



Dr. James Stanwood Dalton

M.E.S.M. · MBA · MJAS · J.D. · Ph.D.

Founder & Director, One Simple Thing · Whalesong Expeditions, LLC

“One Simple Thing: An Eco-Optimist’s Response to the Planetary Condition”

“One action, taken with intention, is how a person joins the recovery already underway.”

— DR. JAMES DALTON

ABOUT THE TALK

“One Simple Thing” treats eco-anxiety as the room’s true starting condition rather than a footnote — Dr. Dalton names it, holds it, and works the tension between despair and evidence toward genuine agency.

The evidence is a set of documented ecological recoveries — the return of the whales, the healing of the ozone layer, the wolves of Yellowstone, and the standing ancient forests of the Pacific Northwest — and the depth psychology that turns that evidence into action.

The talk runs about fifty minutes with Q&A (30-, 75-, and 90-minute versions exist) and closes with a one-minute intention exercise on students’ phones, each intention blooming onto a live map of the whole tour.

Dr. Dalton’s Master of Environmental Science & Management, from UC Santa Barbara’s Bren School, gives the talk its scientific footing — the grounding to articulate our environmental challenges clearly and to map the current and emerging solutions for finding balance with the biosphere.

ABOUT DR. DALTON

Dr. Dalton brings four disciplines to a single question — how a person, acting with intention, takes part in the recovery of the living world. He holds an **M.E.S.M.** from UC Santa Barbara’s Bren School, a **Ph.D.** in Jungian and Archetypal Psychology, a **J.D.**, an **MBA**, and an **MJAS** in Jungian and Archetypal Studies, and taught four years in UCSB’s Global Studies department. A California attorney, lifelong sailor, and environmental educator for forty years, he is the founder of One Simple Thing.

THE TALK AT A GLANCE

Format: keynote, colloquium, or class visit

Length: 30 / 50 / 75 / 90 minutes + Q&A

Cost: free of charge

Needs: a projector and wifi — nothing else

Best fit: Env. Studies, Psychology, Biology & all-campus events

Audiences: universities & high schools

The Humpback Whales

From the brink to tens of thousands — a population restored.

The Ozone Layer

Healing under a global accord the whole world signed.

Yellowstone’s Wolves

One returned species, a whole landscape brought back into balance.

The Ancient Forests

The Pacific Northwest’s old growth — still standing.

64-DAY TOUR

15 UNIVERSITIES

5 STATES

YELLOWSTONE → SANTA BARBARA

2,500 STUDENTS