

# Dr Charlie Brennan & Bridget O'Brien

## Workshops

### Themes –

**Inspirations into practice**

**Sustainability that works**

**Putting sustainability ideas, ideals & aims into practice/into action**

**We have only just begun to create what we can create**

**Live life by design or by default**

**It's become radical to live life centred around care – care for self, community & all life**

Landscape design, architecture

Ecological landscaping

Permaculture, design

Food forests, foraging

Regenerative agriculture, whole farm & property design

Ecopsychology, sense of place

Horticultural therapy, ecotherapy

Rewilding, connectivity conservation

Sacred & Indigenous land

Evaluation, monitoring, reporting

Organisation & social system design

Teaching, workshop facilitation, community education, training

And Gardening !!

### **Workshops**

Bridget and I have been facilitating cutting-edge workshops and courses together for 4 years and we are learning, adapting and incorporating continuously. Our workshops are rooted in years of professional projects, research & teaching, community communications and critical reflection upon all these.

Our workshop offerings are an integral part of emerging global responses to the incredibly challenging world we find ourselves in. We draw together social ecology, environmental education, conservation, gardening, Permaculture design, wilding, horticulture, sustainability practices and ecopsychology and Indigenous land management.

Each workshop is based around a particular theme, approach, challenge or opportunity. Each combines practical insights and skills, inspirational ideas, authors, guests, texts and/or films, practical exercises, field trips, embodied immersion, active education and reflective practice. They are facilitated in range of formats from interactive lecture, to workshops of varying lengths, to retreats. Each participant leaves with a personal plan of action – what to do next in these times.

Bridget and Charlie are experienced practitioners and educators. They believe that skills and practices and ideas and values are inextricably interfolded. Fully aware of the difficult times we live in, Bridget and Charlie teach to challenge, inspire, empower, connect and to share joy.

## 1. Permaculture Design Certificate

This 'PDC' gives a thorough grounding in Permaculture - ethics, principles, designs process, holistic applications and case studies. This life-altering journey will provide you with the foundations for launching into a new way of sustainably being in our world. Bridget and Charlie weave practical skills, techniques, scenarios and projects throughout.

The full 72 hours involve 2 weekend residential workshops, shared video-link reflective sessions as well as one-on-one Zoom tutoring. Learning realistically and effectively from people who do this for a living – Sustainability that Works!

Hands on: Community design & implementation project, short onsite technique intensive, at home exercises

Take home material: Handouts, USB, personal action plans, community design project, certification

Length: 72 Hours over 6-month / 12-month

## 2. Healing Self, Healing Land Workshop

We live in a world in which so many places, landscapes, ecologies have been disrespected, degraded and damaged. Similarly, so many people, as individuals and collectively, are some combination of hurt, lost, addicted, unwell, unhappy and or traumatised. In these deeply challenging times it has become almost radical to live life centered around principles and practices of care for self, community and planet!

Through a combination of reflective discussion, guest presenters, inspiring examples and ideas, texts and films, embodying exercises and land-healing activities, this interactive and exploratory workshop will identify and build participants' own self-care and land-care practices.

This interactive workshop weaves together self-care, growing and eating nutritious food, hiking and

camping in nature, gardening, ecological regeneration, restorative movement, yoga, walking meditation and singing the land; re-wilding, Permaculture, medicinal gardens and other exciting horticultural and wilderness therapies. Participants will come away with clear implementable next steps for healthier life in all its forms.

Workshop exercises include a deep exploration of core needs, collective traumas, mapping and 'zones of care'. This experience aims to be restorative and nourishing as we explore the vitally important work of co-healing people and planet.

Hands on: Yatra walk & reflection, zones of care activity, gardening.

Take home material: Course notes, resource lists, care map & personal plan of action.

Length: 1-4 hours/1 day/weekend/1-week/2- week.

