

# What is this Regenerative Cultures Thing?

In this [recorded workshop](#) we define and explore regenerative cultures.

## REGENERATIVE CULTURES: PURPOSE

Rebels are supported to bring regenerative practices into all aspects of our work: helping us to remember why we do the work, how we want to develop it and how we can sustain it, and ourselves, into the future.

[Note: When we say cultures we are simply meaning the ways we approach ourselves, others and whatever we are doing. When we say regenerative cultures we mean those that support nourishing relationships that are balanced. We use the word ecosystem in both its widest meaning and as a metaphor that means giving care and consideration both to the parts of the system (person, group, movement) and to the system as a whole.]

---