



The project Environmental Learning Illustrated was co funded by the European Union Erasmus+ programme.



Environmental Learning Illustrated, co-funded by the Erasmus+ Programme of the European Union







# THE Surefoot Effect

*step by step*

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Your next step to a sustainable future

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**Support for your team**

**Find out more about:**

**Carbon Conversations  
Climate Conversations  
Resilience workshops  
Bespoke Workshops**



**Achieve your transition  
to carbon neutral**

**Find out more about:  
Starting or accelerating  
your organisation's  
transition to Net Zero**



**Train to work more  
effectively with others**

**Find out more about:  
Team Engagement  
Facilitation training  
Peer to Peer Coaching**



**Time and space to  
realise your potential**

**Find out more about:  
Creating your own  
positive, lasting change  
with 121 mentoring**

# *Flourishing, not just Surviving*



## BREAKTHROUGH *for* **R E S I L E N C E**

A graphic of a dark grey, cracked ground surface with jagged edges, positioned below the word 'RESILIENCE'.

The project 'Breakthrough for Resilience' is co funded by the European Union Erasmus+ programme.



# What is Resilience?

**NOT** skilling up to put up with ongoing stress and sudden shocks

*Break down* (incapable of carrying on –  
sometimes for the long term)

*Break Even* (sometimes described as ‘bouncing back’)

**BREAK THROUGH** (using the lessons of adversity to grow beyond)  
**THIS IS RESILIENCE**, this is fostering good mental health, allowing  
for positive personal growth











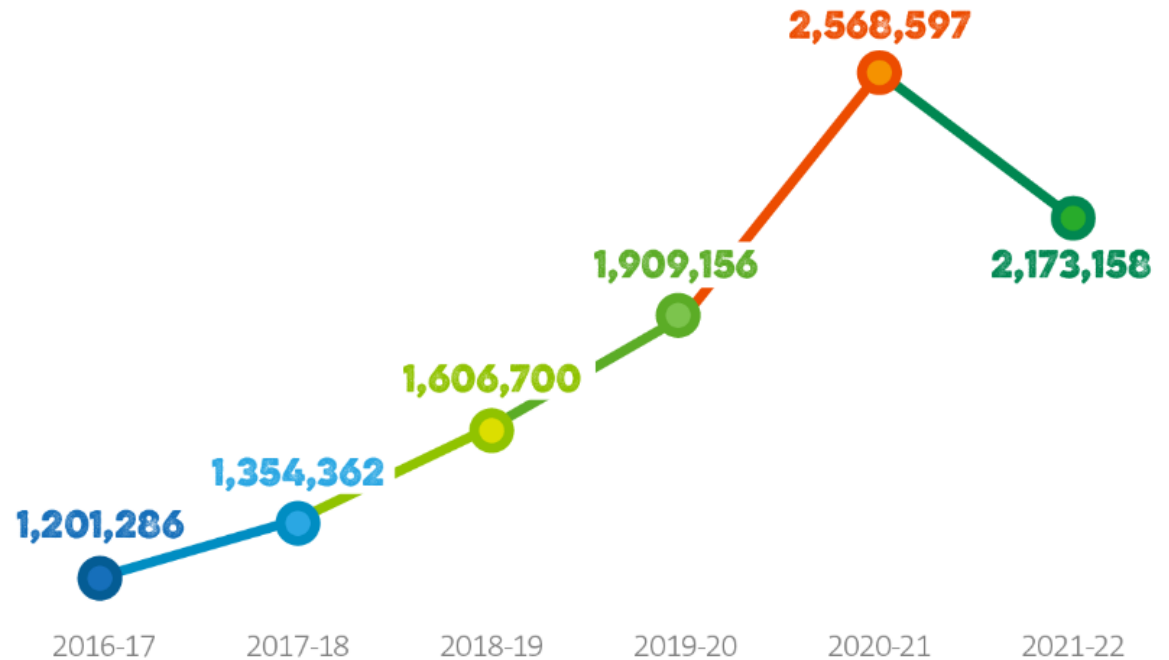






**COMPARED TO THIS TIME FIVE YEARS  
AGO, NEED FOR FOOD BANKS IN OUR  
NETWORK HAS INCREASED BY 81%.**

## Trussell Trust Annual report March 2022







# Facing the Future, Nurturing Now

Committed to working for a better world?

