



## Calculating your CO<sub>2</sub> 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 interactive workshops 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 pledge to maintain positive climate impact

**Language:** English

#### Formats

##### a) Online 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, printed worksheets 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 and location. Choosing the F2F option will add a small additional cost for instructor travel, just ask for more details.

## Program and options

Option	A - Premium Package: CO <sub>2</sub> Workshop and Coaching	B – CO <sub>2</sub> Core Workshop	C - Standard Coaching
Format	Online or Face-to-Face	Online or Face-to-Face	Online or Face-to-Face
Description	Info, discussion, pledge commitment, Q&A, Factsheet, Behaviour Change Worksheet, Coaching in small groups <i>(includes options B and C)</i>	Info, discussion, pledge commitment, Q&A, Factsheet, Behaviour Change Worksheet	2 x 40-minute sessions in small groups, each in parallel (4 topics) - Home & Energy - Nutrition - Consumption - Mobility
Duration	3.5 hrs without pre-calculation of CO <sub>2</sub> Footprint / 3 hrs with pre-calculation* + 1.5 hrs (Coaching module)	3.5 hrs without pre-calculation of CO <sub>2</sub> Footprint /  3 hrs with pre-calculation*	1.5 hrs
Agenda	20' Welcome & Calculate your CO <sub>2</sub> Footprint 25' Overview and Background of our global emissions 10' Introductions and Motivation - virtual breakout (pairs) 30' Maximize your efforts to reduce your personal emissions 10' Pledge 25' Break (25 mins) 30' Explore your reduction pathway with others - virtual breakout (small groups) 30' Debrief and Q&A 10' Goal setting & behaviour change techniques to achieve your reduction 20' Hope for our future / Wrap up / Feedback	20' Welcome & Calculate your CO <sub>2</sub> Footprint 25' Overview and Background of our global emissions 10' Introductions and Motivation - virtual breakout (pairs) 30' Maximize your efforts to reduce your personal emissions 10' Pledge 25' Break (25 mins) 30' Explore your reduction pathway with others - virtual breakout (small groups) 30' Debrief and Q&A 10' Goal setting & behaviour change techniques to achieve your reduction 20' Hope for our future / Wrap up / Feedback	40' 1 <sup>st</sup> session <b>Home &amp; Energy</b> or <b>Nutrition</b> 05' changeover 40' 2 <sup>nd</sup> session <b>Consumption</b> or <b>Mobility</b>  <i>Can be run on the subsequent day (if virtual)</i>
Participants	Max. 40	Max. 40	Max. 40 (10 max per group)
Requirements	none	none	Core workshop must be done before

\* For a shorter program, all participants calculate their personal carbon footprint with the WWF tool on their own time before starting the core workshop.

## 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.