

Directory of Talks and Training

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Welcome to XR

Want to do something that makes a difference in the biggest crisis humankind currently faces? Then this talk is for you.

Welcome to XR is the key introductory session where you can learn more about what Extinction Rebellion is, what we do and how you can get involved.

This session covers:

- What is Extinction Rebellion about? What do we want?
- What is NVDA and why do we use it?
- What are our principles and values? What brings us together?
- How are we organised? How can you get involved?

Format

UK Wide sessions are held online over Zoom.

Your local group may hold their own in-person sessions. You can find out what is coming up near you by using the [XRUK Calendar](#).

When?

Online Welcome to XR talks are held every Tuesday at 7pm.

You can [register for the Welcome to XR talk here](#)

The workshop lasts 1 hour 30 minutes from 7pm - 8.30pm, and then we allow 30 minutes (8.30pm - 9pm) for questions and discussion at the end.

This workshop will take place on Zoom. If you haven't used Zoom before, check out [this short tutorial](#).

What next?

The next step is to learn more about our core method of change making, nonviolent direct action. [Find out more about NVDA training and register here.](#)

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

If you have any questions, please email us on [**pathways+w2@extinctionrebellion.uk**](mailto:pathways+w2@extinctionrebellion.uk)

Heading for Extinction



PLEASE NOTE THIS TALK IS CURRENTLY SUSPENDED [JUNE 2024].

You can still access all the resources below and you can [watch a recording of an earlier talk here](#).

☐ Talks take place online, every second Wednesday 7pm to 8.30pm [REGISTER HERE](#).

Learn the truth about the climate and nature emergency and what we need to do. The talk is regularly updated to include the current science, and will cover:

- ☐ unquestionable evidence for the climate crisis
- ☐ a wealth of easily accessible facts that can be referenced
- ☐ the rationale for joining XR in the campaign to bring about the necessary changes.

This talk is a recommended introduction to the most pressing issue facing every human on the planet.

♥ All are welcome – friends, family, colleagues, neighbours and sceptics!

We really recommend attending a live online talk, but if you prefer you can [watch a recording of an earlier talk here](#).

Attended the talk already? Here are the follow up resources and information:

Now [book to attend the Welcome to XR Talk](#) online every Tuesday at 7pm.

Read the [scientific paper](#) Emergency on Planet Earth, underpinning the talk.

Get involved with a [local group](#) or an [XR community](#).

Browse for more on the [Extinction Rebellion website](#) or on these [Rebel Toolkit resources](#).

Using links to advertise trainings on email and in chats

If you are looking for a link to advertise any of these talks and trainings use the long link when sending via Action Network emails ([read more on this issue here](#)), but you can use the short link in chats.

Long Link for emails :

https://actionnetwork.org/event_campaigns/talks_and_trainings_events

Short Link for chats : <https://xrb.link/K8xfo5f68>

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

If you have any questions, please email us on eventsxr@gmail.com

Nonviolent Direct Action (NVDA) & Prepare for Action (PfA)

Important: NVDA training is evolving!

NVDA will soon be replaced by Prepare for Action, a shorter training session which has less overlap with other training sessions such as Welcome to XR.

Whilst PfA is trialled and rolled out, both trainings will run simultaneously.

[Register for a training session here](#)

Prepare for Action (PfA)

Prepare for Action (PfA) is a 1.5 hour training which focuses on what we all need to know when taking part in any XR activity.

We'll cover:

- what is nonviolence and why is it essential?
- how to keep secure
- understanding the action cycle
- our relationship with the police
- how to de-escalate difficult situations
- understanding Action Support
- Legal Support and bustcards
- making fast group decisions
- and more!

This is an inclusive workshop with space to reflect and ask questions. It covers the most up-to-date information on XR actions.

After the training, you'll receive a follow-up email with useful in-depth information and links to relevant resources.

Who is the training for?

Whether you are relatively new to XR or a seasoned rebel, PfA is for you. Because it is a recently refreshed training, it provides the perfect opportunity for people wanting to recap their older NVDA training knowledge and refresh their energy for taking action.