Disheartened?

Trying to/Keeping a few steps ahead of burn-out?

*A one day workshop for people working with social justice, climate change, environment & sustainability*

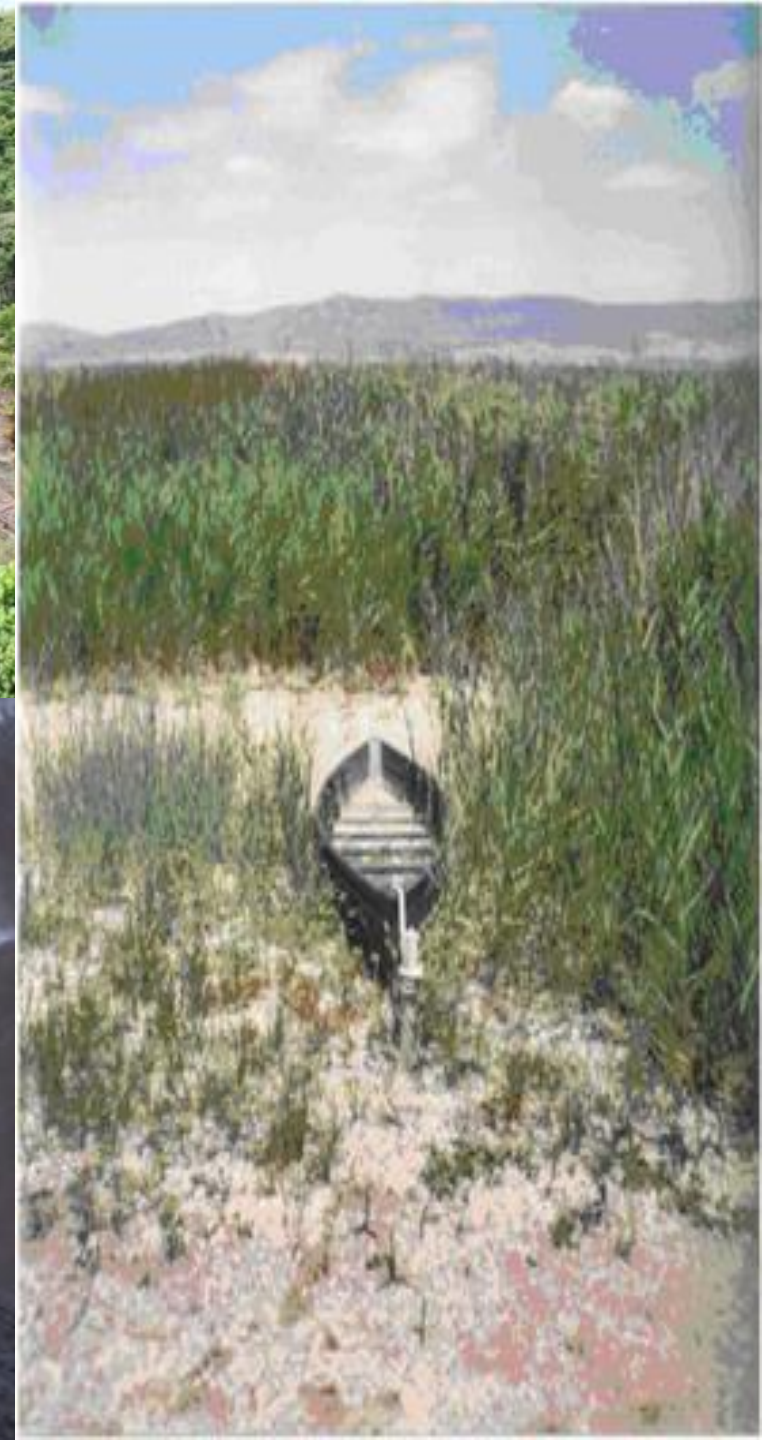
*Feedback:*

*“How to be in the here and now. The power of active listening.”*

*“A lot of skills that I can use for myself and with others.”*















## Our Conclusion?

**Taking action is important, but looking after ourselves so we can continue to take action comes first.**

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