



# How to lead yourself with climate change

C-Forth Youth leadership workshop

气候未来-青年领导力工作坊

2024.10.24



# C-FORCE

Climate Future Innovative Lab

PROF. BINBIN WANG

INSTITUTE OF CARBON NEUTRALITY

PEKING UNIVERSITY

# CHALLENGES



## Challenges

**Geopolitical crisis**  
**Less political ambitions**  
**Less climate finance**  
**Less public actions**

## Opportunities

**Green transition**  
**Paradigm shift**  
**Global cooperation**  
**Young generations**



**To connect the present  
with future, the inner-self  
with the outside world,  
Let's build this space  
station (C Force Lab) in  
the middle**

# About Us



**Dr. Binbin WANG**

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Founder of C-Force Lab  
Yale World Fellow  
Associate Dean and  
Research Professor, ICN-  
PKU



**Jin XU**

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Business executive,  
environmentalist,  
Executive & Team Coach



**Holly HUO**

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Climate specialist,  
International and NGO  
expert,  
Coach & Facilitator

# Let's play: connecting

3 mins

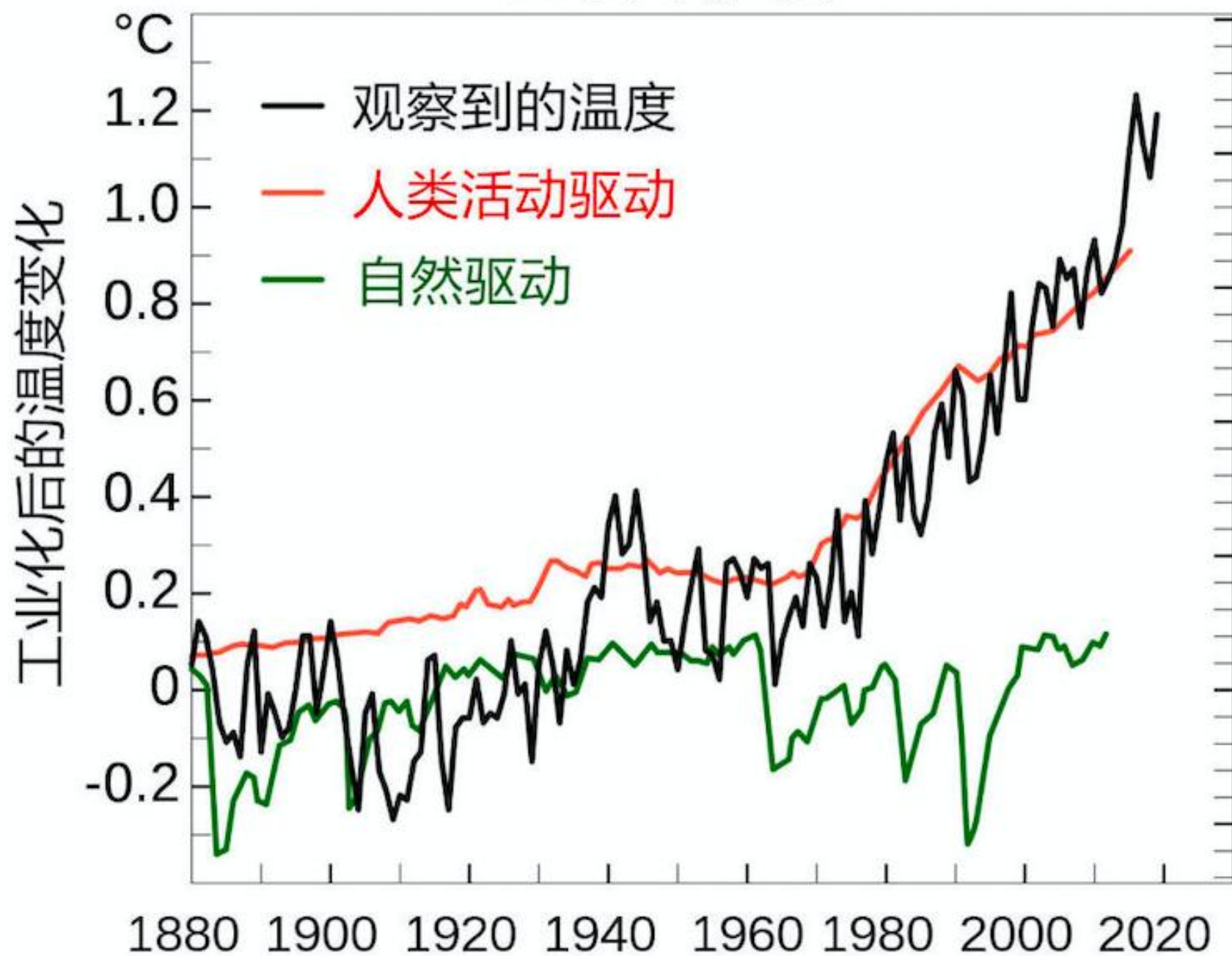
- ✓ 1. Try to tell people"  
Who am I & Why I am  
here for the workshop
- ✓ 2. Who is the winner:  
know more people in 3  
mins

How to get the most  
out of this session



**OUR CONTRACT**

# 全球表面温度



# WHY 2050?

- Paris Agreement(2015 ): all parties should reach the carbon neutrality before the second half of this century.
- IPCC (2018) , 2050
- 碳中和概念在国际层面源于2015年《巴黎协定》，2018年IPCC特别报告《全球变暖1.5°C》正式提出2050年全球温室气体净零排放的目标。

