

# Recorded Training Sessions

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# Media & Messaging Trainings

## Press Release Training

Although this training runs quite regularly, you can [watch a recorded version here](#).

## Spokesperson Training

You can find resources on [Becoming a Spokesperson for XR here](#).

For inquiries about training or being a Spokesperson, you can email  
[\*\*press@extinctionrebellion.uk\*\*](mailto:press@extinctionrebellion.uk)

# Arrestee & Legal Support Trainings

## Witnessing an Arrest

In the absence of trained [Legal Observers](#) (LOs) it can be very important for as many rebels as possible to have the skills needed to Witness Arrest.

If there are no LOs witnessing an arrest, then it is important for bystanders to step in to witness the arrest and make sure that the rights of the arrestee are being upheld.

To learn about how to Witness Arrest, read [this page from Informed Dissent](#) and [watch this short video](#).

## Back Office, Police Station Supporter, and Police Station Support Coordinator

Trainings for these roles can be found on [this page](#).

# Citizen's Assemblies Talks

## What is a Citizens' Assembly- Introduction to XR's 3rd Demand

Watch the video [here](#) to learn more about why our 3rd Demand makes us different, and how a Citizens' Assembly on the climate and ecological crises could create the radical change we need.

## Around the World in Eight Citizens' Assemblies

Watch the talk [here](#) on the previous success of Citizens' Assemblies around the world.

If you have any questions, please email us on [\*\*xr-CitizensAssembly@protonmail.com\*\*](mailto:xr-CitizensAssembly@protonmail.com)

# Regenerative Cultures

## recorded sessions

XR Regenerative Cultures run a wide variety of talks and training sessions, many of which have been recorded and can be found [in this Youtube Playlist](#).

Videos are available on:

- Roots of Regenerative Culture
- Deep Listening
- Exploring Intuition
- Storytelling for Effective Activism
- Sacred Activism
- Touching Earth
- Pranayama & Yoga Nidra

This list will grow as more sessions are delivered and uploaded.

If you have any questions, please email us on [xr.regenerativeculture@gmail.com](mailto:xr.regenerativeculture@gmail.com)