



GROWTH POINTS

WELCOME TO OUR

Newsletter

Introducing Revive, the Society for Conservation Biology's new working group

Revive was inspired by a deep appreciation for the need to enhance emotional resiliency in the conservation community.

Revive's vision is rooted in valuing and nourishing wellbeing to enable the conservation community to meaningfully contribute to protecting and restoring our planet's biodiversity and ecosystems.

Research shows that conservation professionals experience psychological distress, including compassion fatigue and burnout. Revive is inspired by the strength of our community and a desire to make an impact and improve conservation effectiveness. Through our work, we are leading a coordinated effort to embrace an inclusive, diverse, and nourishing space for conservation professionals.

For those who will be attending ICCB in June 2025 in Brisbane/Meanjin, we look forward to meeting you!

In this newsletter:

Learn about Revive, learn about our objectives, meet the Board, meet us at ICCB 2025 in Brisbane this June

Upcoming events

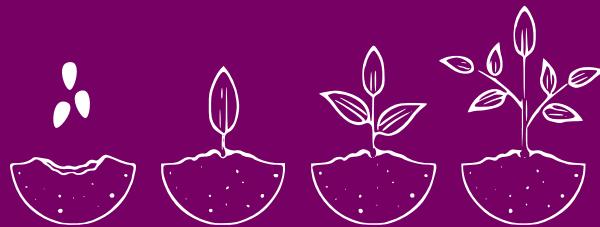
In July we will be hosting our first virtual members meeting. Sign up [here](#) to be added to our listserv for updates and details

Join as a member of Revive by clicking [here](#)!



REVIVE'S CORE OBJECTIVES

The Revive Working Group aims to lead a coordinated effort to create a safe space for conservation professionals to embrace wellbeing. We will focus on three aspects:



Develop our understanding of eco-emotions and their impact on us and our work, and strengthen our skills for emotional resilience



Normalize our emotional response in the conservation workplace to foster a culture of proactive emotional resilience

Create support spaces for us by providing resources, funds and facilitation to improve our access to mental health practitioners and peer-support groups



What we're reading...

[Who Heals the Earth's Healers? Ways to Avert Burnout for Environmental Advocates](#)

Resiliency reflections

*Where do you feel sensation in your body?
What is the emotion connected to these feelings?
Who could you talk/connect with about this experience?
How could you connect with nature in this moment?
What else are you needing most in this moment?*



MEET REVIVE'S BOARD

We are thrilled to announce our founding board members. Learn more about us below!

Jen Miller, President



Jen Miller is a wildlife conservationist passionate about protecting biodiversity and building resilience among conservation practitioners. Jen began engaging with the heart-side of conservation after noticing herself and her colleagues struggle with burnout and despair across the government, non-profit and academic sectors where she worked. In her spare time, and as a Certified iRest[©] Yoga Nidra meditation teacher, Jen teaches workshops to support conservation practitioners in building resilience to navigate the emotional burden of saving the planet. Outside the office, she relishes meditating, bird watching, baking pies and kayaking with her ornithologist husband and fellow-birdwatching cats in her multi-home states of Washington, DC and Florida, USA.

Kelly Guilbeau, Vice President

Kelly Guilbeau is a conservation social scientist with an interdisciplinary background that spans landscape ecology, mental health counseling, inclusive communications, program development, and community engagement. She is pursuing a Doctorate of Public Health at the Johns Hopkins University Bloomberg School of Public Health, and holds a MS in Environmental Conservation and a MEd in Mental Health Counseling. Her current professional interests (in no particular order) relate to climate adaptation and the mental health impacts of climate change (e.g. ecological grief); designing evidence-based programming around One Health; understanding value-based decision making; and normalizing conservation as an inclusive, just, and welcoming profession.



Stephanie Klarmann, Administrative Officer

Steph is a conservation psychology researcher in South Africa. Her work has focused on social and ecological justice. Her other areas of interest include youth capacity building, conservationist well-being, photographic storytelling, environmental education, and rights of nature.

MEET REVIVE'S BOARD

We are thrilled to announce our founding board members. Learn more about us below!



Garima Gupta, Events Coordinator

Garima is a interdisciplinary conservation scientist whose work focuses on the intersections of biodiversity, climate resilience, and social equity. Her research has explored socio-ecological systems in the Himalayas, hydropower impacts, and Nature-Based Solutions. Garima is passionate about integrating Indigenous and local knowledge into conservation practice and actively promotes inclusivity and wellbeing in the conservation community through her research, mentorship, and advocacy.

Lucía Vales, External Liason

Lucía is a biologist with a Master's in Applied Ecology and an Erasmus Mundus scholarship alumna. She is Peruvian, based in Quito, and works at the Secretariat of BirdLife International, coordinating regional projects for bird and habitat conservation with a focus on leadership at multiple levels. Conserving nature is her life's purpose, but she believes real change is only possible if we, as humans, are healthy and conscious. Beyond her conservation work, she teaches and practices worm composting and runs a jewelry brand that reflects her passion for design and creating with her hands.



Michelle Fasona, Financial Officer

Dr. Michelle Iyabo Fasona is an environmental conservationist and lectures in the Department of Environmental Management at Lagos State University, Epe Campus, Lagos, Nigeria. She holds a Ph.D. in Natural Resources Conservation and specializes in biodiversity conservation, landscape ecology, climate change, and the application of remote sensing and GIS. She is also involved in capacity-building initiatives.

REVIVE AT ICCB 2025 IN BRISBANE

Tools to Avoid Burnout and Compassion Fatigue on a Changing Planet: Survival Skills for Conservationists

Jen Miller

Tuesday, 17 June 12:45-13:45

Mezzanine Level Meeting Room M3

As conservationists, we navigate social and ecological changes on our planet. When these changes involve loss – species extinctions, megafires, community displacement – these experiences can affect us and our conservation partners personally through intense feelings like stress, compassion fatigue and burnout. This workshop will equip you with the knowledge and tools for navigating the feelings that come from working on the frontlines of environmental and social crises.

The workshop will introduce an applied perspective of emotional resilience and its relevance to the conservation profession through learning modules followed by interactive and individual exercises for hands-on practice. We will discuss emerging research on the expressions of social and ecological loss such as solastalgia (homesickness), noctalgia (sky grief) and eco-anxiety (fear of future conditions) and learn to recognize the symptoms and impact on communities as ourselves. As we normalize the feelings of engaging with a changing planet, we will reflect on and exchange stories of our lived experiences. We will practice mindfulness exercises with evidence-based, trauma-sensitive breath and body sensing to further validate and navigate these intense experiences.

You will leave this workshop with new tools for understanding, expressing and navigating the emotional responses that commonly arise in the conservation profession.

Revive Provisional Working Group Launch Event

Wednesday, 18 June 12:45-13:45

Mezzanine Level Meeting Room M1

Come learn about the Revive Working Group as we work together to support conservation professionals navigating the intense emotional responses that commonly come from working on the frontlines of environmental and social crises. We aim to normalize and navigate these difficult emotions and nurture an authentic, empathetic conservation workplace culture that avoids burnout and deepens our interconnection with nature.

We'll share our vision for the working group, invite ideas and feedback and lead an exercise to support members' wellbeing and resilience!

reviveconserve@gmail.com

<https://reviveconserve.wixsite.com/mysite>