# 迈向碳中和：《巴黎协定》进入正式实施期

## 不同形式提出碳中和目标



## 全球占比



碳中和  
目标时间

本世纪  
下半叶

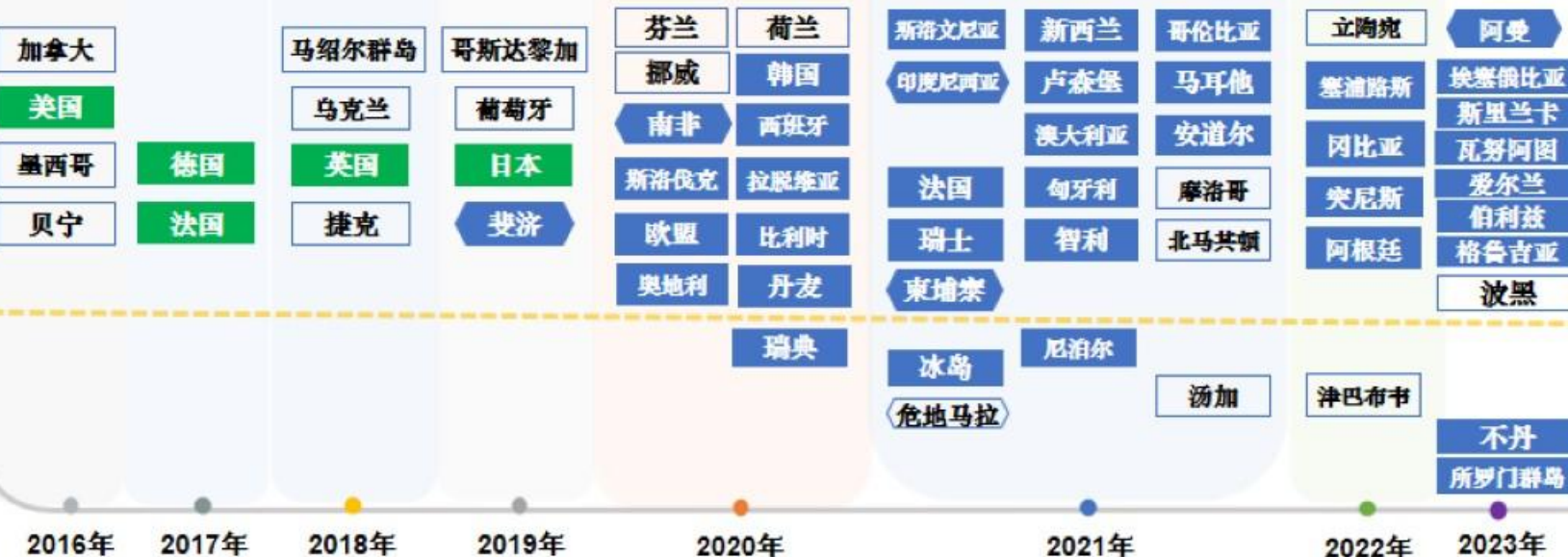
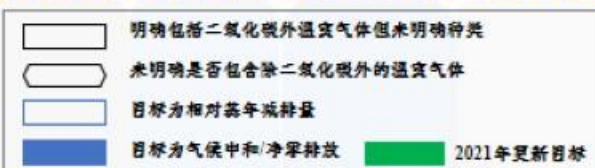
2050年

2045年

2040年

2030年

68个国家/区域提交《本世纪中叶长期温室气体低排放发展战略》，其中62个承诺2050年前实现碳中和



Source: UNFCCC, Zero Track & NCSC, 2023

# 大型企业：全球供应链的碳中和压力传导

- 电气、电子、互联网、纺织、新材料、汽车制造等碳中和目标年份普遍早于属地国家碳中和目标年份
- 能源资源类行业企业（电力、油气化工等）承诺的碳中和目标年份相对较晚，但一般都不晚于2050年