### 3. Play Adapt: Create the World of Your Dreams Workshop

What are your dreams and our dreams? What is desired and needed? For self, family, community and planet? In these critical and chaotic times it's vital to make the world of your dreams come true! Live life by design or by default? 'Adapt!' design game powerfully supports and guides a holistic design process – imagining, questioning and thoroughly testing possibilities, strategies and choices.

Come play Adapt! Productive and practical questions will be answered. Design principles, ethics, solutions will lead to sustainability, regeneration, healing and implementable solutions. Your life may never be the same ...

Hands on: Game play!!!

Take home material: Inspiration & reference, exercise handout

Length: 20 min/1-4 hours/1 day/weekend

### 4. Making Sense of Place/ Ecopsychology and Place workshop

Sense of Place is a way to find our place in the world, a body of literature and an essential design tool. It's very high on scale of human needs. Often unconscious and ambiguous, sense of place is bound with identity and feelings of belonging in the world. Equally, experiences can be of placelessness, displacement and discomfort. In a mobile & ecologically compromised world finding a positive Sense of Place is often both difficult and vitally important.

Our relationships with the (living) world, and places in particular, are felt and ecopsychological as much as they are ecological. This has mostly been forgotten and culturally conditioned from us. These relationships are symbolic, full of memories and emotions, often rooted in childhood experience and broader cultural traditions. They can be haunted, distressed or enchanted and full of rich mythology. We can feel at home or displaced and lost.....

This workshop gives an introduction to Sense of Place & ecopsychology. Challenging, practical and exciting this workshop is for gardeners, conservationists, educators and all people on our planet. Through a series of exploratory exercises, grounding activities and imaginal explorations, tools are provided to support, illuminate and find your sense of place. Learn how to use sense of place tools to further your projects by bringing fresh perspectives. Learn how to see ecopsychologically, bringing the world alive again. Maybe even fall in love with the world. If you want to explore your sense of belonging to a wider re-enchanted world please join us.

**Hands on:** Mind mapping & becoming place exercises

**Take home material:** Course notes, resource lists, cognitive maps, plan of action

**Length:** 1 day/weekend/1-week

## 5. Walkabout Permaculture Course

This is a Permaculture course for all the people on the move, commuters, travelers, students, refugees, nomads - for those on pilgrimage, between places, lost, displaced, looking - those on Walkabout. We live in times of rapid almost unknowable change and for many, through choice or circumstance, this means lives of increasing precarity and mobility. How can Permaculture, which is the conscious design and practice of ecological living, be applied to lives not centred around homesteads and settlement?

Walkabout is many things – an approach to life, ancient sacred rite of passage, and the turning away from what can no longer be tolerated towards the unknown. Join us for urgent, exciting, stimulating, confronting, explorations into food growing and foraging, self-care, housing, social permaculture, conservation, ecopsychology, wilding and more. This course is for people who wish to explore Walkabout Permaculture and is appropriate for all people and levels of Permaculture experience.

**Hands on:** Foraging skills, Yatra, field trip, bush & survival skills

**Take home material:** Course notes, resource lists & personal action plan

**Length:** Weekend/1-week/2- week

## 6. Sustainability Elders

These workshops revolve around a series of live interviews with Sustainability Elders in our community. There is a theory that it takes 10,000 hours, or 10 years to become really good at something! Straight from the hearts of our community members who dedicated their lives to sustainability, learn how they applied it to their sustainability fields and into real-life. Take your own sustainability practices to the next level by learning from those who have taken their own paths to the cutting edge...

Hands on: 2-3 x 25 minute semi-structured interviews & reflection space Drawing out the wisdom: Group Exercise - Memory Narrative: Personal Stories

Take home material: Course notes with resource lists, personal memory narrative

Length: 2-4 hours/1 day/weekend/1-week

## 7. Gleaning, Foraging & Wild Gardening for Survival & Joy

This workshop is about approaches to wild living, exploring both practical skills and worldviews. Traditional practices of gleaning, foraging and wild gardening are being rediscovered and redesigned. Learning these life-sustaining skills shows that there are so many wild foods and resources available around us! This leads us to consider lives of exploration, movement and wildness versus lives of settlement and domesticity.

