

2024

Flourishing animals, peoples, and the planet

Everyone should have access to affordable continued learning opportunities and resources. When peoples unite from a culture of care and respect they, the animals, and the planet can flourish.



2024



Animal wellbeing



Human wellbeing



Planetary wellbeing


Animal wellbeing

12 months & 12 topics

Support, connection and CPD resources



**Environmental
design**



**Animal wellbeing
assessments**



Social life



**Applying
research**



**Feeding
animals**



Behaviour



Cognition



**Animal
training**



**Transporting
animals**



Urban wildlife



**Human animal
interactions**



**Ethics in
real life**

January – Environmental design

Good wellbeing for animals starts in their habitats, and how well their environments provide for their needs, wants, and preferences.

February – Animal wellbeing assessments

Discover materials and methods for assessing wellbeing of animals, at all times of the day and night, all days of the week, and throughout their lives.

March – Social life

Whether their preference is to be alone or to be with family and friends, all animals have unique, individual social lives. Learn about the different social systems and how they interact with wellbeing to help you care for and manage individuals and groups.

April – Applying research

As modern science continues to advance our understanding of animal care and wellbeing science, how are you putting that science into practice? Follow along with practical guides and resources to help you implement science with compassion and creativity.

May - Feeding animals

Explore feeding animals across the five domains, thinking about how we can meet the nutritional, physical, psychological, mental, and other needs of animals through their diets.

June – Behaviour

All animals have adapted within their habitats to meet their own needs through their behaviour. Explore different animal behaviours and how we can encourage diverse and species-specific behaviours such as play, exploring, problem-solving, and more.

July – Cognition

What do animals know? How do they know it? The world of animal cognition is complex, and we're here to help you untangle it through science, best practice, and practical ideas that you can apply to give animals opportunities to problem solve and learn.

August – Animal training

Animals are learning all of the time - even outside of formal training sessions they learn how we move, how we act, what we do, routines, everything! Discover methods and techniques for training through positive reinforcement and develop creative training plans which aim to give animals more control and agency over their care.

September – Transporting animals

When animals are in human care there will inevitably times where we need to move them from point A to point B, whether this is just a short distance to the in-house vet or across continents to meet a potential partner. This can be a stressful process, but we're here to help you take some of that stress away through resources and guidelines.

October - Human-animal interactions

Much of what we do as caregivers involves interactions between humans and animals, whether we are discussing formal animal training programs or passing by the habitat during our daily routines. What are you doing to promote positive interactions between humans and animals every day, and how are you building positive relationships with the animals you care for? We are here to support you with resource, webinars, activities, and more exploring the important of these interactions and bonds for human and animal wellbeing.

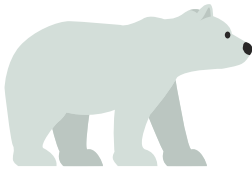
November - Urban wildlife

Even in cities, we are sharing our lives and spaces with wild animals, from the birds that fly overhead to the many mammals, insects, reptiles, fishes and more living in urban spaces - as well as potentially undesirable animals that we may try to limit the impacts of. Learning new ways of being and sharing our world and our spaces with these wild animals increases our connection with wildlife.

December – Ethics in real life

Explore putting ethical theory into the real world through practical examples and dilemmas, and many more activities exploring the importance of looking at the world from many lenses to make more compassionate, moral, and ethical decisions. Develop your ethical decision-making skills through our resource library including new webinars, webposters, and more.

2024



Animal wellbeing



Human wellbeing



Planetary wellbeing

Human wellbeing

12 months & 12 topics

Support, connection and CPD resources



INTERBEING



Being you



Change



Adversity



**Embodied
boundaries**



Day 1



Communication




**Diversity,
Equity, Equality,
& Inclusion**



Connection



Movement



**Part of
the solution**



4000 weeks

January – INTERBEING

‘INTERBEING’ is who we are, but what does it mean to you? Explore the concepts underpinning the idea of interbeing - the fundamental reality that all life and systems on Earth are connected and rely on each other.

February – Being you

Being and loving who you are is fundamental to your wellbeing; being comfortable in your skin, being comfortable to share your feelings, and empowering yourself to be the best you that you can be.

March – Change

Life is full of change, from the changes of the seasons to changing jobs, changing homes, and all manner of other things in our non-static, ever-growing lives. Change can be hard just as much as change can be exciting. Explore living through change, and learning how to see change as a positive challenge.

April – Adversity

The reality is that things aren't always easy, and adversity is a part of living life. But that doesn't mean difficulty needs to bring or keep you down or cause you significant stress. Explore the concept of antifragility and building your resilience to adversity, so that when challenges do come your way, you can face them with your head held high and the confidence to take them on.

May – Embodied boundaries

What makes you feel comfortable, and what makes you feel uncomfortable? How well do you know how to say ‘no’ when you have too much on your plate, or assert what you need to feel good? We’re here to help you learn and establish ways of communicating your needs and boundaries that allow you to take care of yourself.

