

Coaching at Work **Climate Coaching Action Day 2026**, opening and conference, 5th March, online



Bridging the divide: Courage, compassion and wisdom in climate coaching



Coaching
at Work

Climate Coaching Action Day 2026 Everything you need to know

Coaching
at Work

I'M SUPPORTING
**CLIMATE
COACHING
ACTION DAY**
5TH MARCH 2026

By **Liz Hall**

Climate Coaching Action Day is an annual initiative that was launched in 2020 by *Coaching at Work*.

Although we mark it too, it was always intended to be an invitation for others to embrace, as many have over the years, including the Climate Coaching Alliance (CCA), professional coaching and coaching psychology bodies, coach training organisations, including the International Society for Coaching Psychology, ISCP Faculty of Climate Change and Coaching Psychology, Academy of Executive Coaching, Positivity Coaching, Centre for Coaching, National Academy of Coaching Psychology, International Academy for Professional Development and affiliated Centres.

On Climate Coaching Action Day *Coaching at Work* will release an interview with the CCA's Claire D'Aboville, Fran Smith and Kat Haber on the CCA's research among pioneering climate coaches.

COACHING AT WORK CLIMATE COACHING ACTION DAY

FREE ONLINE CONFERENCE

Coaching at Work is holding a free half-day conference on 5 March.

To register click [here](#)

Join us on a journey to explore what it means for you to coach in these challenging times marked by the climate emergency, rising polarisation and conflict, mental ill health and increasingly widespread adoption of AI, including in coaching.

How can we foster relationships that are more compassionate, more courageous and wiser?

Perhaps you're feeling unsettled given the global context. Maybe you're beginning to consider making some changes in your practice, sensing that business as usual may no longer cut it but you're not yet sure what that looks like or what it means for you. Maybe you've already started taking steps – baby, middling, giant – towards aligning your work with the challenges of our time. Perhaps it feels hard, lonely, heartbreaking, hope-inducing or joyful, or all of the above and more.

Wherever you are, we welcome you into a space of enquiry, practice and connection.

● **This conference will not be recorded. Register [here](#) to secure your place**

CONFERENCE PROGRAMME

5 MARCH 2026

Conference: Bridging the divide: courage, compassion and wisdom in climate coaching

● Conference co-chairs:

Liz Hall and Prof Stephen Palmer

09:25

Welcome with Prof Stephen Palmer

09:30-10:30

Workshop: Growing hope with Lorenza Clifford

What if we became alive to the role that hope plays? What might be possible when we prime ourselves to generate hope through cumulative daily practices? Lorenza offers a relational perspective on hope, inviting us to participate: reflect, draw or journal on our own experiences to grow hope.

10:30-10:45

Break and networking

10:45-12:15

Harnessing the power of Relational Mindfulness in climate coaching, with Liz Hall and Dr Emma Donaldson-Feilder

Relational Mindfulness (RM) is a pioneering and timely coaching approach which helps us deepen connection in our relationships, with ourselves, our clients and the Earth, supporting more courageous collaborations and enhancing presence, awareness and wisdom. Participants will have the chance to ➔

practise RM dialogue exploring topics relevant to climate coaching.

12:15-12:30

Take aways, handing over the baton to the CCA to kickstart the CCA's Community Festival, and close.

AVAILABLE ALL DAY

Pre-recorded sessions

● **A pre-recorded lecture on Climate Coaching Psychology with Prof Stephen Palmer**

In this paper, Climate Psychology and the emerging field of Climate Coaching Psychology will be discussed.

The application of an informative, ethical, coaching psychology approach to tackling debilitating climate change worries, eco-anxiety and eco-depression will be described. The 'Simple, Serious, Solvable' approach to understanding and tackling climate change will be included. Climate change anxiety/eco-anxiety and eco-depression will be defined.

Becoming a mental health-related climate-literate professional, knowledgeable about climate change to enhance information giving in coaching and coaching psychology practice and supervision is highlighted as an option for practitioners.

● **A pre-recorded interview with the Climate Coaching Alliance (CCA) on its research among climate coaches**

The CCA's **Claire D'Aboville**, **Fran Smith** and **Kat Haber** talk about why the CCA carried out this research, what they found, and tips for sustainability coaching from the interviewees (see more on [pages 44-48](#)).



● **Claire d'Aboville, PCC**, has been an executive coach since 2009. In 2020, she awoke to the urgency and scale of the climate and environmental crisis. Since then, she has been continuously deepening her expertise and shifting her focus

from 'business as usual' to asking, 'what is mine to do?' She supports organisations and leaders that have made sustainability a strategic priority and are actively delivering on that commitment.

Claire serves on the global leadership team of the CCA. Her work is driven by the legacy she wants to leave to her children and grandchildren.



● **Fran Smith, PCC MSc**, is an experienced leadership coach with a deep passion for addressing the climate crisis. Originally from the UK and now based in Brazil, Fran founded the Brazilian community of the CCA in 2024. She holds ICF-approved certification in Climate Change Mastery and has increasingly integrated sustainable and regenerative systems change into both her personal and professional life.



● **Kat Haber** is the curious climate coach who believes saving the planet starts with saving your sanity first – because you can't pour from an empty cup, even if it is made from recycled materials.

She's spent years learning how to live more peacefully in all places, which sounds zen until you realise it means finding calm while the world is literally on fire and her own son drinks water out of plastic bottles.

Kat proves climate action doesn't require perfection, just curiosity, compassion and the willingness to keep showing up even when the news makes you want to hide under your sustainably sourced blanket.

