



Skilling up for Powerdown is based on the successful UK course created by Rob Hopkins, co-founder of the Transition Towns movement. It has been adapted to the NZ context.

The course is facilitated by Natalie Hormann. She is a director of Refine Ltd. and works alongside the Transition Consulting Cooperative with families, businesses and councils as a coach, consultant and mentor for sustainable living, resilience and change.

Natalie is one of the initiating members of Transition Towns Lower Hutt and Wellington region, as well as part of the Transition National Network Team.

She's also a mother of two with a personal dedication and passion for organic and sustainable living.



Individual sessions are available for individuals and families that feel they are ready to make sustainable changes to their lifestyles but don't really know where to start.

Refine can help with an experienced assessment / audit of your home, work or lifestyle. Based on your personal, positive vision for the future, we develop with you an 'Energy Descent Action Plan'. This will enable you and your family to live a more resilient and sustainable lifestyle that is also richer, cheaper and more fun.

If you are a **business owner** or a **council**, Refine in association with the Transition Towns Consulting Cooperative offers targeted solutions for oil vulnerability auditing, energy descent planning and community engagement. Please check our website.

For more information,
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Skilling up for Powerdown



Strategies for Life in a
changing world.

Nine week course



www.refine.co.nz



Course Outline

We are facing a period of significant change due to environmental, social and economic challenges. In this time, it is up to each of us to consciously shape and create a future that is vibrant, fun and desirable.

This course empowers you to make positive and sustainable choices in the face of change. It is important we all know how to cope in a fun and creative way – this course offers the strategies to get you started!

Each session will contain a short overview over the challenges presented to us in the face of Peak oil, climate change and the financial crises. You will learn about tried and tested positive responses as an inspiration for individual change. In a group setting, we will then explore and shape our own paths and develop individual strategies for implementing change in each of these areas of life.

Nine week course
07 October - 2 December 2009

7.30 – 9.30 pm at the Alicetown Transition Centre, 51A Victoria Street, Alicetown.

Refreshments and materials provided.

Cost: NZ\$135 for 9 Sessions.

Places are limited to 15.

7 Oct.

Session 1: The time of our lives
Peak oil, climate change and why every challenge creates an opportunity

14 Oct.

Session 2: Food
How to beat rising food prices, forget the supermarket – and save the planet: home food production., coops, community gardens and community supported agriculture

21 Oct.

Session 3: Waste and Water
Clever ways to zero waste – and your money back. What's in a drop – water wisdom for beginners.

28 Oct.

Session 4: Housing and Energy
Just a roof over our head? – A fresh look at “home making”, energy conservation, retrofitting, efficiency and appropriate technology

4 Nov.

Session 5: Money
Things you never knew about money or why you can forget your job and your budget and still be better off.

11 Nov.

Session 6: Health
An apple a day – things we forgot about staying healthy, community health issues, systems and services

18 Nov.

Session 7: Travel and Transport
Should I stay or should I go? – Getting around in a post-carbon world

25 Nov.

Session 8: The psychology of change
You can teach an old dog new tricks: Strategies for making changes and sticking with them

2 Dec.

Session 9: The power of Community or: Where to from here? - Social capital, Transition Towns, community development, future strategies and outcomes

To book, or for further enquiries,
Please contact,

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