Where to find the training

[Register for an online training session here.](#)

Prepare for Action training is advertised on the [Movement Broadcast](#), via the [XRUK Talks and Trainings Facebook Page](#) and on the [XRUK website Events page](#) (use the filter view to search).

Nonviolent Direct Action (NVDA)



Explore how nonviolence works, the action cycle, de-escalation and find your place in XR.....

Through the use of information and discussion you will explore nonviolence, civil resistance, the action cycle and learn skills of de-escalation and basic decision making.

The focus of this training is you - we recognise that everyone is different and we will help you to explore how you feel about taking part in an action and how to stretch your personal comfort zones.

You will leave with a new level of understanding of how XR works and lots of ideas about what to do next.

Who is this training for?

Anyone who wants to attend an XR action or protest, no matter whether you want to be arrested or not.

Where to find the training

[Register for an online training session here.](#)

It is also advertised on the [Movement Broadcast](#), via the [XRUK Talks and Trainings Facebook Page](#) and on the [XRUK website Events page](#) (use the filter view to search).

In person training may be available locally and there is a [short street version for basic skills at an action.](#)

Using links to advertise trainings on email and in chats

If you are looking for a link to advertise any of these talks and trainings use the long link when sending via Action Network emails ([read more on this issue here](#)), but you can use the short link in chats.

Long Link for emails : https://actionnetwork.org/event_campaigns/nonviolent-direct-action-workshops

Short Link for chats : <https://xrb.link/kf0HXI>

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

If you have any questions, please email us on nvda_xr@protonmail.com

Know Your Rights

What is this training about?

Know Your Rights provides essential information on your rights at protests, your rights when talking to the police, your rights when being searched, and your rights when being arrested.

Who is this training for?

Anyone who wants to attend an XR action or protest, no matter whether you intend to be arrested or not.

Format

Training can be found on the [Rebellion Academy](#) or are held on Zoom (online) through [Green and Black Cross](#).

When?

Take the [Know Your Rights \[2024\]](#) training in your own time on the Rebellion Academy or on Zoom with Green and Black Cross. Upcoming sessions are advertised on their website [here](#).

If you have any questions, please email Arrestee & Legal Support on als@extinctionrebellion.uk

Joining the Foundation Programme



To apply to the Foundation Programme via the Volunteer Website, [click here](#).

This course will deepen your understanding and support your involvement in XR.

It isn't necessary to take part in the Foundation Programme to get involved in XR. However, it's a great place to start if you prefer to find out about the movement before diving in.

The Foundation Programme also prepares you to take on a role anywhere in XR (your local group, your region or a UK-wide team) and find the type of role that suits you best.

The course is great for people new to XR but if you have been around for longer you may find it useful too - we bet you'll learn something you didn't know!

- Introduction to XR
- Heading for Extinction and what to do about it
- How to use XR's communication tools

- Meeting skills
- NonViolent Direct Action (NVDA)
- Know your Rights
- How XR works and who makes the decisions
- Citizens' Assemblies
- Skills, Boundaries, and Sustainable Activism
- What is a Regenerative culture?
- Course socials and problem-solving sessions

The course is entirely online (so you will need a good internet connection) and is very flexible: you can work at your own pace to either complete the whole course or just dip in where you would like to deepen your knowledge. We run an Introduction to the Foundation Programme on Zoom approximately monthly but you can start at any point and join a weekly get-together. There are 22.5 hours of learning in total with:-

- support and guidance from the course directors
- training in small groups on zoom (online video call)
- the tools to access e-learning, which you can complete in your own time
- personal connections to help you find your feet in a new role
- opportunities to meet your fellow students (online)

The course directors will guide you throughout and, at the end of the course, support you into finding a role with one of our amazing teams or local groups anywhere across the UK.

One of our students described the course as...

