



Calculating your CO2 Footprint

Discover your climate impact: A #climatesolution

Description

The impacts of climate change are being felt all around the globe, and the scale of the problem can be so overwhelming that we simply do not know where to begin. The good news is that individual actions can and do make a difference. WWF Schweiz offers an interactive workshop for employees who care about climate change and want practical tips on maximizing their personal efforts to reduce emissions.

In the workshop participants can expect to:

- Assess their present carbon footprint
- Define their own relevant reduction areas and discuss their reduction ideas with others
- Set up and try out achievable, micro steps with impact that fit into their personal life
- Get their questions answered and optionally pledge to maintain positive climate impact

Duration: 2.5 hrs minimum / 4.5 hrs maximum

Idiom: English

Maximum participants: 40

Formats

a) Neu! Virtual Workshop

You can join our workshop from home office. Pre-work and worksheets will be delivered electronically for distribution to the participants. We offer this workshop by Zoom, but we can also adapt to the platform of your preference (this requires a previous tech-check) and integrate your engagement and accountability tools according to your goals.

b) Face to Face

In Face-to-Face settings, workbooks and pencils are provided by WWF. The rooms, refreshments, flip charts, pens, and audio-visual support is provided by the company and mutually agreed upon according to the group size & location.

Programm

Pre-work

20' Before the workshop, each person calculates their personal carbon footprint with the WWF tool on their own time. This is essential for participating effectively in the workshop.

Core Program

- 30' Welcome & Overview
- 10' Find your motivation / group work
- 30' Maximize your efforts to reduce your personal emissions
- 10' Break
- 25' Explore your reduction ideas with others / group work
- 20' Q & A
- 20' Learn about goal setting techniques to achieve your reduction
- 05' Wrap up

Total 2.5 hours

*Optional

- 45' Coach session consumption
- 45' Coach session nutrition
- 45' Coach session mobility
- 45' Coach session housing and energy

* The main group will be divided into smaller teams (max 10 People) to have an individualized coaching session in their target area.

We are looking forward to sharing a meaningful day with you!



Unser Ziel

Gemeinsam schützen wir die Umwelt und gestalten eine lebenswerte Zukunft für nachkommende Generationen.