These precarious times indeed. They ask us to skill-up for survival. What can be cultivated harvested both physically and metaphorically? How do meeting our core needs and the needs of community relate to wildness and wild food? Join us as we creatively explore the bounty available to us through foraging, gleaning and wild gardening – for survival and joy!

Hands on: Foraging, wild gardening, gleaning activities

Take home material: Course notes with resource lists, and a plant!

Length: 1-4 hours/1-day/weekend

## 8. Permaculture Futures – Design Many Ways

In increasingly turbulent times Permaculture offers one of the few holistic guides to living sustainable, regenerative, healing lives. It asks the right questions, provides inspiration, and ethical foundations and practical solutions. We desire life-affirming futures but this can only be achieved through designing and re-designing our lives and then taking action.

This workshop is an interactive exploration of a series design processes and strategies for the real world. The design game 'Adapt' is one of four tools that we explore in depth to assist us to be ready for the next,

rapidly unfolding, unknowable decade and beyond! This workshop is for all levels of Permaculture experience. Design the world of your dreams!

## 9. Taking Permaculture to the Edge Workshop

Permaculture guides us to design sustainable lives. It gives inspiration, guidelines, practices, aesthetics and hope for the future. It's now 40 years since its inception. This workshop asks what has changed over this time? What works? What doesn't? What can we bring into Permaculture from other developing areas of life? In what edges of experience and skills can we find the most potent potential solutions for designing our life support systems?

Join us as we explore our next best steps to bring the practices of a Permaculture life from the edges into the main stream....

Hands on: Gardens, composting, seed-collecting, personal projects, group design time – More or less of these projects and others depending on length and focus

Take home material: Handouts, resources, USB's, Action steps

Length: 1-4 hours/weekend/1-week

## 10. Food Forest Gardening Workshop

This workshop weaves together food forest gardening information, design theory, skill sharing & practical solutions. Learn about the history and techniques of successful food forest gardens from regional and global experiences. This workshop, as with our project work, is based in ecological and regenerative practices that care for us, the Earth and the future. Participants will be provided with information on the best perennial food plants for this region. Bring your questions and curiosity!

## 11. Yoga, Meet Permaculture Workshop

This workshop features World Café discussions to assist connecting the principles of Yoga and Permaculture in a time of global transition and transformation. The presentation and conversation explore the application of these philosophies to spiritual and ecological resilience; challenging habituations to foster sustainable, resilient and abundant lives through embodiment.

A discussion on spiritual and ecological resilience, applying and connecting the principles of each philosophy in a time of global transition and transformation. This meeting of minds asks us to challenge

habituations & foster sustainable, resilient & abundant life and lives through embodiment. While applying these ancient wisdoms and appropriate technologies at hand we look to cultivate a more caring culture with each choice we make.

Hands on: World Cafe

Take home material: Handouts, Inspiration & Actionable Steps

Length: 1-4 hours/1-day/weekend

## Occasional Workshops

### 12. Land Stewarding - Homeowner Basics Workshop

How do we apply food growing, composting, cooking, wildlife conservation, and other stewarding practices to our own places? With information at our fingertips and advice around every corner it hard to know what the best practice are for you and the land your stewarding. We will examine natural systems and appropriate technology to combine forces for ease of care and maximum enjoyment of the abundances on offer in your back yard.

Hands on: Home land-stewarding skills including but not limited to: sheet mulching, composting, reading the landscape, water wise techniques

Take home material: Land Steward Manual: Homeowner Basics, A plan of action for your land

Length: 1-4 hours/1-day/weekend/1-week

### 13. The Fermentable Harvest Workshop

Fermentation is a beautiful thing, and when faced with bumper fruit and veggie crops preserving and sharing the harvest is the key! We will look at many easy to grow crops for our region and the variety of ways they can be preserved through fermentation. Let's dive into the riches of the culture of fermentation from a historical and holistic perspective.

