

Plenary Presentation

How Does Climate Hope Feel In Our Bodies?

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Take a step back from the academics of communications and explore the roots of climate anxiety and grief in our own bodies. How do we shape climate communications that go beyond people's thinking brains and take root in a deeper, more meaningful way to inspire hope and catalyze action?

In this talk, I'll lead you through a breathing exercise and journaling response, then explain basic somatic principles and how they relate to current research about climate communications. We'll look to ancestral teachings, biology, and each other to explore how climate hope can become something real and tangible within our bodies—and techniques we can use to bring more people into that hopeful sphere with us, readying them to take climate action.



[Ashley Fairbanks](#) is an Anishinaabe artist, writer, organizer, and digital strategist with over 15 years of experience doing digital strategy, design, art direction and messaging work. She has a design practice, trains people on anti-racist work, does strategic communications and design, and runs social media and narrative work for campaigns and nonprofits. Currently she is the Creative Director of the [100% Campaign](#), an organization dedicated to advocating for the transition to an equitable clean energy future in Minnesota.

She started her career designing museum exhibitions, and has worked on everything from municipal to presidential campaigns. She's started an Indigenous farmer's market, and a political wing of a hip-hop label. It's been a crazy journey. Nowadays she works mostly on policy that impacts Indigenous people and climate issues that impact everyone.