2030



Apple

苹果



施耐德电气

SIEMENS

西门子



通用电气



宝马



拜尔

accenture

埃森哲

2040



惠普



思科

intel

英特尔



奔驰



通用汽车



PEPSICO

百事



博柏利

2050



戴尔



台积电

Lenovo

联想



壳牌



大众

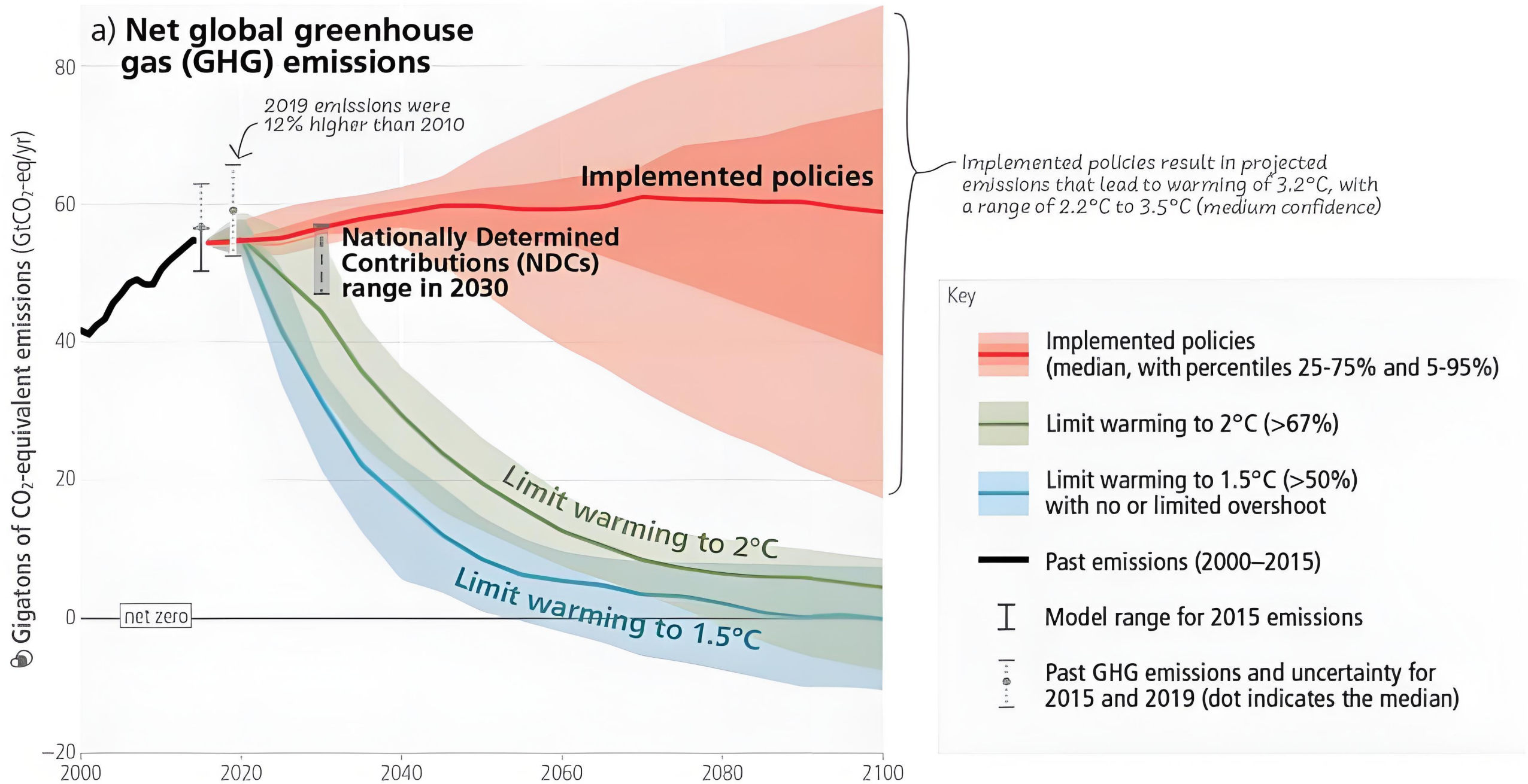


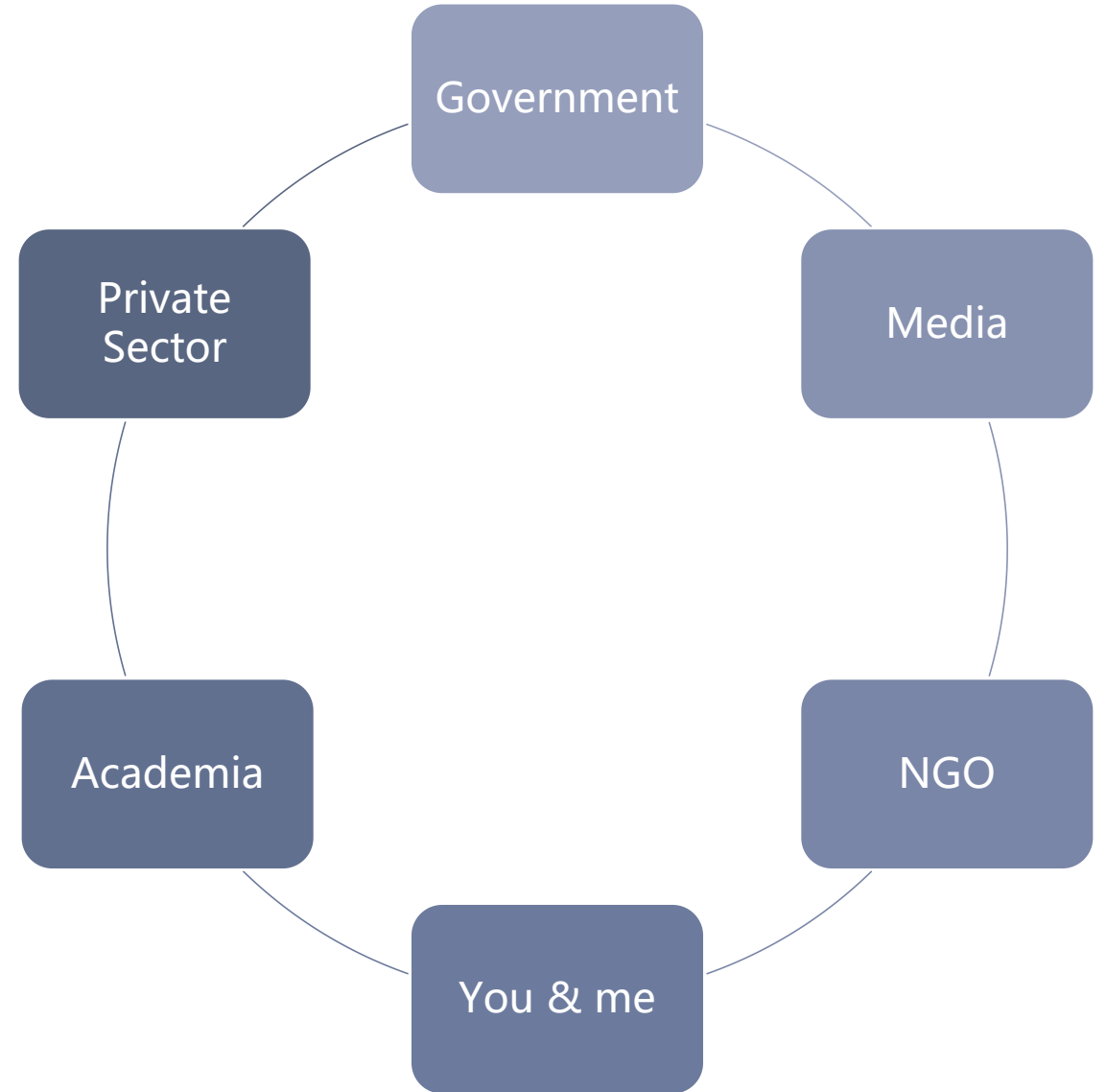
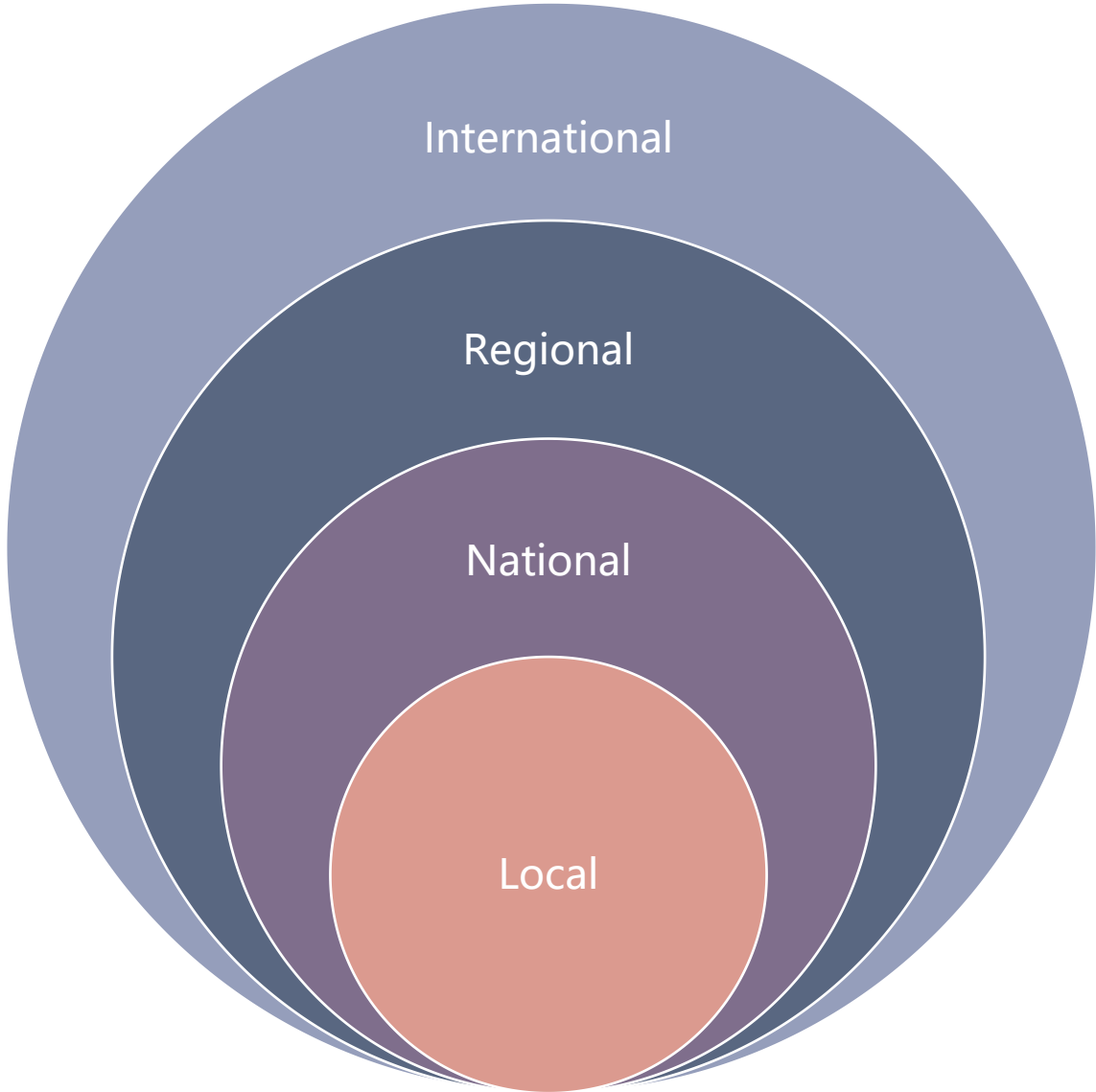
VALE