“Inspiring, brilliant, rigorous, intelligent”

If we can help in any way to support you through the Foundation Programme, please get in touch by emailing pathways+fp@extinctionrebellion.uk

The Foundation Programme uses various different platforms:

1. **ZOOM SESSIONS**

Click on the link above to find full information about your Course Zoom Sessions and click [HERE](#) for information on registering for them and what to do if you cannot attend.

We recommend that you register for all of the live Zoom Sessions as soon as you are ready, but please remember that the Course Schedule is dynamic so things may change a little. If a session is moved to a different date, we will email you if you are registered but please recheck the schedule before you enter any live Zoom Session, in case you missed the email.

2. **XR TUBE**

XRUK has its own version of YouTube called **XR Tube** and the Foundation Programme has its own **Playlist** where all the recorded Zoom Sessions can be found. To access a recording via the Course Schedule, simply click on the link to watch.

Recordings of live Zoom Sessions are for the convenience of students who cannot attend the live session. However, not all Zoom Sessions are suitable for being recorded. Please see the page on **Zoom Sessions** for more information.

3. **REBEL TOOLKIT**

This is XRUK's amazing online resource library, the platform you're using right now! It's accessible to anyone, anywhere in the world.
Click on the link above to go to the Rebel Toolkit homepage.

4. **REBELLION ACADEMY**

This is our online learning platform, offering a range of interactive study sessions. Every time you complete a session, you get a badge ... okay, it's a virtual one but it's still a badge!

For information on all of the Foundation Programme's sessions on the Rebel Toolkit and Rebellion Academy, click the link below.

Rebel Toolkit and Rebellion Academy - Foundation Programme Sessions

5. **Mattermost** for chatting - a similar app to WhatsApp, Telegram and Signal.

Rebellion Academy

Online Training resources for Rebels to do in their own time, at their own pace.

Short courses on a range of topics, with videos and interactive quizzes to help you learn more about all things XR.

How to Access Rebellion Academy

Visit <https://uk.rebellion.academy>.

Introductory Video



What is Rebellion Academy?

It is a learning environment of trainings that you can work through, in your own time, including audio versions you can listen to, for example while out walking. New trainings are constantly being created, and if there is anything you feel is missing please [contact us](#).

If is **not** a calendar of trainings, or a place for networking. There are live trainings available in XR, but the Academy is for you to learn in your own time and at your own pace, and where Rebels can catch up on bits of training they have missed.

What's the difference between Rebellion Academy and the Toolkit?

Academy: a learning environment, with videos and **interactive trainings**,

Toolkit: a collection of web pages, like a Wiki, with links to resources.

Some information may be shared in both, but if you want to ensure you have completed a training (e.g. NVDA), then the Academy is the place to go. If you are looking for information or links, start with the Toolkit.

First time using Rebellion Academy?

If it's your first time on the Academy, you can either search directly for a training you're looking for, or you can try our quiz to find out which trainings might be most relevant to you.