Hands on: Simple Mixed Veggie Sauerkraut & Kombucha/Jun Making

Take home material: Plant list & use handout with recipes, Quart of Sauerkraut to Ferment, a Kombucha/Jun Scoby

Length: 2-4 hours/1 day

## 14. Aesthetically Edible Permaculture Workshop

This workshop will present you with a collection of beautiful and tasty plants that can be designed into your existing or future landscape plantings. We will explore the uses of these plants aside from their beauty while envisioning together to dream up a delightful design. Bring photos, sketches & maps of the land you are stewarding.

**Hands on:** Installation of a small garden bed & foraging/harvesting and making tea from what we find on the property & Wild personal design

**Take home material:** Plant list & use handout with recipes, Personal design, Experience!

**Length:** 2-4 hours/1 day/weekend

## 15. Permaculture: Gardening the Future Workshop

This is a home gardeners introduction to the wholistic design science of creating permanent culture. In stewarding our home, land or self this exploration will assist in seeing systemically as we practically apply Permaculture.

**Hands on:** Little Landscapes - Making container gardens using permaculture design process & Starting a life pattern mapping journal

**Take home material:** Handouts, Container Garden, Journal

**Length:** 2-4 hours/1 day/weekend

## Potential workshops

### 16. Radical Redesign Workshop

We all know the importance of taking action in this rapidly changing, often destructive world, but how? Redesign becomes radical when we realize that almost everything in life has, to some extent, been made and can be re-designed. Gardens, house spaces, clothes, livelihood, lifestyles, relationships, communities and more are all so radically re-designable.

**Hands on:** Game Play & Personal wild design activities - inside or outside

**Take home material:** Handouts, Inspiration, & Connections

**Length:** 2-4 hours/1 day/weekend/1-week/2- week

## 17. Exploring Sensual Landscapes Workshop

Explorations into our lost intimate connection with nature and ourselves, healing through our senses. Waking up to the sensed, sentient & sensual in all beings, ecologies, places & the land. What is it to relate to the 'world as lover'?

Hands on: Reading Inner & Outer Landscapes Exercise – Exploration Journaling

Take home material: Handouts & Journal

Length: 1-4 hours/1-day/weekend

## 18. Walkabout

What is 'Walkabout'? Brands of pubs, products and leisurewear? What 'really important' people do when they walk about amongst ordinary people? An after work 'Paseo' in Spain? A traditional Aboriginal cultural practice...Yes, all these.

It also means making a break from everyday social duties, expectations and places. Walkabout is turning away from what can no longer be tolerated towards the unknown - to journeys, pilgrimages, to personal space and new possibilities. This workshop is an experiment: an exploration of this age-old human activity; the desires that drive us to find renewed ways of being by undertaking journeys through the internal and external landscape.

Join us for this exciting, explorative workshop of film, literature, walks & journeys, embodied learning and reflective practice. What will emerge?

Hands on: Head to Heart Connectivity, Listening, Grounding, Movement Activities

Take home material: Course notes with resource lists,

Length: 1-4 hours/1 day/weekend/1-week/2- week

## 19. Deep relaxation in Nature Retreat

This retreat gives participants opportunity to rest deeply in nature again; a unique deeply regenerative experience. Rest quietly, eat well, practice yoga and meditation, talk around the fire. Supporting disconnection from the fast paced day to day and reconnection to pure simplicity of being. This relaxed,

informal retreat will support you to bring you back into slower embodied relationship with self and trees, wind, rocks, birds, breath...

Hands on: A variety of optional personal or group exercise

Take home material: Nothing!

Length weekend/1-week:

## The Designer's Tool Box

### Kids Workshop Offerings:

- Nurturing Nature
- Garden Cycles
- Wild Foods