

Colin Beavan

aka no impact man 



Biography:

Writer, coach, consultant and social change activist **COLIN BEAVAN** is the author, most recently, of *How to Be Alive: A Guide To The Kind of Happiness That Helps The World* (Dey Street/HarperCollins). He first attracted international attention for his year-long lifestyle-redesign project and the wildly popular book, *No Impact Man*, and the Sundance-selected documentary film that it inspired. He has appeared on *Nightline*, *Good Morning America*, *The Colbert Report*, *The Montel Williams Show*, and NPR, and his story has been featured in news outlets from *Time* magazine to the *New York Times*.

Colin is a sought-after speaker by wide-ranging audiences, including at Harvard Divinity School, The Nexus Global Youth Summit, and the Omega Institute. He also coaches individuals and consults with organizations on human- and value-centered living and operating. He has applied his extensive background in mindfulness and his therapeutic training to strategic and mission planning, goal setting, conceptual visioning, conflict management, and employee and stakeholder engagement at organizations as diverse as the Sierra club to the United Nations to the Asian Development Bank.

Colin ran for the US House of Representatives in New York's 8th Congressional District in 2012, is the founder of the No Impact Project, a board member of Transportation Alternatives, an advisory council member of 350.org, a contributing editor at *Yes! Magazine*, a guest professor at Sarah Lawrence College and a senior dharma teacher in the Kwan Um School of Zen. His is also the author of two books of history: *Operation Jedburgh: D-Day and America's First Shadow War* and *Fingerprints: The Origins of Crime Detection and the Murder Case That Launched Forensic Science*. His writing has appeared in *Esquire*, the *Atlantic*, and the *New York Times*. He lives in Brooklyn, New York.

Mission:

To prosperously engage individuals, businesses, politicians, educators and religious leaders in the quest for human- and value-centered adaptations to lifestyles and organizational and societal systems that make people happier and the whole world safer.

Select Organizations Colin Has Worked With:

IDEO, Agent 16, Asian Development Bank, Inter-American Development Bank, Natural Resources Defense Council, Sierra Club, Yes! Magazine, Huffington Post, United Nations, NASA Space Center (Houston), Hawthorne Organics, Kwan Um School Of Zen, Natural Dharma Fellowship, The Omega Institute, US Green Building Council, The US Embassy in Guangzhou China, The City of Fort Collins, Hunter College, The New School, Etc.

Foundations that have supported Colin's work:

The Fledgling Fund, Wallace Global Fund, 11th Hour Project, Cliff Bar Foundation, Lucius & Eva Eastman Fund, Tisdies Foundation, Patagonia, The Minneapolis Foundation, Stichting Nederalnds Comite, Erie Community Foundation, Razoo Foundation, Trust For Mutual Understanding, Asia-Pacific Media Alliance for Social Awareness

Books:

- *How To Be Alive: A Guide To The Kind Of Happiness That Helps The World* (Dey Street/HarperCollins, 2016)
- *No Impact Man: The Adventures of a Guilty Liberal Who Attempts to Save the Planet and the Discoveries He Makes about Himself and Our Way of Life in the Process* (Farrar, Straus and Giroux, 2009)
- *Operation Jedburgh: D-Day and America's First Shadow War* (Viking, 2006)
- *Fingerprints: The Origins of Crime Detection and the Murder Case that Launched Forensic Science* (Hyperion, 2001)

Film:

- *No Impact Man: The Documentary* (Distributed in the US by Oscilloscope, 2009)

Cinematic release in dozens of cities in the United States and abroad, aired on television in the United States and several other countries. Film festival screenings include: Sundance Film Festival, USA; Silverdocs Film Festival, USA; Los Angeles Film Festival, USA; The Barcelona Political Film Festival, Spain; Tallinn Black Nights Film Festival, Estonia; Rio International Film Festival, Brazil; Martha's Vineyard Film Festival, USA; Traverse City Film Festival, USA; Sydney Film Festival, Australia; Jihlava International Documentary Film Festival, Czech Republic; CNEX Documentary Film Festival, Taiwan; Nordkapp Film Festival, Norway; Cinema Planeta Mexico; Enviro Film Showcase, Argentina and Brazil; The Galway Film Fleadh, Ireland; Strawberry Earth, The Netherlands; Catalonia International Festival of Environmental Film (FICMA), Spain; Cinemambiente, Italy; Docville, Belgium; Emisioncero, Madrid; Nordcapp Film Festival, The Netherlands; Cinema Planeta, Mexico; Saskatchewan Eco Network, Canada; Phangan Film Festival, Thailand.

