

# Directory of Talks and Training

Many talks, workshops and training sessions are delivered regularly via Zoom. You may also find links to recordings of previously given sessions to watch at your leisure.

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# The World We Want

# The World We Want



## SPREAD THE HOPE!

Feel paralysed by the doom and gloom? We have the antidote! An uplifting talk that shows a better world is possible and how we can help build it together.

No activism experience needed  Practical steps you can start today  Hopeful, not heavy

The talk takes approx. 1hr with an additional 15 mins for discussion and questions.

To join The World We Want online talk or if you were inspired by the talk and would like to become a speaker, you can register for either.

### [REGISTER HERE](#)

Share this with:

Your friend who's "too busy" because they feel overwhelmed

Your neighbour who says "it's too late"

Your family who want to do something but don't know where to begin

Anyone who's tired of feeling powerless

## Resources and Further Information

If you've attended the talk and / or want resources and further information so that you can start taking action right away, check out [this page](#) on the Rebel Toolkit.

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New to XR? Join our [Intro to XR talk](#).

Ready to get active? Register for a [Get Involved session](#).

# The World We Want | Resources and Further Information

The World We Want talk is an antidote to the doom and gloom that many of us feel about the climate and ecological emergency, and the terrifying reality of natural disasters we either experience or watch live on the news. The talk shows you that a world worth living in is possible and provide you with tangible actions you can start taking today to make that world a reality.

To join The World We Want online talk or if you were inspired by the talk and would like to become a speaker, register for either [HERE](#).

## Support

If you or anyone you know, would like to support the development and delivery of our talks, please donate [here](#). Thank you in advance.

## Summary

Below is a brief reminder of the key parts of the talk, links to further resources and links shared in the Zoom chat during the talk.

- We started by inviting you to imagine what kind of world **you** want.
- We looked at what kind of world we have now and then explored how possible it is to bridge the gap between the two.
- We looked at how ordinary people can make change and showed how this has been done in the past.

## Takeaway Messages

- This is an emergency!
- There is a desirable world to be won - but the promise of that world currently hangs in the balance.
- We can all contribute to making it a reality.

# Resources

The talk has been thoroughly fact-checked; you can see our sources and read more on any topic in this [Evidence and Further Reading](#) document.

## Next Steps

- Join or find out more about Extinction Rebellion:
  - ['Intro to XR' talk and 'Get Involved' session](#)
- National Emergency Briefing:
  - Watch the short films, call for a televised screening, find out how to host a screening, print Community Building zines and more [here](#).
- Find out more about [Doughnut Economics](#).
- Join or find out more about other environmental groups: there are so many! We suggest doing an online search to find the right one for you, but here are a few to get you started:
  - [Insure our Future global network](#): a campaign pressuring the insurance industry to stop insuring new oil and gas - engaging students in the UK.
  - [Wildlife & Countryside Link](#): bringing together their members on issues of common concern and to present a clear, consistent message to Government, opinion leaders and the general public.
  - [United for Climate Justice](#): a platform of several climate and social justice movements, established in 2023.
- Join or find out more about assemblies and other pro-democracy groups:
  - Extinction Rebellion [Assemblies](#)
  - Extinction Rebellion [Citizens' Assembly](#)
  - [Humanity Project UK](#)
  - [Assemble](#) and their [House of the People](#) campaign

## Useful Links

Some of you may have found out about this talk via the Rebellion Broadcast on Telegram. It is a vital space for staying up-to-date with what's happening across the UK for Extinction Rebellion and allies.

- Join the [Rebellion Broadcast](#) on Telegram

## Extinction Rebellion Actions and Events

The Actions Map is useful for finding in-person actions and events near you and the Events Calendar shows both in-person and online actions and events, like The World We Want talk!

- [Map View](#)
  - [Calendar View](#)
  
  - Watch a recording of [The World We Want](#) talk.
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If you have questions or need further support, email [volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk)

# Intro to XR



Want to do something that makes a difference in the biggest crisis humankind currently faces? Then this friendly, online **Introduction to Extinction Rebellion** talk is for you. Join us to find out who we are, what we do, why and how! The talk lasts about 60 minutes with an optional 15 mins at the end for in depth questions and discussion.

[REGISTER HERE](#)

This session covers:

- What is Extinction Rebellion about? What do we want?
- What is Non Violent Direct Action and why do we use it?
- What are our principles and values? What brings us together?
- How are we organised?

