

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 the 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 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: <https://xrb.link/Ki51zNa8ks>

The workshop lasts 1.5 hours, and then we allow 30 minutes (20.30 - 21.00) 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



This talk will change your life

☐ 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](#).

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

Advertising Links

If you are looking for a link to advertise any of these talks and trainings below, use the **long link** when sending via Action Network emails ([read more on this issue here](https://rebeltoolkit.extinctionrebellion.uk/link/571#bkmrk-short-links-don%27t-us)), but you can use the **short link** in 'chats'

https://actionnetwork.org/event_campaigns/talks_and_trainings_events

<https://xrb.link/K8xfo5f68>

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

NVDA online training is available twice monthly on a Sunday morning and you can register [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 below 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

XR Know your Rights training is currently being updated to reflect the new powers that have come in with the Public Order Bill.

Meanwhile, all activists should access Know Your Rights training through [Green and Black Cross](#)

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

Sessions are held via zoom and last 2 hours.

When?

Green and Black cross regularly host Know Your Rights Trainings.

[Upcoming sessions are advertised on their website.](#)

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 & 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. The introductions are held approximately monthly but you can start at any point and join a weekly FP get-together. There are approximately 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.

We run an Introduction to the Foundation Programme on zoom approximately monthly, but you can start the course at any point and join one of our weekly FP Get-togethers instead.

The next Introduction on Zoom will be 13/5/24 at 19:00.

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 xrfoundationprogramme@protonmail.com

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

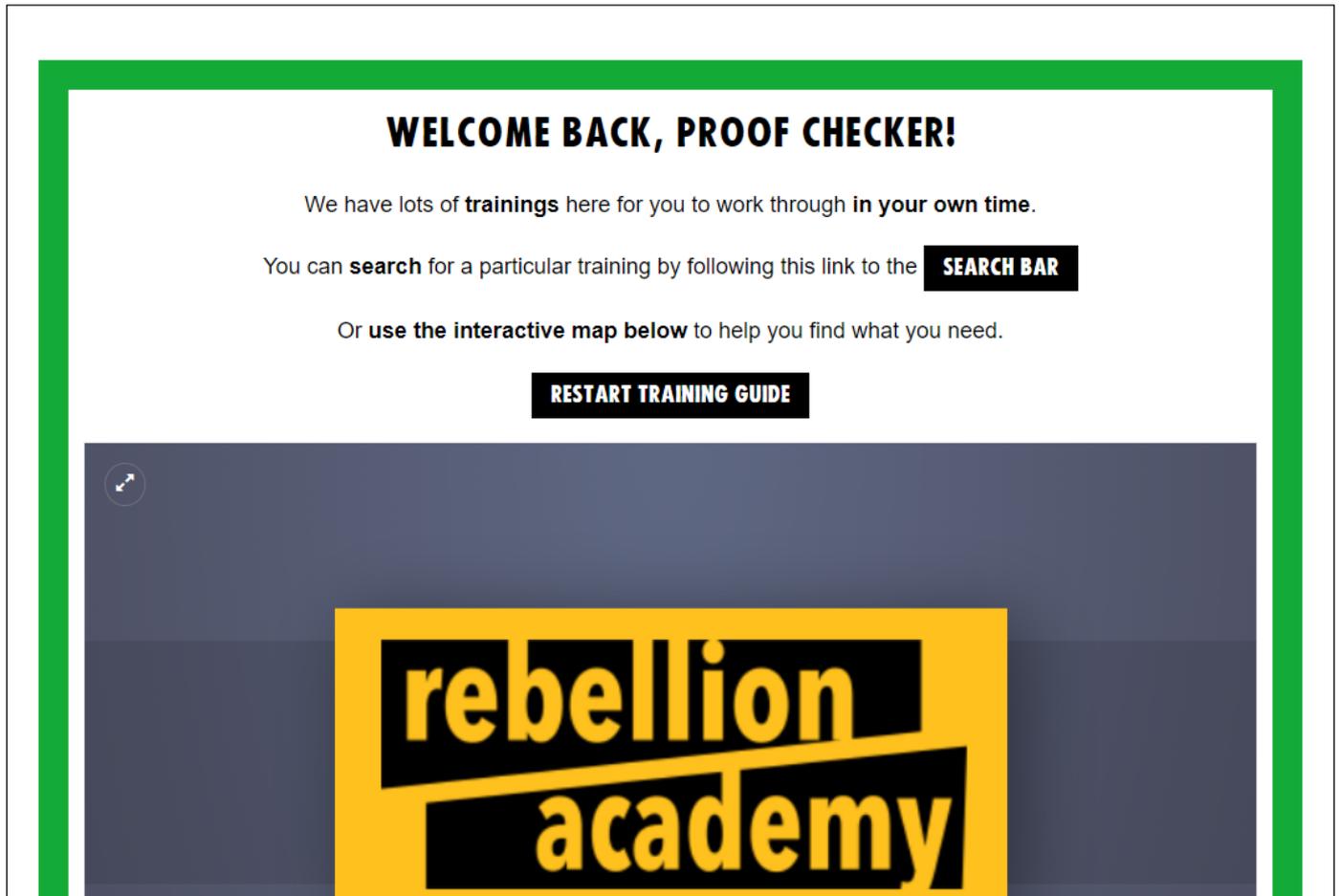
Find the trainings which are most helpful for you.

