

**Practical workshop "Responsible Consumption"**

The observation is without appeal. No matter what issues challenge us, there is only one origin: our unbridled consumption. The famous "always more" and "never enough". If every human consumed like a Canadian, a Luxembourger or an American, we would need 5 planets to satisfy his needs.

But precisely, how to define a need? Depending on whether one lives in a rich and developed country or a developing country, this definition differs. How to become aware of this unbridled over consumption? This workshop offers us an important and non-guilt-inducing reflection on our role as an economic actor or citizen. It helps us take stock of gestures, behaviors and actions that can easily fit into our daily lives.

As a recognized agent of social change, Canadian facilitator Jean Provencher will bring his decades-long expertise and social commitment to participants.

**Target audience**

Activity accessible to all audiences: individuals, schools, companies, organizations

Registration required.

Reference	Category	Duration
Trainevo-062022-CS-0 5	Societal change	8 hours 3h30 2 hours
Language(s)	Training organization	Nb of participants (min/max)
French		Minimum: 10

**Objective(s)**

Raise awareness of the major, very real, and destructive impacts of our endless consumption patterns.

Understand the process of creating and responding to a need to be able to intervene in one or the other of the stages and thus reduce the resulting consumption.

Identify the various forms of consumption present in everyday life and the solutions that make it possible to take control of them, on the way to responsible consumption.

**Program**

*This workshop is part of an educational path for social change, which offers activities (e.g. conference and seminar) to go deeper into certain themes.*

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### Three formulas proposed for a total day of 8 hours

- 8-hour theme u n e of your choice ► Full day
- Two themes of 3h30 to choose from ► 1 in AM + 1 in PM
- Fourthemes of 2 hours of your choice ► 2 in AM + 2 in PM

### Themes offered (according to the applicable time blocks)

Thematic	8am	3h30	2h	
Global warming	X	X	X	<ul style="list-style-type: none"> <li>• Measuring the magnitude and impacts of warming</li> <li>• Learning to fight global warming every day</li> </ul>
Power of the citizen	X	X	X	<ul style="list-style-type: none"> <li>• Becoming aware of the powerful power in our hands</li> <li>• Concretely exercise this power in our lives</li> </ul>
Responsible consumption	X	X	X	<ul style="list-style-type: none"> <li>• Realizing how consumption governs everything</li> <li>• Adopting healthy and sustainable consumption patterns</li> </ul>
Technological dependence		X	X	<ul style="list-style-type: none"> <li>• Questioning the place of technology in our lives</li> <li>• Reduce the techno footprint in order to limit its impacts</li> </ul>
Information and disinformation			X	<ul style="list-style-type: none"> <li>• Understanding the influence of information warfare</li> <li>• Guarding against disinformation and propaganda</li> </ul>
Responsible Investment			X	<ul style="list-style-type: none"> <li>• Discover the benefits of investing responsibly</li> <li>• Identify truly responsible investments</li> </ul>

### General approach of the workshop

(\* the sequence and duration of the elements below will vary depending on the formula chosen)

- 1.Context of the theme
- 2.Scenarios
- 3.Individual exercise(s)
- 4.Exchange(s) in group or subgroup(s)
- 5.Information Shared
- 6.Conclusion

### **Method**

Prerequisites: It is strongly recommended to see beforehand attended the conference "Being, thinking and acting differently".

The workshop includes various forms of learning and practice depending on the chosen formula: visual presentation, multimedia tools, pedagogical content delivered by the facilitator, individual practical exercises, exchanges in small groups, plenary.

### **Evaluation**

Certificate of participation in the workshop.