If you haven't used Zoom before, check out [this short tutorial](#).

## What next?

To learn more about the different ways you can take action in XR [register for one of our Get Involved sessions](#).

You can also [register for one of our Prepare for Action workshops](#) to learn more about keeping safe at actions on the streets.

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

# Get Involved



## We would love to meet you!

Join our informal online interactive session - **Get Involved** - where we guide you through options for getting involved with XRUK, including how you can volunteer or join an action or group.

[\*\*REGISTER HERE\*\*](#)

Find more info in the [Get Involved book](#), linked to the training session.

## Explore our Resources

If you would like to become an 'Explorer' to deepen your understanding of XR and find out how you can get more involved, let us know during the Get Involved session or email

[volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk) and we will send you a link to our Explorer Resources list.

Our Resources have been described as...

“**Inspiring, brilliant, rigorous, intelligent**”

The Explorer Resources use various platforms:

1. **ZOOM**: Information on [how to register](#)
2. **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.

### 3. **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!

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If you have any other questions about getting involved with XRUK, please email us on [volunteer@extinctionrebellion.uk](mailto:volunteer@extinctionrebellion.uk).

# Prepare for Action

Prepare for Action [PfA] training consists of a:

- stand alone video for anyone to watch. [ADD LINK]
- [Facilitator's Guide](#) for anyone to deliver the training in a group either online or in-person.

Find all the resources in the [Prepare for Action Training](#) book on the [04a. Actions](#) shelf alongside how to plan, design and participate in actions.

# 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. It covers the law for England and Wales. If you are taking part in an action elsewhere, your local or regional XR group should be able to provide information.

## 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 via 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](#).

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If you have any questions, please email Arrestee & Legal Support on [als@extinctionrebellion.uk](mailto:als@extinctionrebellion.uk).

# XR Meeting Facilitation

## FACILITATION TRAINING

This training is run by our Self Organising Systems Circle.

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.

**TRAINING FOR PARTS 1, 2 & 3 ARE AVAILABLE ON REQUEST. SEE BELOW FOR CONTACT DETAILS.**

### Introduction to Meetings (part 1)

Introduction to Meetings: a core training that everyone should attend. 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

### Facilitation Training (parts 2 & 3)

More 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.

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#### Contacting Self-Organising Systems Circle

Email for training queries: [uksos-trainings@protonmail.com](mailto:uksos-trainings@protonmail.com)

Email general: [sos@extinctionrebellion.uk](mailto:sos@extinctionrebellion.uk)

Mattermost: [SOS Reception](#)

# Outreach Training



Drawing on the latest research from Climate Outreach as well as the work of Sarah Stein Lubrano and David Graeber, this workshop will be useful for both experienced and new outreachers.

When training is available, you can [REGISTER HERE](#).

## What is this training about?

We will look at:

- What the current research is telling us about effective ways to engage with people on the climate and ecological emergency.
- Which messages resonate with different demographics.
- What motivates people to take action.

## Watch a recording of a previous workshop

[Video of Street Outreach Skills training](#) (NOTE: this isn't same as current training).

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

# Disability Access Training

This training is run by XR Disabled Rebel Network (DRN).

To request training or ask any questions, please email us on

[wellbeing+drh@extinctionrebellion.uk](mailto:wellbeing+drh@extinctionrebellion.uk)

View the slides from this training [here](#).

Also see the Facebook page of [XR Disabled Rebel Network \(DRN\)](#).

# Action Support Training

Head over to [Action Support](#) book for all information on Action Support training such as stewarding, well-being, roadtaking and more.



# Arrestee & Legal Support Training

## 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](#).

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If you have any other questions, please email [als@extinctionrebellion.uk](mailto:als@extinctionrebellion.uk)

# Regenerative Cultures Sessions

The sessions listed here are all on Zoom and everyone is welcome.

## Communication that Connects

[REGISTER HERE](#)

These sessions run monthly, on different themes. Each session lasts 1hr 15 mins.

More than skills this is a paradigm shift into presence, which is a quality of compassionate Being. Moving away from 'having', 'getting' and 'owning' and moving towards honouring, sharing and appreciating.

In the service of this shift we invite skills in empathic listening, honest expression, connecting, appreciating and gratitude, uncovering shared values and shared vision.

- For those that appreciate an open mind within a culture of reflection and learning.
- Straightforward and immediately applicable.
- Cultivating a grounded safety through sensory awareness.
- Develop your skills in connecting through communication.
- We will develop a community of connection practices together.