淡水河谷



优比速



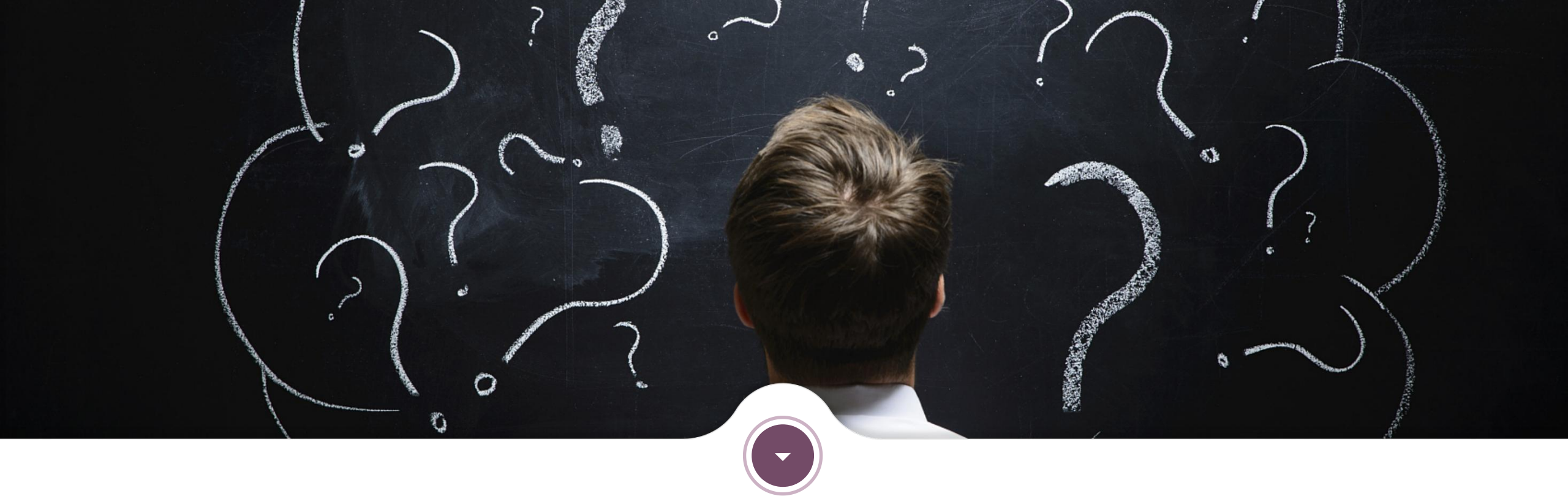


# Group discussion 5+5 mins



**Group 1: Bad 2050**

**Group 2: Good 2050**



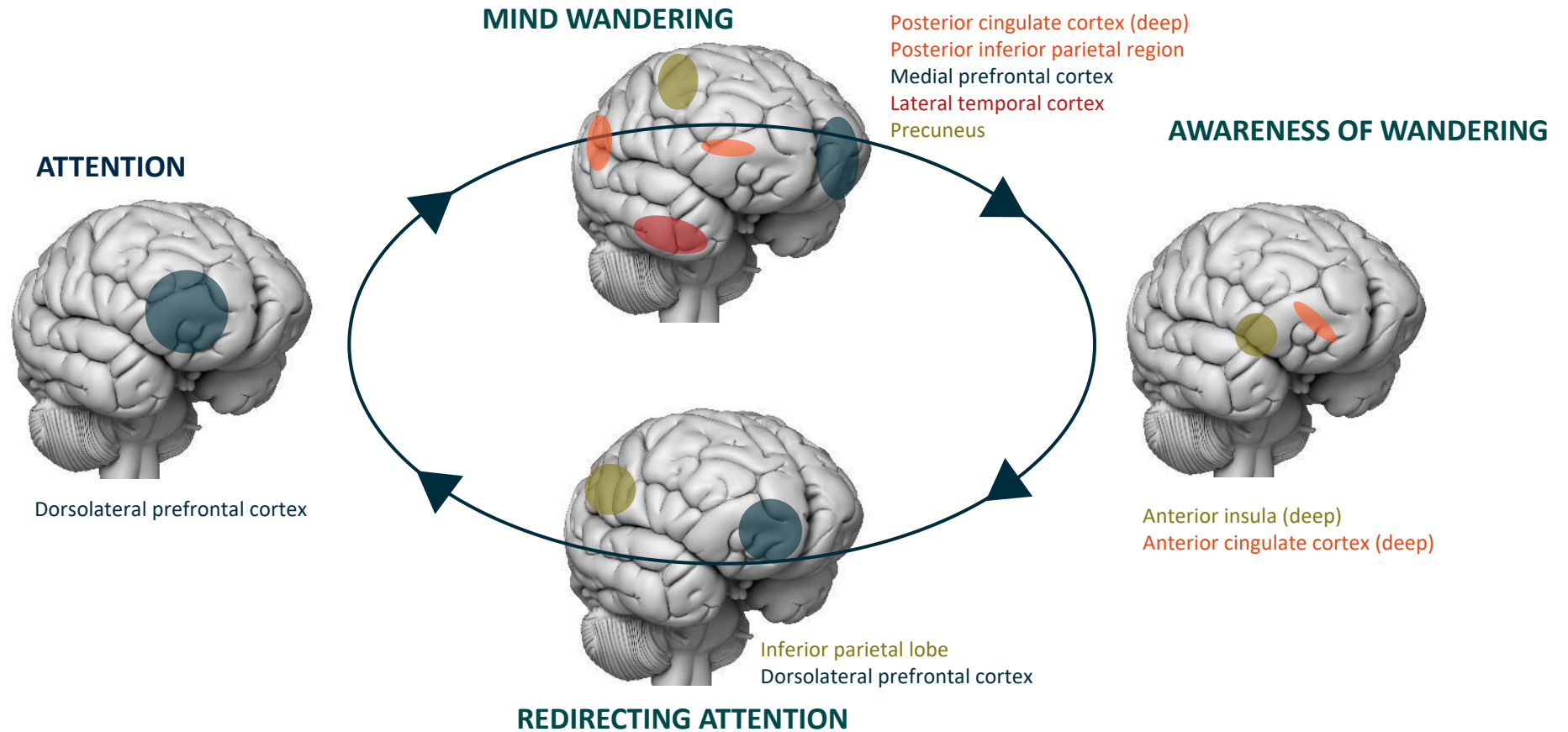
DO YOU HAVE THE POWER FOR CLIMATE CHANGE?

