

TEACH	Change towards sustainability How do we change?	s5	session plan EQF level 5 unit of L.O. TEACH 1
Objectives <ul style="list-style-type: none"> Consider and understand change as <ul style="list-style-type: none"> a challenge and chance a daily routine in life a way to sustainability Methods <ul style="list-style-type: none"> Intro presentation (by the trainer or video) Game Discussion, sharing Brainstorming, clustering Reflection 		Trainer	
		Place Indoor or outdoor	
		Time 2H or more	
Content	<ul style="list-style-type: none"> The nature of change Theories about change at the level of consciousness (morphogenetic fields) Tipping points (see also s6) Regenerative processes, resilience (see also SUSTAIN) 	Documents toolbox_self awareness e_obstacles to change JUMP! video Change	
Activities	Examples for activities outside of building skills <ul style="list-style-type: none"> Play a game about self awareness Presentation about change by the trainer or video Explore the subject with the participants, for example <ul style="list-style-type: none"> through brainstorming, sharing or using quotes ask for synonyms ask questions use the 5-pointed-star Exercise about resistance and obstacles to change (also used in SUSTAIN s8) Explore personal responsibility regarding change: impact, activism, courage, stand up for one's convictions, discipline... Reflection: what does this have to do with ecoconstruction? with being a trainer? Example for an activity related to building xxx (initially prepared for M5 by LD and JR)	Equipment <ul style="list-style-type: none"> Tools for brainstorming or clustering Beamer Wifi Flichart Talking stick Tables 	
Preparation Prepare a presentation or choose a video			

CHECK CONTENT AND ACTIVITIES BETW s5 and s6