Rebellion Academy training guide

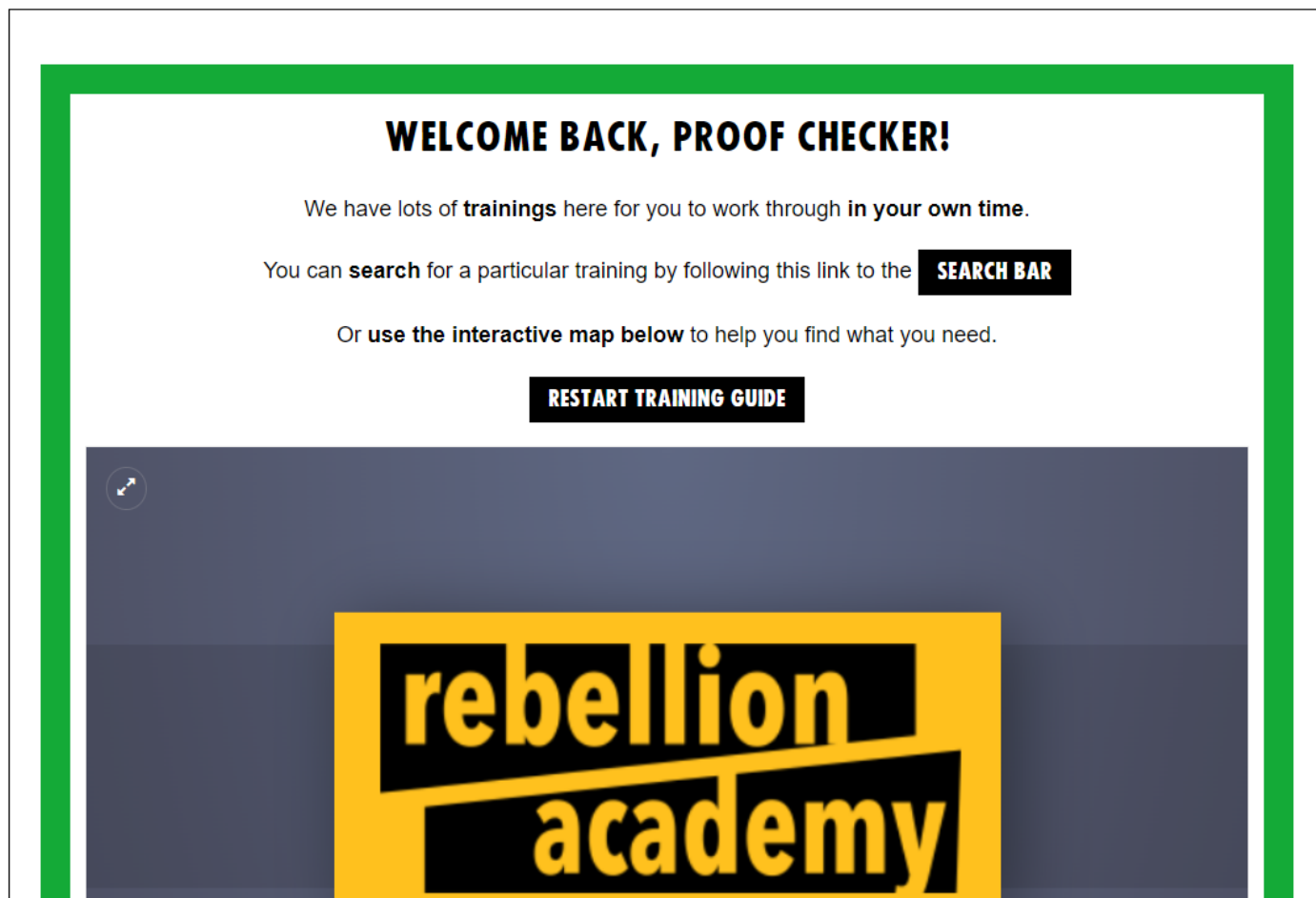
Find the trainings which are most helpful for you.

Next... →

They are all linked in our Dashboard.

Dashboard

The main page is the 'Dashboard' where you can access trainings, search for information, see what courses you have completed, get help etc.



This section lets you filter trainings by type, e.g. 'LOCAL GROUPS' will show you all trainings suitable for Local Group members.

