

# Workshop on Behavioral Change Strategies for Environmental Sustainability

Dr. Maria Chatziantoniou- Marios Balis MSc  
Department of Environment, University of the Aegean

Welcome to the “Workshop on Behavioral Change Strategies for Environmental Sustainability”

Participants

EUA participants – Blue-Era participants- Facilitators team (DoE)

## The Challenge of Sustainability

- rising global temperatures,
- biodiversity loss,
- resource depletion,
- pollution
- widening social inequalities

# The Challenge of Sustainability

## “From Awareness to Action”

- Technological innovation
- Systemic change
- Changes in values and behavior

Let's start with an inspiring video

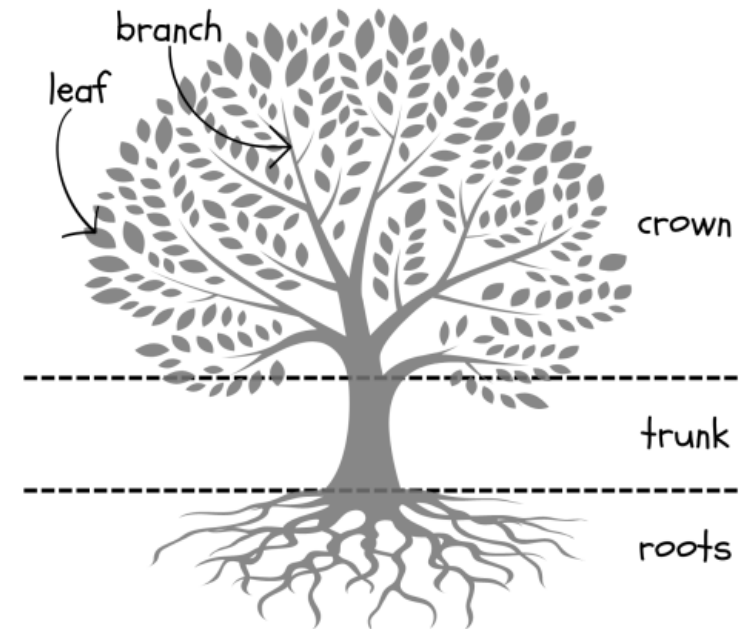
<https://www.youtube.com/watch?v=o7EpiXViSIQ>

# Workshop methodology presentation

## “The Environmental Sustainability Tree”

The purpose:

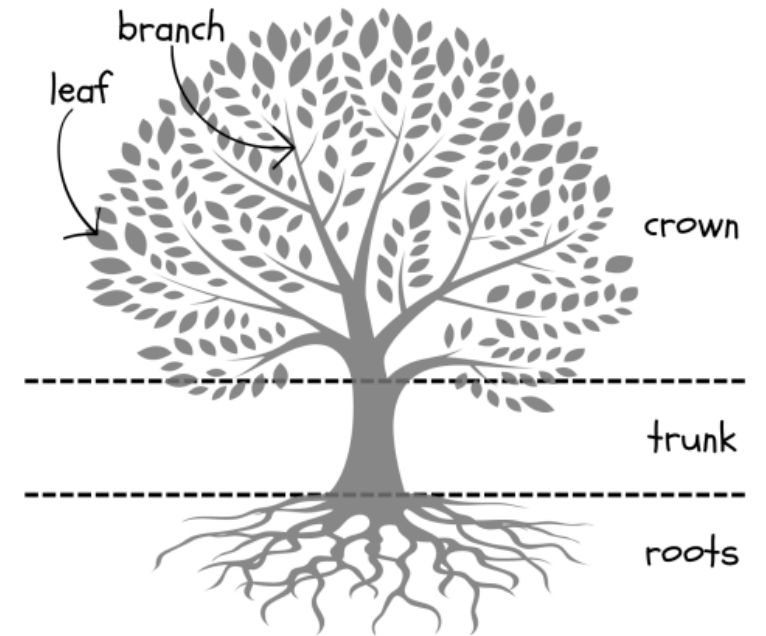
The workshop aims to foster greater awareness, responsibility, and proactive behaviors towards a more sustainable future.



# Workshop methodology

## The approach: The Environmental Sustainability Tree

- Roots: the anthropogenic causes (e.g. fossils fuels use)
- Trunk: the resulting impacts and effects (e.g. global warming)
- Leaves: The solutions for a resilient and just future (renewable energy sources)