Keynote addresses:

Colin has given literally hundred of keynote addresses to professional, religious, and educational organizations around the world.

Select Titles:

- *To Hell with Sustainability (and Screw Progress, Too):* A talk for professionals on designing products and systems intended not just to cause less harm to the planet but also to increase human quality of life.
- *Why Don't They Give A Sh*t?!*: A talk for social change professionals on getting outside our frames of reference and understanding our audiences to make our messages impactful.

- *Saving the World to Save Yourself—Easy Steps Towards a Fun, Meaningful, Helpful Life*: Colin Beavan aka No Impact Man begin making small adjustments in his life and career in order to address himself to his concerns about the world. What he discovered was not a life of sacrifice but a path forward that including more security and more meaning. This is a talk about how you can find such a path, too!
- *Are We Screwed?—A Practical and Spiritual Approach for People Worried About Our World Crises*: In the face of accelerating climate change and other dire global news, Colin Beavan aka No Impact Man talks about embracing uncertainty and mystery to help us find our own personal paths to helping ourselves and others.
- *How Environmental Crises Point The Way to Human Happiness—An Aspirational Approach That Attracts People to The Movement*: For too long, the need for change has been talked about with doom and gloom. In fact, the path forward can bring *more* happiness and safety to us, to our local and world communities and to our habitat. Colin Beavan aka No Impact Man talks about the ambitious path ahead that can both improve our world and attract more people to the movement.

Select Venues:

Coburn Ventures, BrainBar, Harvard Divinity School, The Commonwealth Club, Omega Institute, San Francisco Museum of Science, Design Futures Conference, Climate Change Communication Forum, Nexus Global Youth Summit, ClifBar, EBay, North Face, Patagonia, TEDxPotomac, PSFK, United States Green Building Council, Martin Methodist College, Ernst Comm Cultural College, UMass, Amherst, University of Calgary, Purdue University, Missouri University of Science and Technology, University of Maryland, Marist College, New Comm College CUNY, Univ of Missouri, Kansas City, Univ of Northern Colorado, Comm College of Baltimore City, Young Harris College, Elon University, William & Mary College, Des Moines Comm College, Elon University, William & Mary College, Des Moines Comm College, William Penn University, and many others.

Some Recent and Coming Workshops:

The Change-Maker's Guide To Using "Vision Cards" To Create The Life And World You Want (Omega Staff Program), The How To Be Alive Master Class (Four-week online workshop), The Relationship of Sangha To a Diverse and Suffering World (Kwan Um School of Zen), Fierce Compassion: Where Activism Meets Spirituality (The Garrison Institute)

Recent Endorsements:

- "One of our most thoughtful role models..." —Seth Godin, author of *WHAT TO DO WHEN IT'S YOUR TURN*
- "*How to Be Alive* is rich in wisdom. Read it, reflect on it, and choose how you will live the rest of your life. It might turn out to be the most important book you have ever read." —Peter Singer, author of *ANIMAL LIBERATION* and *THE MOST GOOD YOU CAN DO*
- "Bold, loving, and wise . . . could be considered an essential piece of the map for living in the twenty-first century." —Sharon Salzberg, author of *LOVINGKINDNESS* and *REAL HAPPINESS*

