

Recorded Training Sessions

- [Media & Messaging Trainings](#)
- [Arrestee & Legal Support Trainings](#)
- [Citizen's Assemblies Talks](#)
- [Community Alliance Building Trainings](#)
- [Regenerative Cultures recorded sessions](#)

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](#).

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](#).

Citizen's Assemblies Talks

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

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

A short talk 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)

Community Alliance Building Trainings

Links to the Community Alliance Building Trainings delivered in the run up to The Big One (2023) [can be found here](#).

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)