# Neuroplasticity

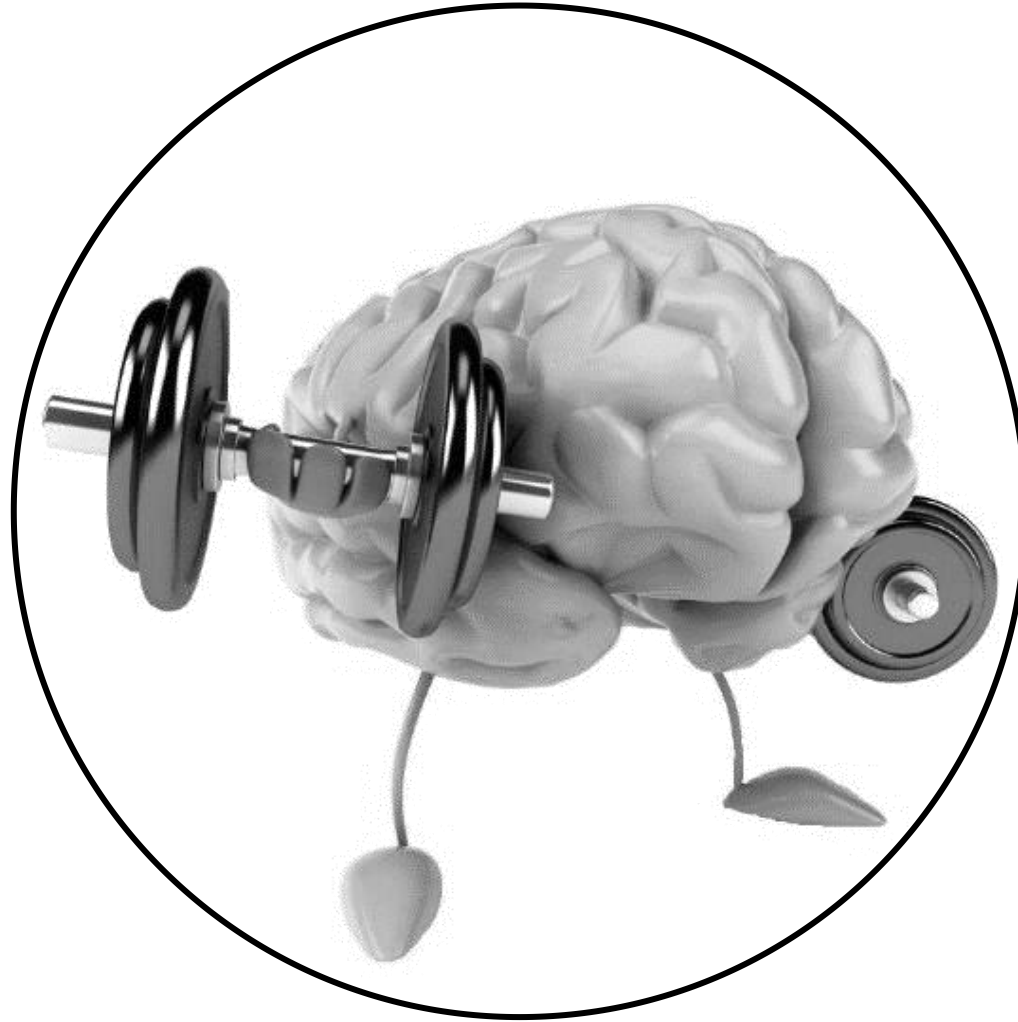
*The mind can be  
trained to adapt to  
any changes*



# What Neuroscience tells us?



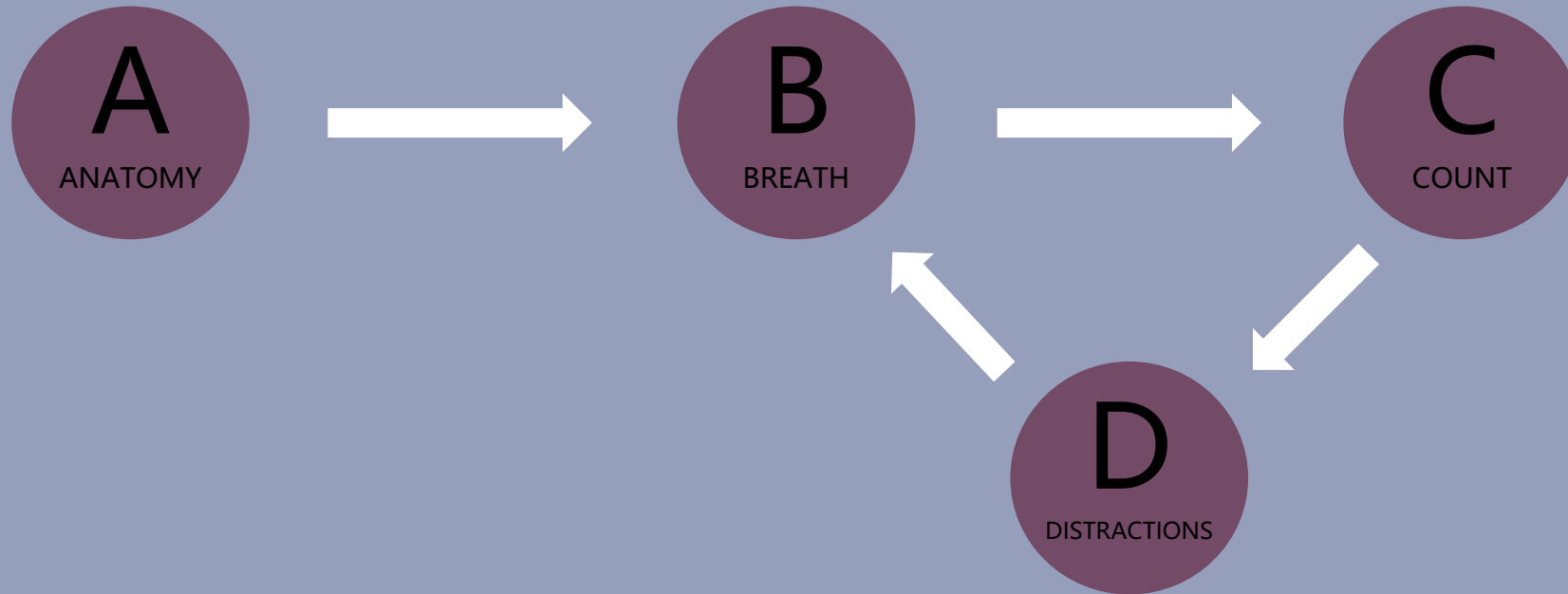
# Training the attention muscle to adapt to change