- “Colin Beavan’s book will help you inflict untold goodness upon the world—all the while making you a happier person. Highly recommended for any human with a conscience.” —A. J. Jacobs, author of *THE YEAR OF LIVING BIBLICALLY* and *DROP DEAD HEALTHY*
- “For too long, being happy and doing good in the world have been presented as divergent life paths . . . Beavan convincingly upends this false choice. It turns out that doing good actually makes us happier and healthier. *How to Be Alive* is for anyone who wants both a better life and a healthier planet.” —Annie Leonard, executive director of Greenpeace USA and author of *THE STORY OF STUFF*
- “When the market is flooded with self-help “happiness” books that are both vacuous and self-indulgent, Beavan makes clear that only by helping others can we truly help ourselves and live better... he offers readers ways to heal themselves that can heal our planet and a divided humanity as well.” —John de Graaf, coauthor of *AFFLUENZA*, president of Take Back Your Time, and cofounder of the Happiness Alliance
- “Colin Beavan is a wonderful human and wonderful writer—and therein lies the genius of this book, where he circles in on answers to the unquiet so many of us have: how can I be real and be good and be right and be happy in a world unhinged from its moorings?” —Vicki Robin, coauthor of *YOUR MONEY OR YOUR LIFE* and author of *BLESSING THE HANDS THAT FEED US*

Press and Media Appearances:

Colin has appeared on and been written about in most major press and media outlets including: *The New York Times*, *The Washington Post*, *The San Francisco Chronicle*, *The Los Angeles Times*, *The Chicago Tribune*, *The Boston Globe*, *Le Monde*, *The Guardian*, *The Daily Telegraph*, *Time Magazine*, *All Things Considered*, *The Colbert Report*, *Good Morning America*, *Nightline*, *CBS This Morning*, *Talk of the Nation*, *Science Friday*, *Public Interest*, *The Todd Mundt Show*, *The Kojo Nnamdi Show*, *The Montel Williams Show* and many others.

Sampling of Recent Articles:

- “Does Enlightenment Matter When Police Are Shooting Black People?” *Primary Point Magazine*, December, 2015.
- “A Week in My Life Pedaling Citi-Bikes,” *New York Daily News*, Jun 9, 2013 (<http://www.nydailynews.com/opinion/week-life-pedaling-citi-bikes-article-1.1366547>)
- “No Impact Man Runs for Office,” *Atlantic Monthly Online*, Nov 16, 2012 (<http://www.theatlantic.com/politics/archive/2012/11/no-impact-man-runs-for-office/265321/>)
- “Intuitive Action,” *Tricycle Magazine*, Sept 2011
- “Bring on Bike Lanes,” *New York Daily News*, Feb 13, 2011 (<http://www.nydailynews.com/opinion/bring-bike-lanes-bloomberg-sadik-khan-build-pathways-cyclists-article-1.139090>)
- “Advice from an Accidental Activist,” *Yes Magazine*, Feb, 2011 (<http://www.yesmagazine.org/issues/can-animals-save-us/colin-beavan-advice-from-an-accidental-activist>)

- “We Are a Nation of Oilaholics,” *New York Daily News*, Jul 11, 2010
(<http://www.nydailynews.com/opinion/nation-oiloholics-ranting-oil-companies-pols-mirror-article-1.466438>)
- “Fight Climate Change: Live the Good Life,” *Yes Magazine*, Dec, 2009
(<http://www.yesmagazine.org/issues/climate-action/fight-climate-change-live-the-good-life>)

Employment History:

June, 1995 to Present	Author/speaker/coach/ Consultant/activist	
February, 1991 to June 1994	Principal	Meredith Beavan Publicity (PR firm servicing only clients with a declared social mission), Liverpool, England
January, 1990 to February, 1991	Director	Abercromby Consultancy (full service PR firm), Liverpool, England
September, 1988 to October, 1989	Theatre Critic	Liverpool Echo, Liverpool What’s On Magazine, England

Education:

October, 1985 to October, 1989	Doctoral studies	Department of Electrical Engineering, University of Liverpool, England
October, 1982 to July, 1985	BSc (first class, honors)	Department of Electrical Engineering, University of Liverpool, England