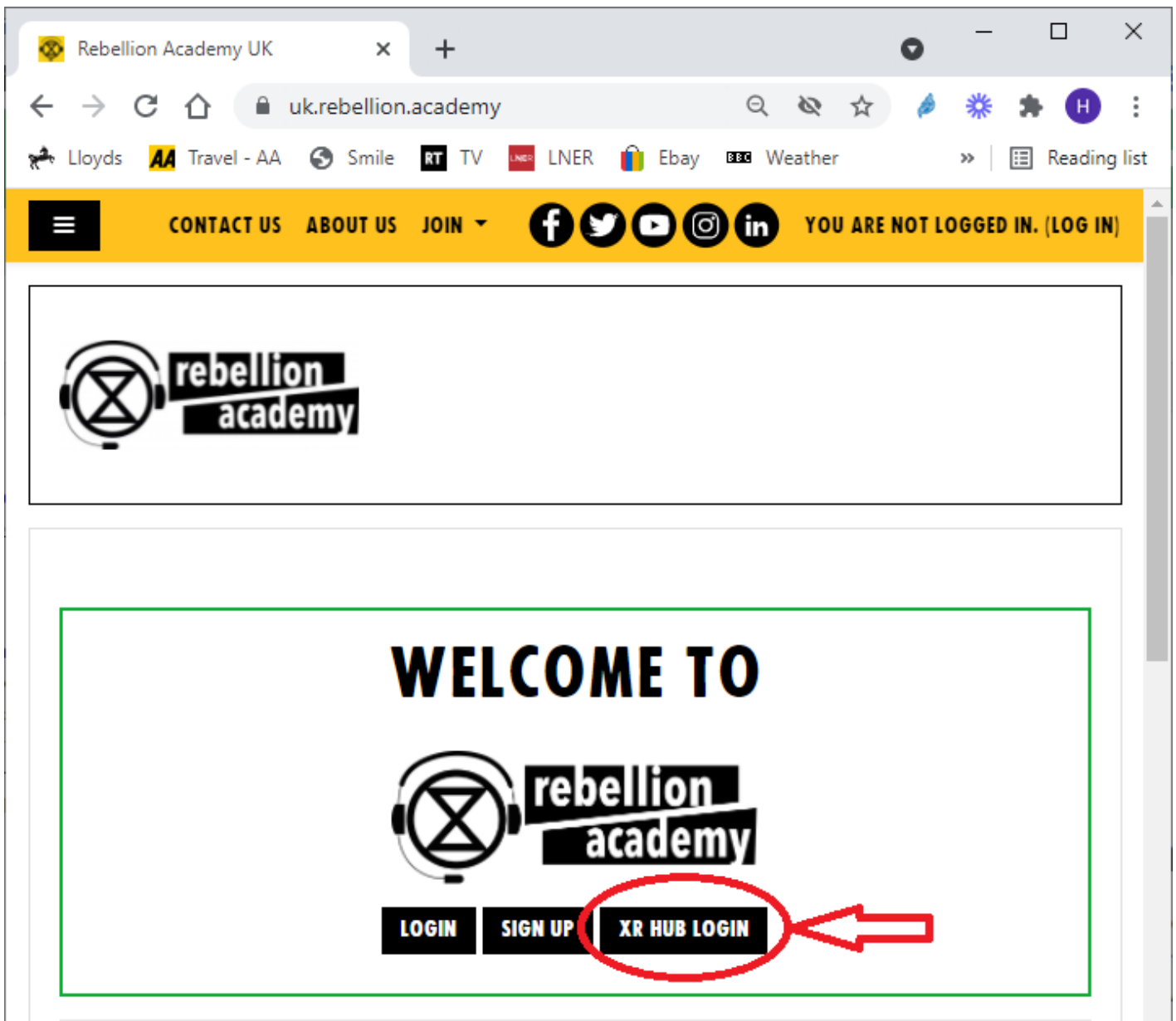
You can also see a full list of trainings, or search for a particular one.

Do I need to sign up?

Some courses are available to anyone without sign up, but most are for Rebels so you will need to Sign Up or Login.

It's easy to create your own Rebellion Academy account by clicking 'Sign Up'.

Or, if you're already using The Hub, you can use your Hub account, via the button below with the red arrow::



Benefits of Rebellion Academy

- It is always available whenever or wherever you have time to do some learning.
- It is constantly evolving to provide more trainings.
- If you feel there is a course needed you can request it, or even create it yourself.
- If you complete a training you get a badge.
- You can work through courses in your own time including in several sittings.
- Each training has interactive elements so you can engage with the material you're learning about.

Contact

We'd love your feedback - [drop us a comment](#).

Facilitation



What is this training about?