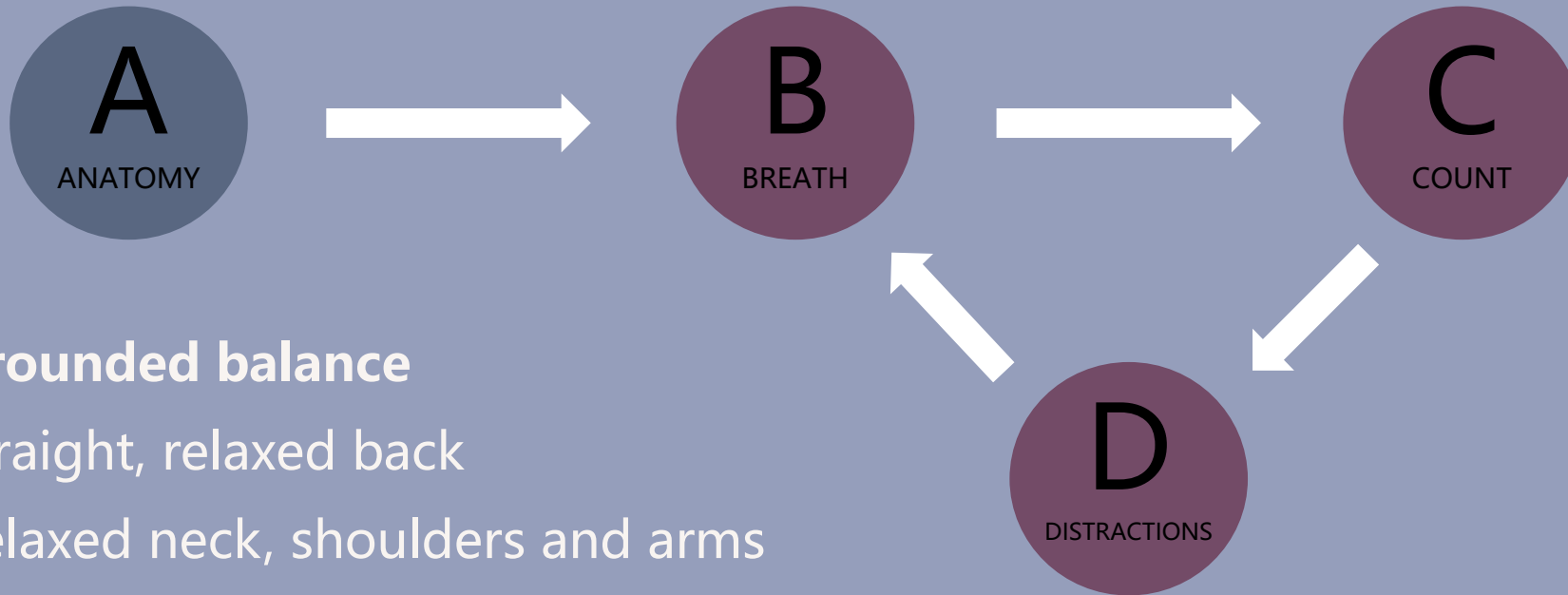
What One  
Word  
Represents  
Your Current  
State  
of Mind?