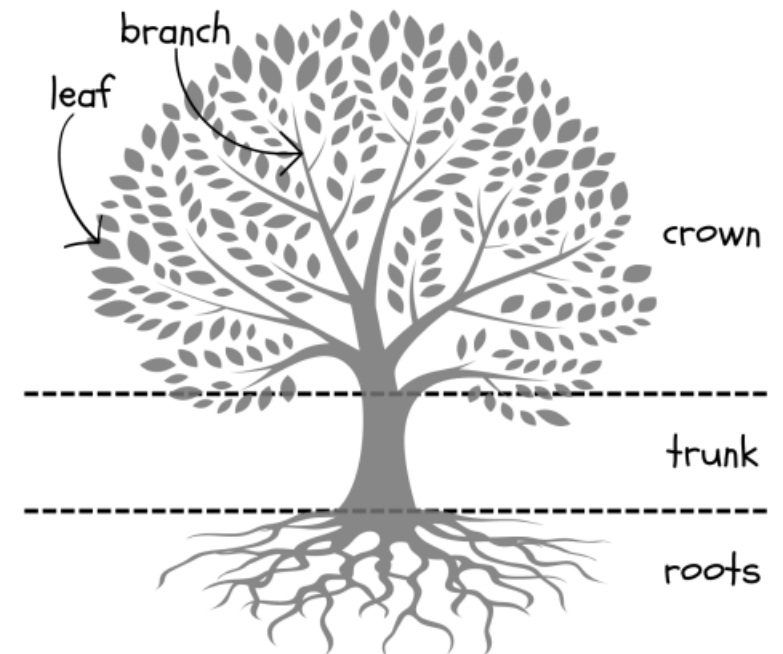


*The approach is an adaptation from “The Climate Justice Tree” in the [“Resilience Toolkit: Arts-based activities for changing climates”](#) by Dr Meg Parsons (University of Auckland) and Dr Susanne Pratt (University of Technology Sydney)*

# Workshop methodology

## Expected Outcomes

The participants will identify and reflect on the behavioral changes needed to strengthen environmental sustainability and climate change resilience.

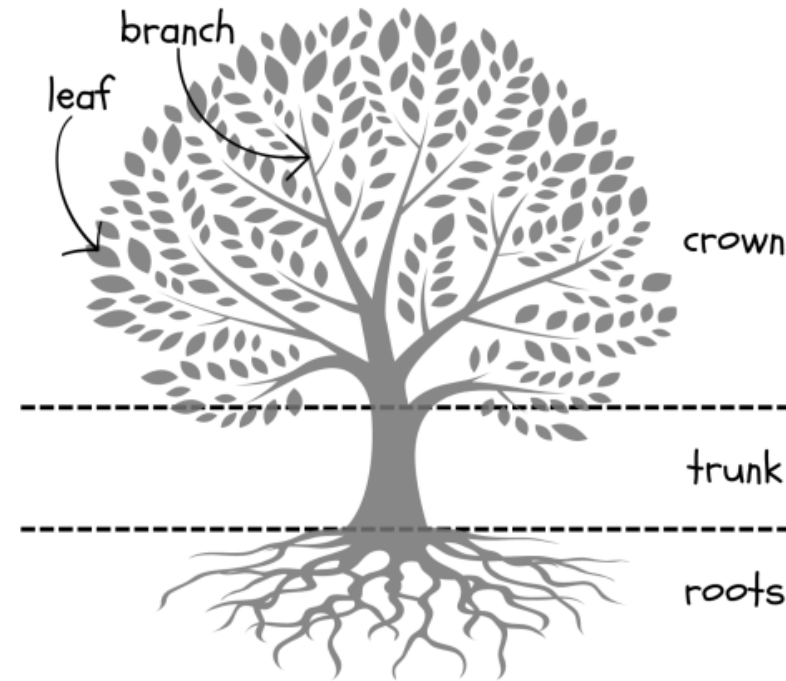




# Let's start!

## Workshop structure

- Phase 1: Brainstorming by topic (45 min.)
- Phase 2: Team presentations (45 min.)
- Phase 3: “Wrap Up”(45 min.)



## **Phase 1: Brainstorming by topic**

**Topics:** Food(1), Fashion(2), Tourism(3), Wildlife (4), Transport/Mobility (5), Energy (6)

1. Formation of 6 thematic teams (5')

3. Brainstorming activity (25')

**Expected outcome:** Team thematic tree (10')

# Phase 1: Brainstorming by topic (cont.)

Formation of 6 thematic teams (5')

**Tip:** check your number XY

X: Your “phase 1” team

Y: Your “phase 3” team

“Phase 1” code number (X)

1: Food

2: Fashion

3: Tourism

4: Wildlife

5: Transport/Mobility

6: Energy

“Phase 3” code number (Y)

1: Roots

2: Trunk

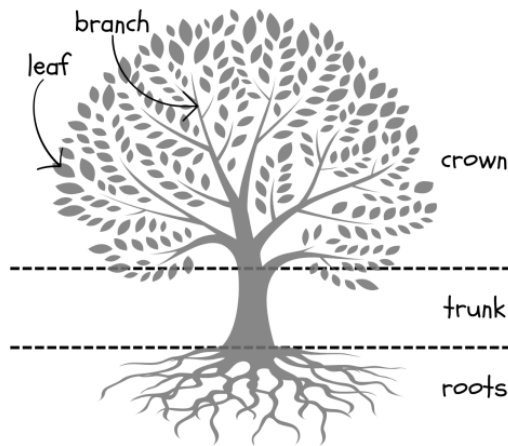
3: Leaves

**Important Note!** You will keep your “phase 1” ERUA team for the next winter school activities

The teams will split in different rooms to work for the “phase 1” activity.