Facilitation training is offered in three parts:

- Introduction to Meetings: a core training that everyone should attend.
- Facilitation Training (in two parts): an in-depth training designed for those who want to be able to run meetings in a safe, accessible, and productive way. This training is offered to people after they have attended the Introduction to Meetings training.

Format

All trainings are online via Zoom and last 1 hour and 30 minutes.

Introduction to Meetings Training

Meetings are an important part of the XR culture, but because it's XR, we do things a little differently from what you're probably used to. Come to this essential training and you will:

- Understand how our meetings work
- See how our principles and values are reflected in how we work together
- Learn how to be, what to say and when to say it in our meetings
- Learn how to use an agenda document
- Find out about the SOS and how the movement works

How to find and register for Introduction to Meetings Training

Sign up [via this Google Doc](#), which contains a list of upcoming dates. These sessions fill up fast so register early.

Facilitation Drop-Ins

An opportunity for all facilitators, new and experienced, to connect with the XRUK Facilitation team for advice and assistance with their facilitation queries.

How to find and register for Facilitation Drop-ins

Sign up [via this Google Doc](#), which contains a list of upcoming dates.

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

If you have any questions, please email us on [**facilitation@extinctionrebellion.uk**](mailto:facilitation@extinctionrebellion.uk)

SOS (Self Organising Systems)

What is this training about?

SOS Training explains how XR uses its Self Organising System to organise. This system is very different to what most people have experienced in hierarchical organisations or traditional NGOs, so SOS training demystifies our system, and shows that it really isn't that complicated!

What trainings are available?

SOS Drop-ins

If you don't want to attend a full training session, but have a few queries about SOS, pop along to the monthly SOS drop in sessions.

SOS for Local Groups

A new training that will explain how SOS can be used in your local group, without going into detail about the more complex way SOS is used in XRUK circles.

SOS Basics Training

An essential training for co-ordinators of XRUK circles (sometimes called central circles), this session explains how SOS is used in these circles and explains the basics of mandates, integrated decision making, and XRUK's structure.

SOS Intermediate Training

Also essential for co-ordinators of UK circles, this session is for anyone who has already attended the basics training. It goes into more detail about how SOS works and its complexities.

When?

SOS Trainings are offered relatively regularly.

[Register for a training session here](#)

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

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

OMBRA (Oppression, Movement Building & Our Relationship as Activists)



What is this training about?

OMBRA looks at how movements can be divided when oppression goes unaddressed, and offers practical tools to heal these divisions which affect our relationships as activists.

This workshop will address the importance of understanding the structural nature of oppressions (such as racism, sexism, classism, ableism, the oppression of young people, ...), as well as doing personal healing work – both of which are necessary if we are to work together effectively in a united movement.

Format

Sessions are held over Zoom and last 3 hours.

When?

OMBRA sessions run once or twice a month but are not always on the same day. Please see this [document](#) for information on dates and how to register.

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

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

Tech Support Sessions and Training



There is a whole shelf of support covering the whole world of XR **Tech and Data** needs, but this page here specifically points you toward **videos and Zoom sessions for support and training**.

Tech Support Drop-in

Are you struggling with tech and in particular XR communication platforms, e.g. Mattermost, Cloud or the Hub? If you have quick questions or need general tech support, please drop in and get them answered (hopefully!).

Tuesdays 6-6.30pm - Quick Questions (30mins)

<https://us02web.zoom.us/j/89528558324>

Meeting ID: 895 2855 8324 Passcode: 278766

Thursdays 6.30-7.30pm - Questions and Training (1 hr)

<https://us02web.zoom.us/j/89528558324>

Meeting ID: 895 2855 8324 Passcode: 278766

Video Guides to help with The Hub & Mattermost

You can see a whole range of [video guides to help with The Hub and Mattermost](#) in the Tech and Data section of the Toolkit.