# Training Your Attention Muscle

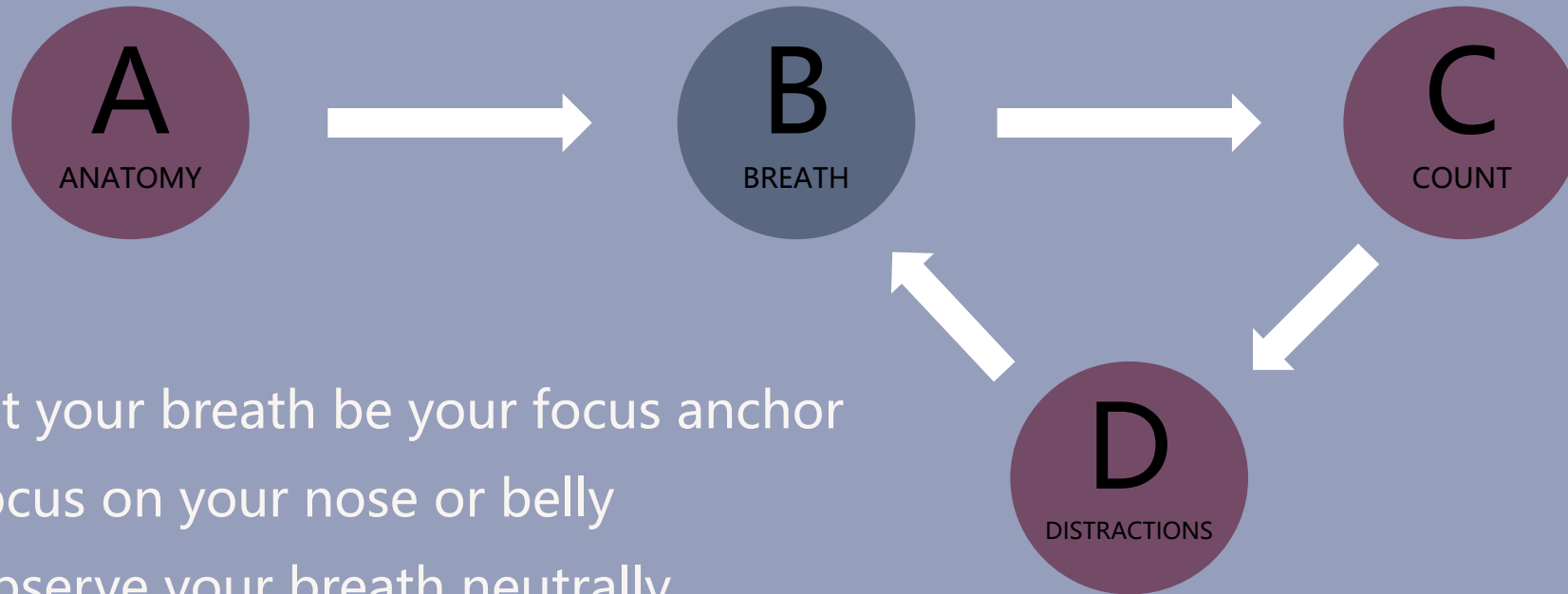


# Training Your Attention Muscle



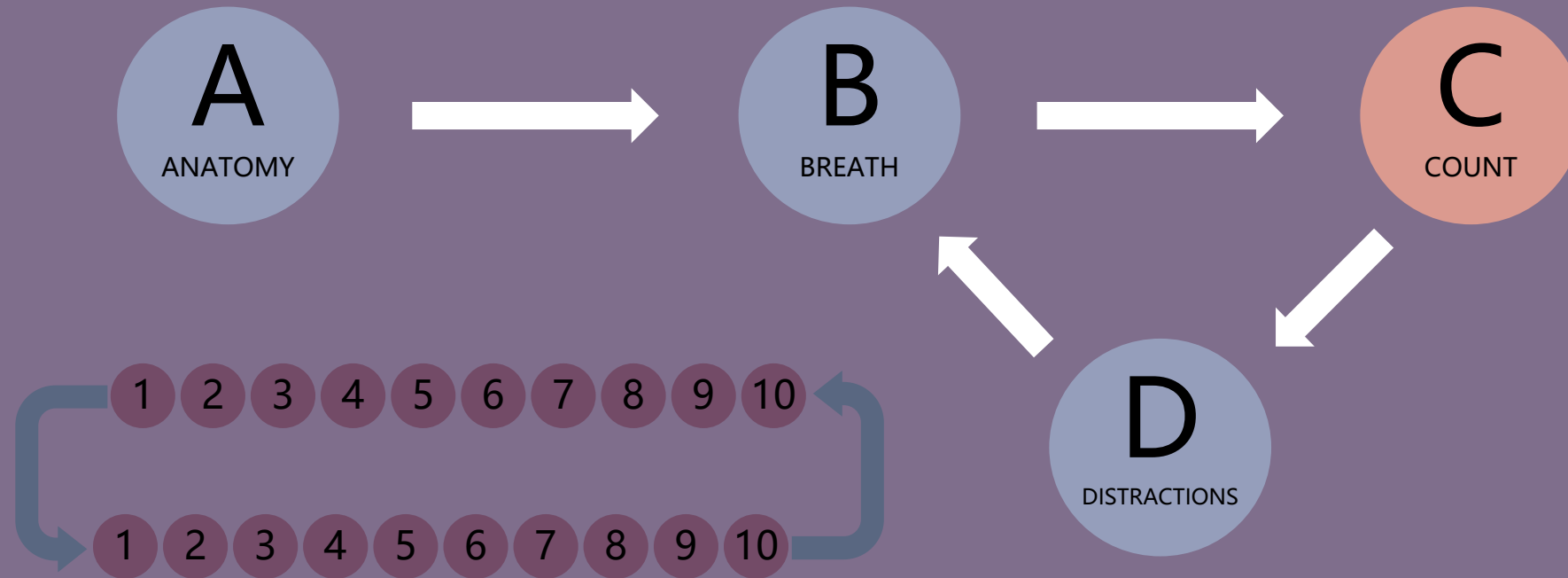
- **Grounded balance**
- Straight, relaxed back
- Relaxed neck, shoulders and arms
- Breathe through nose
- Eyes shut or slightly open

# Training Your Attention Muscle

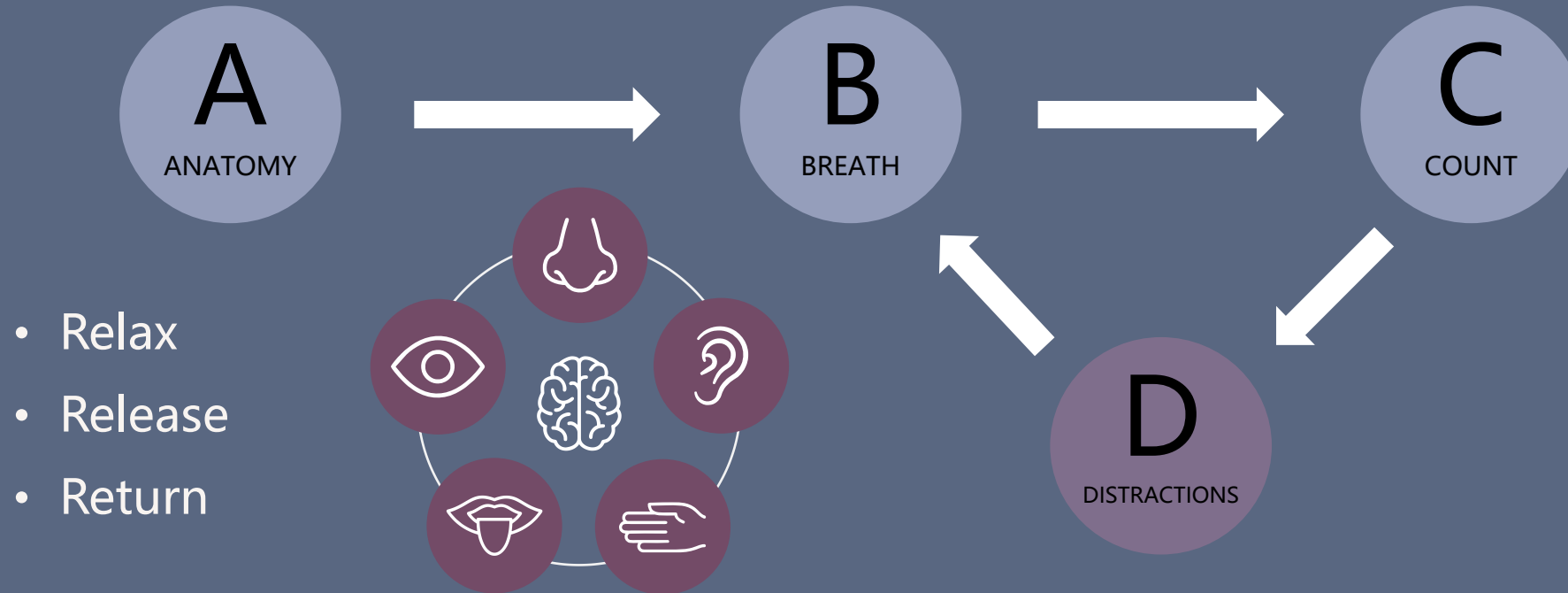


- Let your breath be your focus anchor
- Focus on your nose or belly
- Observe your breath neutrally