Facilitators are Jen and K2.

## Connecting Through Life Stories

[\*\*REGISTER HERE\*\*](#)

These are monthly workshops, usually on the first Tuesday of the month from 7pm. Each session lasts 1 hr 15 mins, plus an optional 30 minutes at the end to learn how to run this workshop yourself. For more information on this, [click here](#).

We can do amazing things when we come together as a united force and hold together through the many difficulties we face. This means building good, strong relationships with each other and learning how to reach out and build relationships with the wider population.

Facilitators are Karl & Alima.

# OMBRA workshops

## [REGISTER HERE](#)

OMBRA is Oppression, Movement Building and our Relationships as Activists. This interactive workshop runs for 3 hrs and includes space for personal sharing and experience of practical tools.

We are members of XR looking at why, when people come together to bring about change, too often we end up fighting each other rather than working together.

For example, how do we address oppression (such as classism, sexism, racism, etc.) in ways that don't create further division? How do we rebuild relationships and trust that have been broken?

Facilitators are Karl & Alima.

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

# Qigong

**TO REGISTER**, please contact [xr.regenerativeculture@gmail.com](mailto:xr.regenerativeculture@gmail.com) You will be sent the Zoom link to attend.

Qigong takes place weekly on Wednesdays from 5.30-6.30pm.

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

# Regenerative Cultures recorded sessions

XR Regenerative Cultures run a wide variety of talks and training sessions, many of which have been recorded.

**What is this Regenerative Cultures thing?** In this [recorded workshop](#) we define and explore regenerative cultures.

More videos can be found [on this Youtube Playlist](#):

- Roots of Regenerative Culture
- Deep Listening

- Exploring Intuition
- Storytelling for Effective Activism
- Sacred Activism
- Touching Earth
- Pranayama & Yoga Nidra
- What is this Regenerative Cultures thing?

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

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

# SOS (Self Organising Systems)



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

## Register for Training

[REGISTER HERE](#) for upcoming training sessions.

If no dates are available, [register your interest here](#).

**We offer the following full training sessions:**

### 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
- the basics of mandates
- integrated decision making
- 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 the complexities of SOS and how it works.

## SOS Drop-ins

If you don't want to attend a full training session, but have a few queries about SOS, pop along to this monthly session, you can find the link in the header of [SOS reception channel on Mattermost](#).

## 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. If you are interested in this - please get in touch (contact details below).

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If you have questions, please email us on [uksos-trainings@protonmail.com](mailto:uksos-trainings@protonmail.com). Or you can contact us on the [SOS reception channel on Mattermost](#).

# Community Building Workshops

**There are now four different workshops on offer!**

These workshops were successfully piloted in 2025. They will continue to develop, with more resources for groups to run workshops themselves as well as being run by members of the Community Building circle.

For full details and to request a workshop, visit this page on [Community Building Workshops](#).

The Community Building circle has created a comprehensive resource on this topic, and you can find the [book here](#).

If you have any questions, you can:

- message the [Community Building Reception channel](#)
- talk to your Nation/Region 'Gardener'
- email [CommunityConnectors@protonmail.me](mailto:CommunityConnectors@protonmail.me)