[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.

If you're already using the Hub, the easiest way to log in is directly through The Hub, 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

If not, it's easy to create your own Rebellion Academy account by clicking 'Sign Up'.

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 3 parts:

- Introduction to Meetings: a core training that everyone should attend.
- Facilitation Training (in 2 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 1.5 hours.

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 this training

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

How to find and register for Facilitation Drop-ins

Sign up for Drop-ins [via this Google Doc](#), which contains a list of upcoming sessions.

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. Check the links below for upcoming sessions.

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

Tech Support Sessions and Training



What is this session for?

Tech can be a barrier for some!

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!).

Format

Sessions are held over zoom. The short drop-in session on Tuesdays lasts 30 minutes. The longer drop-in session on Thursdays lasts 2 hours.

When?

Tuesdays- Quick Questions

This session takes place weekly on Tuesdays from 6-6.30pm.

This is an open Zoom so no registration is required.

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

Meeting ID: 895 2855 8324 Passcode: 278766

Thursdays- Questions and Training

This session takes place weekly on Thursdays from 6.30-7.30pm

This is an open Zoom so no registration is required.

<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.

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 not answered here, please email us on tech@rebellion.earth

Actions Support Trainings

Stewarding Training



What is this training about?

Stewards are absolutely essential for big actions, especially marches.

They help direct the march, stop it from being split up, advise on locations of things like toilets, and are generally some of the most helpful people you'll see at actions!

Anyone can be a steward and for large actions we need quite a lot of them, so signing up for Stewarding training is always a useful thing to do.

Format

Sessions are held over zoom and last 1 hour.

When?

Stewarding Training is usually held in the run-up to large events where Stewarding will be needed.

In person Stewarding training is also run directly before some large events.

For more details, and recordings of training sessions, see the [Stewarding Pages](#).

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 [**stewarding@extinctionrebellion.uk**](mailto:stewarding@extinctionrebellion.uk)

Road Taking Training



What is this training about?

Learn how to close roads safely, so that marches and protests can take place!

☐☐ The session will focus on what to do on the day, and will touch on road taking from the point of view of an action planner.

Format

Sessions are held over zoom and last 1 hours.

This training may also be run in-person in the run up to large events and actions.

When?

Road Taking Training is usually held in the run-up to large events where Road Taking will be needed.

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 [**stewarding@extinctionrebellion.uk**](mailto:stewarding@extinctionrebellion.uk)

Action Wellbeing Training



What is this training about?

Action Wellbeing supports the physical and emotional wellbeing of everyone involved in XR actions. Come to one of our online training sessions and join the crew!

As well as general wellbeing supporters, we also have a team of qualified first aiders, so if this is something you can help with come along!

To find out more about Action Wellbeing and all it involves, check out the [Action Wellbeing section of the Toolkit](#).

Format

Sessions are held over zoom and last 90 minutes.

When?

Action Wellbeing Training is usually held in the run-up to large events where Action Wellbeing will be needed.

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 [**actionwellbeing@extinctionrebellion.uk**](mailto:actionwellbeing@extinctionrebellion.uk)

De-escalation Training



EMBEDDING NONVIOLENCE



What is this training about?

Nonviolent action is about confrontation. By acting, we engage in conflict with others, intervening in their daily lives and disrupting them. This raises tension, which can increase the risk that somebody gets hurt.

Nonviolent communication grants us the ability to engage with other people without causing them unintentional harm. It invites us to move away from notions of blame and judgement, to foster a quality of connection rooted in empathy.

In the context of a rebellious action, we can use this method of communication to manage tension during a confrontation between parties on the street. This can involve members of the public, police or protesters. By intervening in hostile encounters we may be able to recognise feelings of alienation and agitation and help them transform into solidarity and optimism.

This training will allow you to understand, discuss and try out some de-escalation skills - using scenarios appropriate for XR actions.

Format

Sessions are held over zoom and last 1 hour.

When?

De-escalation Training is usually held in the run-up to large events where de-escalation may be needed.

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 [**deescalation@extinctionrebellion.uk**](mailto:deescalation@extinctionrebellion.uk)

Outreach Trainings

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

Street Outreach Training



What is this training about?

- Growing our movement is a key task for 2023 and 2024.
- 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 with the skills and knowledge to get our Rebellion growing in 2023 and beyond!

Format

Sessions are held over zoom and last 2 hours.

When?

Street Outreach Workshops run once a month, usually the first Thursday of the month, from 7-9pm. Check the links below for upcoming sessions.

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

- [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 Training is usually held in the run-up to large events where Street Speakers will be needed. [This is the link to register](#). Currently there are no dates offered. Training sessions will be added nearer the event.

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 7-8.15 (or 8.45).

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](#).

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](#).

Recorded Training Sessions

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

Recorded Training Sessions

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.](#)

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