Presentations - Choosing and Using XRUK Digital Tools

- Introduction to the **Promote and Support Digital Team**
 - [XRUK Hub](#)
 - [XRUK Cloud](#)
 - [Getting started with XRUK Cloud](#)
 - [Big Blue Button vs Zoom](#)
-

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

If you have any questions, please email us on [**tech@rebellion.earth**](mailto:tech@rebellion.earth)

Action Support Training

For all information on Action Support Training such as stewarding, well-being, roadtaking and more head over to <https://rebeltoolkit.extinctionrebellion.uk/books/action-support>

Outreach Trainings

For any general questions about our training, please email us on actions.outreach@extinctionrebellion.uk

Street Outreach Training



Join a training workshop

Register here for the next [Outreach Workshops](#).

What is this training about?

- Growing our movement is a key task.
- To do this we need to be able to speak to the public and engage them.
- Our Principles and Values ask us to step up to challenges in this time of crisis. This workshop will empower you with top tips and simple skills to become an outreach hero!
- You don't need any experience or skills to participate in the workshop and if you've done outreach before and just want to brush up and refine your methods, then you're welcome to join too!
- You'll leave this workshop empowered with new skills and knowledge.

Format

Sessions are held over Zoom and last 1 hour.

For more XRUUK Talks and Trainings see:

- [Movement Broadcast](#)

- [XRUK Talks and Trainings Facebook Page](#)

Street Speaker Trainings



What is this training about?

Street talks are a fantastic way to quickly engage, inform and empower new joiners and existing rebels.

We have a [range of Street Speaker Scripts](#) that can be used at Actions.

The scripts are designed to be delivered by anyone without the need for training however, we're here to support you!

The support workshops will provide a space to:

1. Ask questions
2. Learn how to use the scripts and resources on the Rebel Toolkit
3. Find a support buddy for delivering the talks in person/on the street
4. Practise the street talks in breakout rooms

Format

Sessions are held over Zoom and last 2 hours.

When?

Street Speaker Support workshops are publicised on Mattermost, [Movement Broadcast](#) on Telegram and the [XRUK Talks and Trainings Facebook Events Page](#) in the run-up to large events where Street Speakers are needed.

Dates will be added to the [registration page](#) before those large events. If there aren't any events showing, please keep an eye out for them being publicised and you'll find they've been added to the [registration page](#).

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

If you have any questions, please email us on eventsxr@gmail.com

Regenerative Cultures Sessions

If you have any general questions about our training, please email us on
xr.regenerativeculture@gmail.com

Qigong

What is this session?

A practical session of coordinated body posture and movement, breathing and meditation, for the purposes of health, spirituality, and martial-arts training.

Format

This session takes place via Zoom and lasts 1 hour.

When?

Qigong takes place weekly on Wednesdays from 5.30-6.30pm. Zoom links are shared via the Movement Broadcast below.

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

Connecting Through Life Stories



What is this training about?

We can do amazing things when we come together as a united force, and hold together through the many difficulties that we face.

This means building good, strong relationships with each other and learning how to reach out and build relationships with the wider population.

We have found that asking people to share their life stories with each other is a very powerful way to bring people together in many situations. It is also very simple – anyone can do it.

This combination of power and simplicity suggests it has the potential to bring deep benefits on a wide scale. Everyone is welcome to this workshop.

We're also looking for people who would like to learn how to run 'Connecting Through Life Stories' groups.

We use a very simple format, and so learning to do it is just taking part in a sharing stories group at the start of this workshop, and then staying on for a little extra instruction and discussion.

Format

Sessions are held over Zoom and last 1 hour 15 mins, plus an optional 30 minutes at the end to learn how to run this workshop yourself.

When?

Connecting Through Life Stories runs monthly, usually on the first Tuesday of the month from 7pm-8.15pm (or 8.45pm). Please see this [document](#) for information on dates and how to register.

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

Recorded Training Sessions

Recorded Training 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](#).

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](#).

Recorded Training Sessions

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)

Recorded Training Sessions

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

Contact the Talks & Training team

If there's something we can add, remove or explain, please email us on

pathways+tt@extinctionrebellion.uk

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)