

# Virtual change-maker crash course

Young people around the world want to make a difference but don't know where, or how, to start. Many feel powerless to create meaningful change. We're seeing an explosion in mental health difficulties - fear toward the future they're inheriting; uncertainty around their role in changing it; loss of faith in our world's leaders.

What if there was an opportunity to support young people to step up, rather than shut down? To find opportunities in the messiest of problems? What if we could face our fear, anxiety, and overwhelm - then channel this energy into action?

Force of Nature is a vehicle for mobilising mindsets. Having worked with thousands of students, ages 11 - 24, we understand the barriers that keep them from realising their path to activism - including crippling climate anxiety. We've come to appreciate that each young person has a unique set of goals, skills and attitudes that position them to influence the world around them.

We've developed an **online programme** to help aspiring activists realise this journey.

## CHANGE-MAKER ACCELERATOR | 8-week programme | virtual

The final leg of our programme is a series of masterclasses and live courses designed to help young people tap into their power at the junction of passion and the problem they seek to solve.

Over the course, they develop solutions that are smart, sustainable and systemic; connect to other young activists around the problems they're solving for; and are mentored by sector experts and certified FoN facilitators.

3 ↘

## 2-PART CATALYST WORKSHOP | 2x 90-minute sessions | virtual

### Part 1 | Locate your passion

- Explore new pathways for activism and engaging with the problem
- Superhero sketch of core intelligence, values compass, strengths, catalyst moment, kryptonite
- Build your Force of Nature change-maker profile, and write your mission statement

### Part 2 | Hone your problem

- Bridge between your vision of the future and the present day:  
*Where do we come from? Where are we now? Where do we want to go?*
- Identify your target, write your hero's journey

2 ↙

## ONLINE CLASSROOM | 90-minute | virtual

### Shift from anxiety to agency

- Understand the barriers keeping you from taking action on the issues you care about
- Map your mental and emotional landscape
- Get clear on your vision of the future
- Hone in on the problem you seek to solve

1