Nottingham - Oct 2025

# Media & Messaging Training

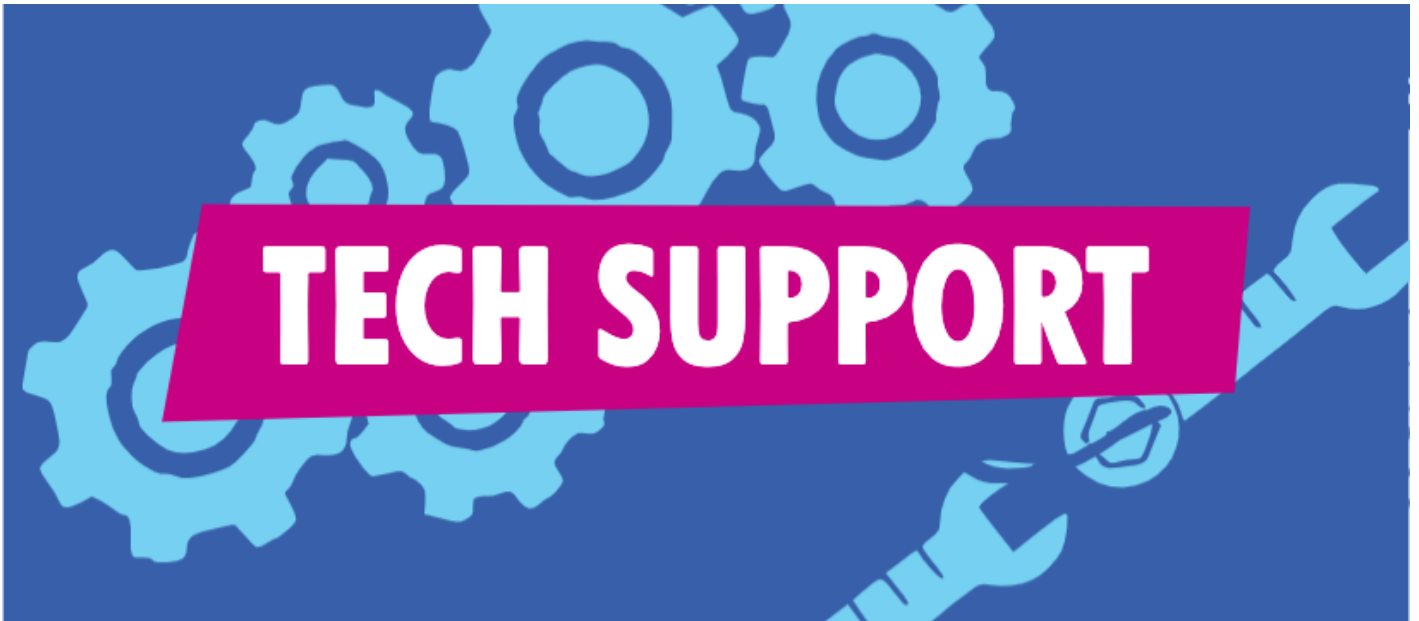
## Press Release Training

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](#).

# 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](#) (or watch a video [here](#))
  - [XRUK Cloud](#) (or watch a video [here](#))
  - [Getting started with XRUK Cloud](#)
  - [Big Blue Button vs Zoom](#) (or watch a video [here](#))
  - [Messaging Apps Review](#)
- 

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

# Citizens' 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 this [talk](#) about the previous success of Citizens' Assemblies around the world.

Find more info [here](#) about all the different kinds of assemblies.

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

# Rebellion Academy

## What is Rebellion Academy?

It is a learning environment of training sessions that you can work through, in your own time, at your own pace. It includes audio versions you can listen to, e.g. while out walking. New trainings are constantly being created. If there is anything you feel is missing please [contact us](#).

Rebellion Academy is **not** a calendar of training sessions, or a place for networking. XRUK offers interactive training with speakers while the Academy provides short courses to do **by yourself** on a range of topics, with videos and interactive quizzes to help you learn more about all things XR. Experienced Rebels can use Rebellion Academy to refresh their memories or catch up on training they have missed.

## How to Access Rebellion Academy

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

## Introductory Video



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

Some information may be share on both but

the **Academy** is a learning environment, with videos and **interactive training**. Use this to ensure you have completed a training session;

the **Toolkit** is a collection of web pages, like a Wiki, with links to resources. Use this if you are looking for information or links.

## First time using Rebellion 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.

A dark blue banner with a yellow and black logo for Rebellion Academy. The logo consists of the word 'rebellion' in white lowercase letters on a black rectangular background, and the word 'academy' in yellow lowercase letters on a black rectangular background below it. Below the logo, the text 'Rebellion Academy training guide' is written in white, followed by 'Find the trainings which are most helpful for you.' in a smaller white font. At the bottom center, there is a green rounded rectangular button with the text 'Next... →' in white.

