

SUSTAIN	Take action, individually Personal ways towards sustainability Obstacles to change	s8 session plan EQF level 5 unit of L.O. SUSTAIN 1
Objectives <ul style="list-style-type: none"> • Explore how knowledge can lead to action • Encourage small individual contributions • Provide motivating examples • Create awareness of barriers on the way of changing ourselves (our behaviour, our life...) towards sustainability • Methods • Storytelling, exchange of experiences about personal initiatives • Brainstorming about obstacles • Sharing about motivations (questions in pairs, in groups) • Collage 		Trainer Place indoor or outdoor with seating Time 2 H
Content	<ul style="list-style-type: none"> - Motivation : intellectual or emotional ? - Self-reliance, disempowerment - empowerment, possibility - The role and impact of using questions - Consciousness - Inspiration 	Documents <ul style="list-style-type: none"> - e_collage TV - e_questions TV M2 M4 - e_obstacles M1
Activities	Proposals for activities, work in pairs or groups of max 10 <ul style="list-style-type: none"> - Sharing of personal stories of life changing decisions - Sharing about personal actions for sustainable living (professional, daily life, life style...) - Questions, reflexion, sharing about personal motivation (e_questions) - Brainstorming about obstacles to change (e_obstacles) - Individual reflexion <p>Link with session about self care and with module 2 (neuroscience, neuroplasticity)</p> <p>Be aware: some responses are to be found in the field of healing, which is no more training...</p>	Equipment <ul style="list-style-type: none"> - paperboard & pens - big sheets of paper - old magazines with lots of photos - lots of scissors and glue sticks

Preparation

Proposal: invite a guest to share their experience or story