

# CONNECTING THROUGH LIFE STORIES

**Sharing life stories is a powerful way to bring people together**

– An online interactive workshop hosted by Extinction Rebellion

We can do amazing things when we come together as a united force and hold together through the many difficulties we face. This means building good, strong relationships with each other and learning how to reach out and build relationships with the wider population.

We have found that asking people to share their life stories with each other is a very powerful way to bring people together in many situations. It is also very simple – anyone can do it.

This combination of power and simplicity suggests it has the potential to bring deep benefits on a wide scale.

If you want to learn how to run a 'Connecting Through Life Stories' group, stay online after the main event for a short training and discussion.

Facilitators: Karl & Alima

## Upcoming workshops

- **Tuesday 8th October 7pm - 8:15pm UK time (followed by optional 30 minute training) - Online**
- **Tuesday 12th November 7pm - 8:15pm UK time (followed by optional 30 minute training) - Online [Register here](#)**

This list will be updated regularly, please contact us to request workshops starting at different times of the day, e.g: 10am - 11:15am (UK time). See [Time Zones](#) below.

Our workshops can also be found on the [Regenerative Culture Facebook Events Page](#).

You can contact us at [ombraworkshop@gmail.com](mailto:ombraworkshop@gmail.com)

## **Time Zones**

We aim to make this workshop available to people in all time zones. The workshop start times are listed for the UK time zone.

### **Checking you have the right time**

We suggest you use a time converter website to check you have the correct time conversion for your location, e.g.: [Time Zone Converter](#)

### **‘Daylight saving’ confusion**

Daylight saving time changes in either time zone can be confusing, so make sure you enter the **date** of the workshop as well as the time.