

How?

This workshop draws upon social storytelling to provide personal and collective insight into the challenges that hold us back and how to move beyond them toward purpose and meaningful action (either individually or as a team).

STEP 1 - EXPLORE your relationship with environmental issues.

STEP 2 - UNDERSTAND the self limiting stories you're telling.

STEP 3 - CONNECT with your true passion and needs.

STEP 4 - DISCOVER inner belief and sense of purpose.

STEP 5 - RECOGNISE your unique sphere of influence.

STEP 6 - FIND your Nexus



CHOICE and ACTION



**Where stories have created the PROBLEM,
stories can also be the SOLUTION**



Participant feedback:

“ Inspiring and empowering

I know what to do now

Professional and accessible

A thought provoking workshop

Such a positive experience

Space to reflect and connect

It felt purposeful

”

Delivery

Groups sizes ideally from 6 to 30 participants.

Duration 3 ½ - 4 hours

(Full day option available for business teams with action planning)

Flexible and adaptable delivery

Minimum age 16 yrs

No previous experience necessary

Ideal for:

Public engagement

Educational settings

Business development

Team development

Professional development

Community organisations

Conferences and Festivals

Managing eco-anxiety



**See website for further details or
contact me on**

Tel. 07950 58 88 60

Email: carl@storytelling.wales

www.storytelling.wales/nexus-workshop.php