

ecomind Certificate

Caring for the minds
who care for the planet



Australia's first climate mental health first aid training

Mental health & wellbeing training to empower the next generation to look after themselves, their teams & the planet, sustainably.

What is the ECOMIND Certificate?

Practical, evidence-informed training giving individuals & teams the tools to regulate stress, process climate emotions, support each other & sustain long-term impact.

Why climate mental health first aid?

Climate work is demanding - often resulting in burnout, disengagement & reduced impact. Just as first aid prepares you for urgent crises, our Certificate helps you survive & thrive living & working in a climate crisis. Helping teams stay effective, connected, & impactful.

Who is it for?

Sustainability, climate & impact NGOs & NFPs

Youth activists, advocates, youth orgs & councils

Early-career climate & sustainability professionals

Environment & sustainability students & educators



MODULE 1

Looking after *yourself*

Understand climate stress & burnout, how to complete the stress cycle & build a personal wellbeing toolkit



MODULE 2

Looking after *others*

Learn emotional co-regulation & peer support skills, & build community care tools to sustain impactful teams



MODULE 3

Looking after the *planet*

Discover active hope & build a personal theory of change - mapping purpose, energy & boundaries



3 x 90-minute modules, choose 1 or get *Certified* with all 3



Flexible delivery - virtual or in-person, 1-day workshop or weekly training



Designed with climate leaders & next-gen experts, M&E by **Orygen**



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[@ecomind_au](https://www.instagram.com/ecomind_au)



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MODULE 1



Looking after *yourself*

Because burnt out people can't save a burning planet

YOU'LL LEARN:

- The reality of climate stress & burnout
- Nervous system responses to stress
- Stress management through the stress cycle, rest & reducing stressors



PERSONAL WELLBEING TOOLKIT

YOU'LL FEEL:

Increased ability to manage stress & climate emotions
Reduced feelings of isolation & burnout

MODULE 2



Looking after *others*

The antidote to climate anxiety is ~~action~~ community

YOU'LL LEARN:

- Climate feelings & how to process them
- Active listening & co-regulation skills
- How to build & sustain team cultures of connection & care



COMMUNITY CARE RESOURCE PACK

YOU'LL FEEL:

Increased confidence in supporting others
More effective & connected teams

MODULE 3



Looking after *the planet*

Sustainable minds create a sustainable planet

YOU'LL LEARN:

- Active hope & how to build your vision
- Your strengths, values & what energises you
- Boundaries, capacity mapping & protecting your energy



PERSONAL THEORY OF CHANGE

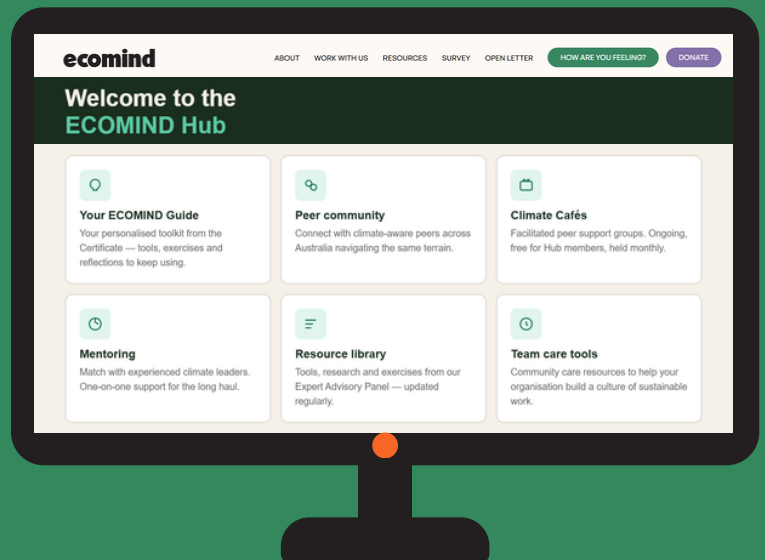
YOU'LL FEEL:

Better equipped to sustain your energy, focus & impact for the long-term

Beyond the ECOMIND Certificate

You and your team will also get access to the **ECOMIND Hub**, giving you:

- Personalised ECOMIND Survival Kit
- Tools, resources & exercises
- Access to mentors & national ECOMIND community
- Ongoing team community care support (climate cafes, consulting)



TRAUMA-INFORMED

DEEP ECOLOGY

NEUROSCIENCE

COMMUNITY CARE

POSITIVE PSYCHOLOGY

BEHAVIOUR CHANGE SCIENCE

Co-designed with next-gen climate leaders & mental health experts

Supported by
Myer Foundation

Impact
evaluation

or y
gen



www.ecomind.au



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How we deliver it

FULL CERTIFICATE

- ✓ **Full-day intensive**
3 Modules with breaks, in-person or virtual
- ✓ **Multi-session series**
3 x 90-minutes across 3 weeks, in-person or virtual

SINGLE MODULES

- ✓ **Standalone Module**
Do one or two modules, or use it as a taster before booking the full Certificate
- ✓ **Lunch & Learn**
- ✓ **Team training or off-site addition**
- ✓ **Conference or Summit keynote or workshop**

Why teams book us

WHY IT WORKS

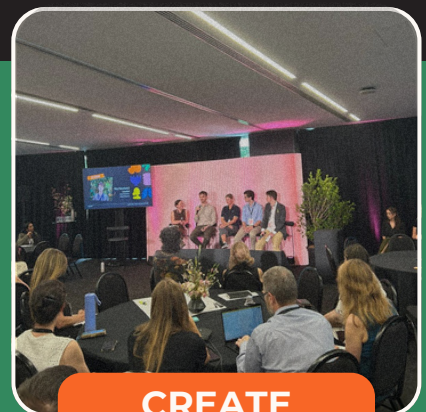
- ✓ **The right size & format, by design**
10-25 people groups for real connection, interactive, 90-minute sessions for peak focus
- ✓ **Team wellbeing beyond a tick box**
Proactive evidence-based wellbeing - validated by Orygen
- ✓ **Build community beyond your team**
Invite your community, stakeholder or clients for a different kind of connection
- ✓ **Pay it forward & train a young person**
Alongside your booking, you can sponsor a future climate leader's training. All donations are fully tax deductible.



CARE



CONNECT



CREATE

ecomind

Sustainable minds. Sustainable planet.

We're ECOMIND, Australia's leading youth climate mental health & wellbeing charity.

We build the resilience, connection & systems-change this generation needs, to not just survive, but thrive, in a changing climate - and create a sustainable future.

YOUR FACILITATORS



ECO

GEORGIA MONAGHAN

Climate strategist, Kenneth Myer Fellow, Columbia Masters, AYCC Board - burned out & built her way back.



MIND

COURTNEY KOVAC

Youth mental health expert, program designer, facilitator WELA Fellow - brought here by her own climate anxiety.

100% of ECOMIND participants feel more connected

100% of ECOMIND participants feel equipped to share their climate feelings

90% of ECOMIND participants feel equipped to look after themselves



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