



Talks by Mukti Mitchell

Sailor, Author & Director of CosyHome Company

"Mukti is a truly inspirational speaker offering a new paradigm in the low carbon lifestyle arena."

Barbara Quilliam,
Manx Co-op, Isle of Man



Mukti offers a range of talks on the themes of insulating period properties, sailing around Britain, and Smart Living – Choices that come back to hug you.

Here are three popular combinations:

1. The Art of Retrofitting - Insulation in-depth

Do you want to feel warm without feeling guilty about the cost of heating your home, as well as your carbon footprint? Mukti explains how retrofitting brings traditional homes up to modern standards of thermal efficiency and explains how it is done in each area of lofts, draughts, glazing, walls and floors, as well as presenting the subtle and elegant secondary CosyGlazing specially developed for listed and period homes.

2. Sailing & Insulation for Period Properties

Mukti Mitchell is best known for sailing around Britain in a zero emission micro yacht to promote low carbon lifestyles. This trip, which reached a media audience of 10m, led through a series of events to him setting up CosyHome Company, insulating period properties. In this presentation Mukti shares the story of the voyage with slides and goes on to explain how to make your period home energy efficient including fitting unique, elegant secondary glazing.

3. Smart Living: "How smart choices come back to hug you and are good for people, planet and profit."

Mukti Mitchell, North Devon's 'Low Carbon Living Guru', has won awards for the creation of his carbon footprint calculator, eco-yacht design and unique secondary glazing system. Here he talks about "Smart Living" and explains how smart lifestyle choices that put your own true, long-term self interests first, automatically benefit the community and the planet. He goes on to look in detail at Smart Homes, and give tips on energy conservation for period homes.

The talks are typically 45-60 minutes + questions, and can be adjusted to any length and tailored to your event.

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