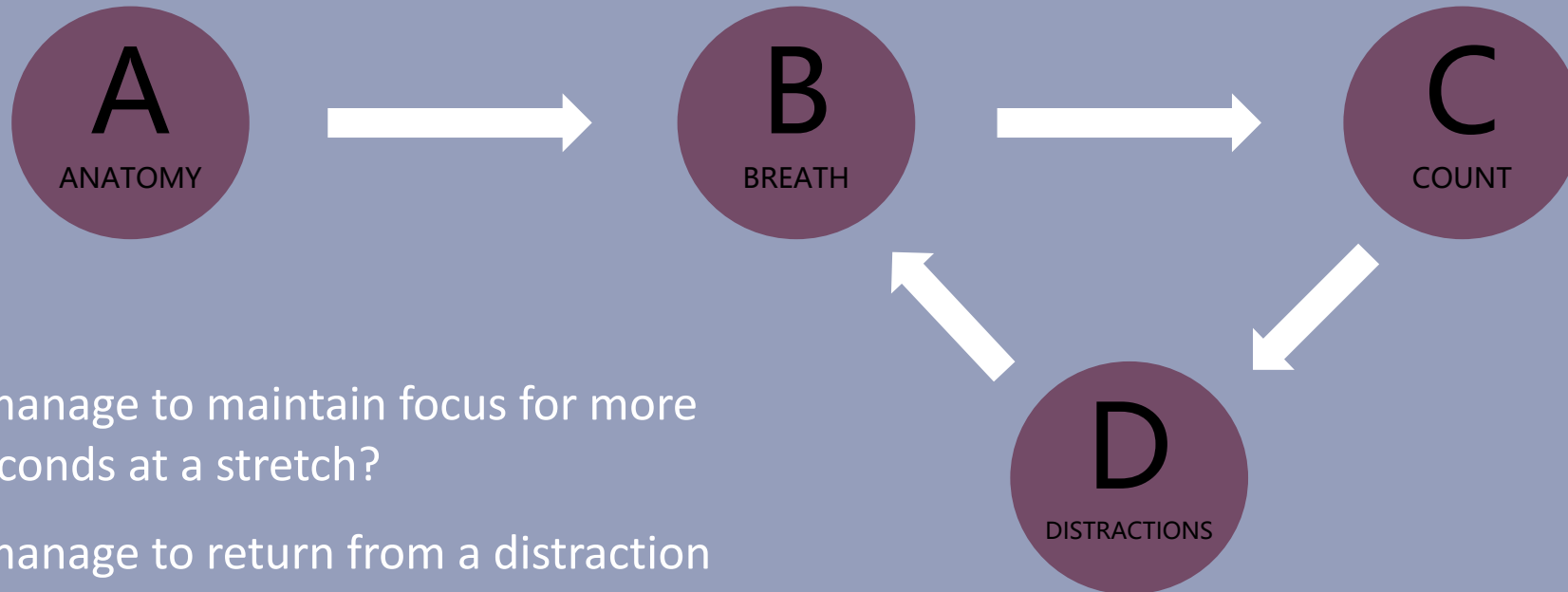
# Training Your Attention Muscle



# Training Your Attention Muscle



# How did it go? – what went well? Any difficulties?



Did you manage to maintain focus for more than 5 seconds at a stretch?

Did you manage to return from a distraction more than once?

# WHAT MENTAL STRATEGIES THAT CAN EMPOWER YOU IN COMBATING CLIMATE CHANGE?

- Acceptance
- Compassion
- Curiosity
- Letting go
- Kindness
- Presence
- .....

Beginner's mind

Courage

Joy

Non-judging

Patience

Trust

.....



CONNECTIONS

# Why C?

See Your Own Force,  
See Our Common Force

Nature

Others

Self  
CURIOSITY  
COURAGE  
COMPASSION



# Curiosity-Courage-Compassion

What do they mean to you  
in climate change?



**Breakout  
Discussion  
10 mins**





# Plenary Sharing

**10 mins**



What colours of this dress do you see?

Blue & Black	60%
Gold & White	40%



Curiosity is a strong desire to know and learn something, which maybe different from your view

Courage - to be brave enough to do what you should do but are afraid to do.



Courage is the ability to face danger, pain, risk, uncertainty, and fear whether you are afraid or not.

Courage is the mental muscle  
that conquers fear, like all  
muscles, the more you use them,  
the stronger they become





"People will forget  
what you said,  
people will forget  
what you did, but  
people will never  
forget how you  
made them feel."



- MAYA ANGELOU

# Compassion

When we face pain, first give self care. Be kind and accept yourself for who you are, and then extend that to others – three core elements:

1. Be kind to ourselves, Self-kindness
2. Be kind to others, we are all in this together, common humanity
3. Being mindful of what is, balance awareness





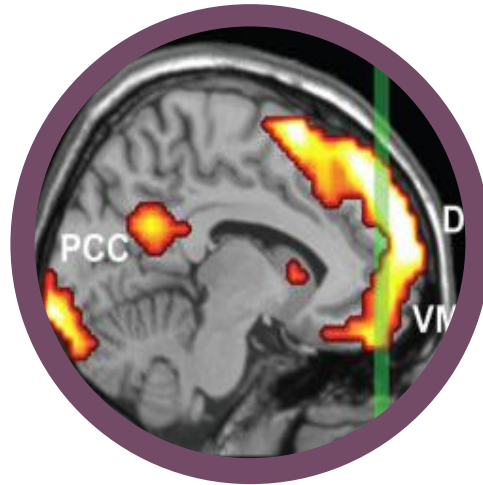
# How?

**The answer starts with  
mindful breaks**

# The two operating modes of the brain

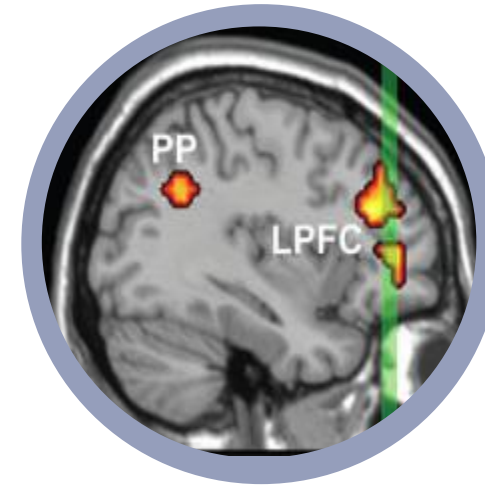
## Conceptual

- Words,
- Rational thinking,
- Problem solving



## Perceptual

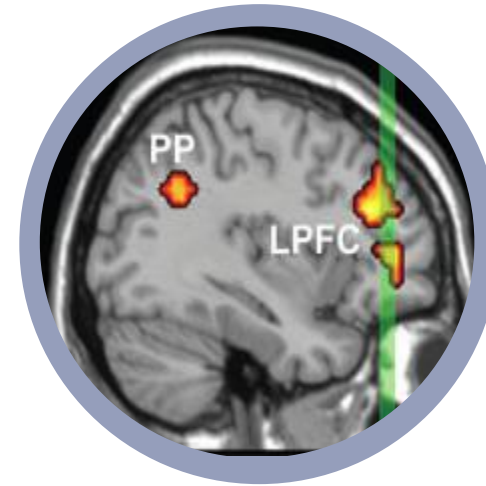
- Wordless,
- Being,
- Experiencing



Farb NAS, Andersen AK, Mayberg H, Bean J, McKeon D, Segal ZV. Minding one's emotions: Mindfulness training alters the neural expression of sadness. *Emotion*. 2010;10:25–33. *Attending to the present; Mindfulness meditation reveals distinct neural modes of self-reference*, Farb et al. - *Human Perception and Performance* 1992. Vol. 18: "Size In variance in Visual Object Priming" Irving Biederman and Eric E. Cooper - *Neuropsychology* Vol.13: "Dissociation Between Two Forms of Conceptual Priming in Alzheimer's Disease" 1999, Chandan J. Vaidya Et.al.

# A mindful break

Giving the brain a  
break from concepts



To improve energy,  
focus and  
effectiveness



# Once every hour: Relaxation and Awareness Practice



Resilience is not  
something you have....  
it is something you do!

What can I do  
after leaving  
today's session?