OUR CONFERENCE SPEAKERS

● **Lorenza Clifford** is an executive coach and coaching supervisor with a background in psychology. She is a member and sponsor of the CCA, an Accredited Master Executive Coach with the Association for Coaching, and an Accredited Coach Supervisor with the Coaching Supervision Academy.

She founded Coachange.org – working with leaders and coaches to face what is going on, working 'with the grain' of who they are, and their nature, ecosystems and economy. We are always coming to terms with new realities, and through enhanced curiosity, presence, choice and relationships, we can embrace our future courageously.

● **Liz Hall** is a leadership/ executive coach, trained mindfulness teacher and the editor of *Coaching at Work* since 2005. She's the author of publications including *Mindful Coaching* (Kogan Page, 2013), *Coach your Team* (Penguin Business, 2019), author/editor of *Coaching in Times of Crisis and Transformation* (Kogan Page, 2015), and co-author with Dr Emma Donaldson-Feilder of *Relational Mindfulness for Coaches: Enhancing presence, awareness, wisdom, compassion and courageous collaboration* (Routledge, 2025). She's a contributor to *Ecological and Climate Conscious Coaching* (Routledge, March 2025).

Committed to making a positive difference, including around how we navigate the climate emergency, Liz launched the annual Climate Coaching Action Day through *Coaching at Work* in March 2020, celebrating and promoting climate coaching. She's a member of the CCA, co-facilitator of the CCA's Compassion Community of Practice, and a coach with Social Movement Coaching, delivering CPD and coaching to climate and social justice leaders and teams. She's also trained to facilitate Joanna Macy's *The Work that Reconnects*. Liz's coaching is informed by mindfulness, compassion,

somatics, attachment theory, systems thinking/feeling and adult vertical development, among others.

● **Dr Emma Donaldson-Feilder** is an RM and Insight Dialogue teacher, chartered coaching psychologist, coaching supervisor and chartered occupational psychologist, who aims to support the development of kinder, wiser workplaces. In 2019 she completed a professional doctorate, in which she conducted research exploring the use of mindfulness and RM in leadership development.

Building on this work, she developed a range of RM programmes to support leadership development and coach development. Emma trained as a mindfulness teacher through Bangor University's Centre for Mindfulness Research and Practice (UK) and as an ID teacher and Interpersonal Mindfulness Programme teacher through the Insight Dialogue Community (USA). She is co-author with Liz Hall of *Relational Mindfulness for Coaches: Enhancing presence, awareness, wisdom, compassion and courageous collaboration* (Routledge, 2025).

For many years, Emma's work incorporated both research and practice in occupational psychology, particularly around the role of leadership and management in employee wellbeing. Her writing includes co-authorship of an award-winning book, *Preventing Stress in Organizations: How to develop positive managers* (Wiley, 2011). Her series on RM for *Coaching at Work* saw her receive a further writing award.

● **Prof Stephen Palmer PhD** is a chartered biologist, chartered coaching psychologist and chartered scientist. He is an HCPC registered counselling and health psychologist. His university appointments include being an Honorary Professor of Practice at the Institute of Management and Health, University of Wales Trinity

Get involved

Climate Coaching Action Day on social media

- **Hashtag:** #climatecoachingactionday
- **Facebook:** www.facebook.com/groups/ClimateCoachingActionDay
- **LinkedIn:** www.linkedin.com/groups/8869975/
- **X:** @climatecoachday
- **Pinterest:** Climate Coaching Action Day
- **CCA:** Climate Coaching Alliance
- **LinkedIn:** <https://www.linkedin.com/groups/8869975/>

● *Let us know what you're doing to mark Climate Coaching Action Day:* liz.hall@coaching-at-work.com

Saint David (UWTSD), and an Adjunct Professor of Coaching Psychology at Aalborg University, Denmark. He is also Director of Studies and Supervisor for PhD students at UWTSD.

He is Co-ordinating Director of the ISCP International Centre for Coaching Psychology Research, Faculty of Climate Change and Coaching Psychology.

Stephen is *Coaching at Work* magazine publisher. He is president of the International Society for Coaching Psychology, vice president of the Institute of Health Promotion and Education and former president and honorary fellow of both the Association for Coaching and the International Stress Management Association (UK). He has written/edited 60 books and more than 300 articles/book chapters on a range of topics eg wellbeing, stress, ecopsychology, climate coaching, relaxation and resilience. He describes himself as a pracademic who enjoys coastal walking and jazz. He is chair of Relaxation UK.

● **For free conference registration click [here](#)**

COACHING AT WORK 24/7 RADIO

Coaching at Work produces Radio Climate Coaching Action, a 24/7 radio station which has interviews with coaches. Visit the station [webpage](#) for more information.

WHAT ARE OTHERS OFFERING TO MARK CLIMATE COACHING ACTION DAY?

Climate Coaching Alliance (CCA)

In addition to an interview on its Coaching for a Regenerative World 12x12 Research Project being released via *Coaching at Work*, the CCA will pick up the baton from *Coaching at Work* at the conference, launching its annual [Community Festival](#)

AoEC

The Academy of Executive Coaching (AoEC) will be releasing a podcast, *Coaching Conversations with the AoEC – Leading with Purpose in a Climate Changed World*.

In this special episode, Professor Katie Bailey and Dr Katie Manning – co-editors of *The Purpose Driven Organisation in Times of Climate Crisis* – join host George Warren to explore what it truly means to lead with purpose in a climate changed world.

This episode will be available via the AoEC's website, [Buzzsprout](#), and the usual platforms on 5 March.

Positivity Global Coaching

Positivity Global Coaching will this year be giving access to its training programme [Climate Coaching Skills](#) free for all those that will register on March 5 using this coupon code: **K39AYB82B5**