

**Practical workshop "Citizen Power"**

Given the magnitude of the major environmental, social, and economic challenges, we have three choices. Listen without feeling challenged. React by shouting injustice but without taking concrete action. Be indignant and set out to change things. Which of these options applies to you?

Hundreds of millions of people on all continents have understood the scope of their power. Because yes, our power is powerful. These committed people are literally transforming our society. Citizens' victories, seemingly impossible, are multiplying. Governments and companies are thus called upon to act. This workshop aims to take action in the concrete exercise of citizen power. It makes it possible to become aware of the power of each one as an economic actor and citizen.

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-08	Societal change	8 hours 4 hours 2 hours
Language(s)	Training organization	Nb of participants (min/max)
French		Minimum :10

**Objective(s)**

Become aware of the true power that everyone possesses to make a difference.

To raise awareness of the various ways in which citizen power can be exercised individually and collectively.

Stimulate the desire to engage socially by measuring the unsuspected impact that concerted gestures and actions can have.

**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.*

Three formulas proposed for a total day of 8 hours

- One 8 hours theme of your choice ► Full day
- Two themes of 4 hours to choose from ► 1 in AM + 1 in PM
- Four themes of 2 hours of your choice ► 2 in AM + 2 in PM

Themes offered (according to the applicable time blocks)

Thematic	8 h	4 h	2 h	
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: Participants are strongly invited to attend the conference "Being, thinking and acting differently" beforehand.

The workshop can include various forms of learning and practice: visual presentation, pedagogical content delivered by the facilitator, multimedia material, individual practical exercises, exchanges in small groups, plenary.

**Evaluation**

Certificate of participation in the workshop.