June – Day 1

Some day is not a day. Make every day ‘Day 1’, coming to life with a fresh and renewed perspective and energy. Committing every day to doing your best, in love, work and energy. Give yourself grace when you make mistakes, learn tools, and install habits to create your favourite day and day by day the life you want.

July – Communication

With family, friends and at work we all benefit from the right communication skills. Being an effective teammate and leader can make collaborative work simple, joyous, and effective, with opportunities to share ideas and creativity, and work through our differing viewpoints with compassion and understanding.

August – DEEI

We live in a beautiful world filled with many beautiful people - people from many cultures, with many different life experiences, from all different backgrounds. Celebrate what makes you and others special this month with guidance on how you can support DEEI in your life and in your teams.

September – Connection

In an increasingly fast-paced and digital world, it's important to remember and maintain the connections important to us. This can be our connection to our coworkers, to our family, to our friends, to nature, to the whole world around us, and to ourselves.

October – Movement

Looking after our bodies can directly help us look after our minds. This month we will explore using bodywork as a lens to understanding ourselves, loving ourselves, and looking after ourselves, sharing techniques and ideas to get you moving.

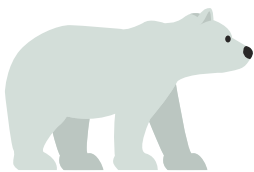
November – Part of the solution

Being part of the solution means accepting that we have a responsibility in overcoming challenges. Once we know our own role, we can identify what we need to do to work together and find solutions. We can't be the whole solution all by ourselves, but we can be part of making things better.

December – 4000 weeks

The average person lives their life in 4000 weeks. We are limited people, and time is limited; what is it you want to do with that time, and who do you want to be? We can't do 'all the things', but we can choose our own path and make the most of each week.

2024



Animal wellbeing



Human wellbeing



Planetary wellbeing

Planetary wellbeing

12 months & 12 topics

Support, connection and CPD resources

INTERBEING

**Educational
methods**

**Rights of
Nature**

Food relations

**An ecosystem
approach**

**Using
Stories
to
Inspire
Storytelling**

Biodiversity

**Diversity,
Equity, Equality,
& Inclusion**

A force for good

Green cities

**Respect all
living beings**

Ways forward

January – Interbeing

All life on our planet is connected; everything relies on everything else. Looking after each other, looking after wild places, and looking after animals are all key ingredients in building a better, more sustainable world, together.

February – Educational methods

Part of looking after our planet is sharing our knowledge of the ‘how’, ‘what’, and ‘why’ to others. Explore methods of sharing what you know, and building a global community that has the skills and understanding to look after our planet for generations to come.

March – Rights of Nature

Rights of Nature gives ecosystems such as rivers, lakes, and mountains to bear legal rights in the same, or at least a similar, manner as human beings. It provides nature with the right to exist and flourish as grounded for centuries in many Indigenous peoples’ worldviews.

April – Food relations

Global food systems are complex, from who produces the food, how it is produced, how that food is then packaged and transported, all the way to how we dispose of what’s left over. With food being part of huge global industries, it is important to understand how food - what we eat, what we sell in our facilities, what we feed to animals, and so on - impacts people, animals, and the planet.

May – An ecosystem approach

The world is an ecosystem of ecosystems; many moving parts that work together to maintain the many life support systems that allow for life to flourish. We often look after habitats, but we can also look at whole ecosystems - everything all together, including wild and urban places, and how systems can be looked after and work together.

June – Storytelling

Telling our stories, and the stories of others, is a key way we can pass on knowledge. Explore the different ways of sharing messages, and the importance of storytelling in passing down ways of looking after the planet.

July – Biodiversity

Our world is filled with many weird, wonderful, interesting, beautiful, and inherently special animals, plants, fungi, and other forms of life. Explore the meaning and importance of biodiversity, and what we can do to protect and safeguard biodiversity for the future.

August – Diversity, Equity, Equality, and Inclusion

We share our planet not only with other life but also with each other. Many people of many different backgrounds, and a wide variety of cultures. A better world means a more inclusive world, where we raise each other's voices and utilise a wide variety of viewpoints to make things better for all.

September – A force for good

Our individual voices are more powerful than we think, and they are even more powerful together. Learn how you can be a force for positive change, starting with ourselves, building to our communities, and through 'acting local and thinking global' driving change towards a better world for all beings.

October – Green cities

Most of the world's population lives in urban areas, and especially in cities. Cities have huge power to be hubs of positive action and sustainability when we work together, lobby for positive change, and support green city initiatives.

November – Respect all living things

All individual beings, from the tiniest ant to the largest elephant, are living their lives every moment. They experience the world, in their own special ways; they feel joys and sorrows, they rely on other beings for survival. All life has inherent worth, and all life is deserving of respect, care, and compassion.

December – Ways forward

We are living in a time where the world is facing unprecedented change as a result of human activity. Rapid human-induced climate change and declining biodiversity are some of the most significant challenges life on Earth has ever faced - but working together, there is hope and light at the end of the tunnel. Look ahead toward positive change for planetary wellbeing.