rebellion  
academy

Rebellion Academy training guide

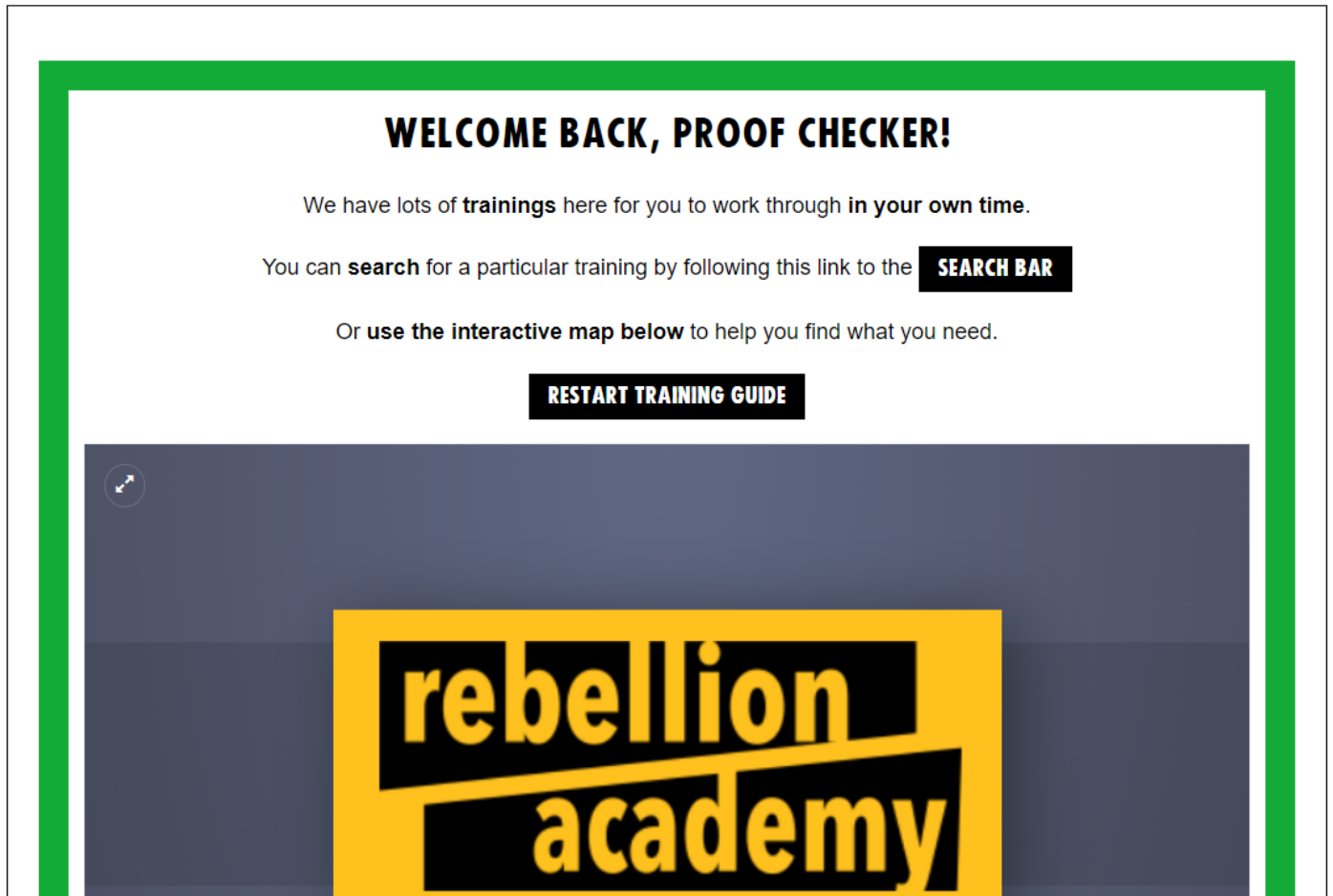
Find the trainings which are most helpful for you.

Next... →

They are all linked in our Dashboard.

## Dashboard

This is the main page where you can access training, 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'.

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

Rebellion Academy UK

uk.rebellion.academy

CONTACT US ABOUT US JOIN

YOU ARE NOT LOGGED IN. (LOG IN)

WELCOME TO

rebellion academy

LOGIN SIGN UP XR HUB LOGIN

## 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.

We'd love your feedback on Rebellion Academy. You can [drop us a comment](#) here. You can also use this link to ask questions.

# The Science

## The Climate and Nature Emergencies

This is a small selection of suggestions to connect to this topic:

- The [National Emergency Briefings](#) (from Nov 2025) tell the truth about the climate and nature emergencies.
- [Global Biodiversity Loss, Ecosystem Collapse and National Security: A National Security Assessment \[HM Government\]](#)
- [Guardian article](#) - comment on the National Security Assessment from George Monbiot, 27th January 2026
- A brilliant [climate literacy 'zine](#) to read/download/print - by Susi Arnott.
- Themed reading lists from [Writers Rebel](#).
- Dr Emily Grossmans's e-book [Emergency on Planet Earth](#) on our website. (Please note that this work was done in 2020).