# Phase 1: Brainstorming by topic (cont.)

## Thematic Tree (15:30- 16:00)



### 1. Individual reflection (5') (use sticky notes)

#### **Trunk (impacts/effects)\***

What I see/ what I experience

What I hear (information)

What I feel

#### **Roots (anthropogenic causes)**

Causes

#### **Leaves (solutions)**

Responses, reactions,  
behaviors

\* pollution, waste, lack of natural resources,  
biodiversity, land use, public health,  
environmental equity, ...

### 2. Snowballing (10')

- Split into 2 sub-groups and share your individual reflections.
- Decide as a group on your final thoughts.
- Group the team's thoughts in broader categories for each part of your tree.

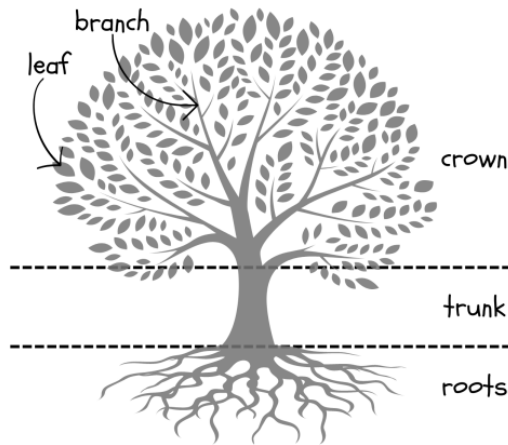
### 3. Team thematic tree (10')

Arrange the team's reflections on your tree- from the roots to the leaves.

Max 30 sticky notes/team

# Phase 1: Brainstorming by topic (cont.)

## Thematic Tree (15:30- 16:00)



### 1. Individual reflection (5') (use sticky notes)

#### **Trunk (impacts/effects)**

What I see/ what I experience

What I hear (information)

What I feel

#### **Roots (anthropogenic causes)**

Causes

#### **Leaves (solutions)**

Responses, reactions,  
behaviors

### 2. Snowballing (10')

- Split in 2 sub-groups and share your individual reflections
- Decide as a group on your final thoughts.
- “Group” the individual thoughts in broader categories for each part of your tree.

### 3. Team thematic tree (10')

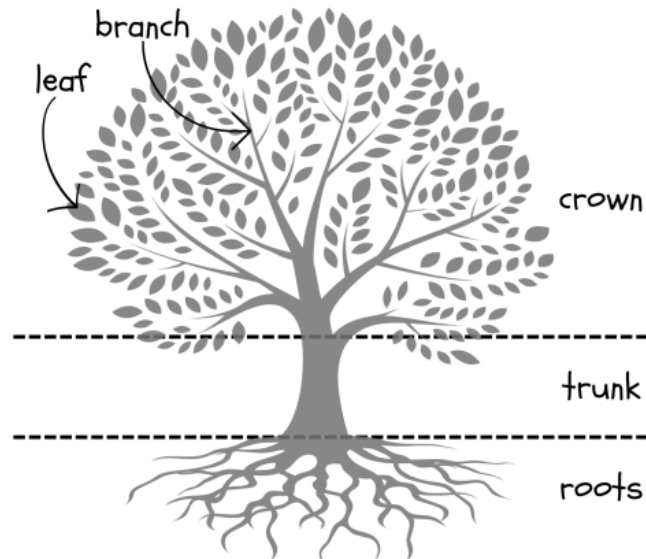
Arrange the team’s reflections on your tree- from the roots to the leaves.

Max 30 sticky notes

## Phase 2: Team presentations (45 min.)

Team presentations (16:10-17:00)

Plenary session, Room C



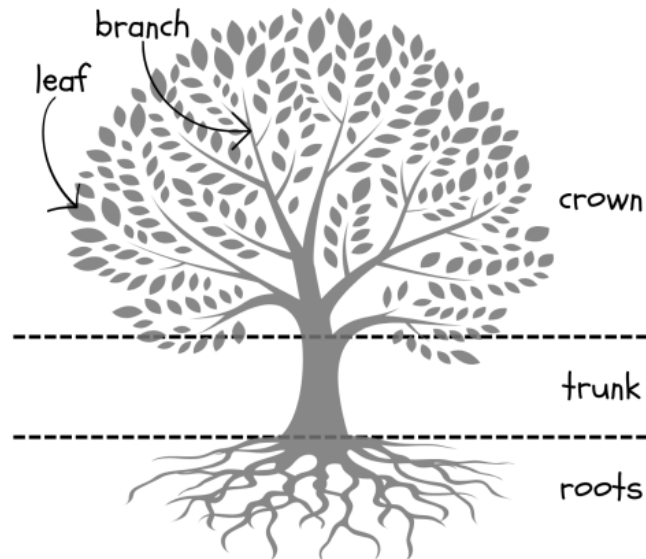
### “Our tree”

Each team will:

- arrange the team’s sticky notes on the common tree
- present to the audience the team’s outcome (5’)
- Q&A – Discussion (5’)

# Phase 3: “Wrap Up”

## Wrap Up activity (17:10-18:00)

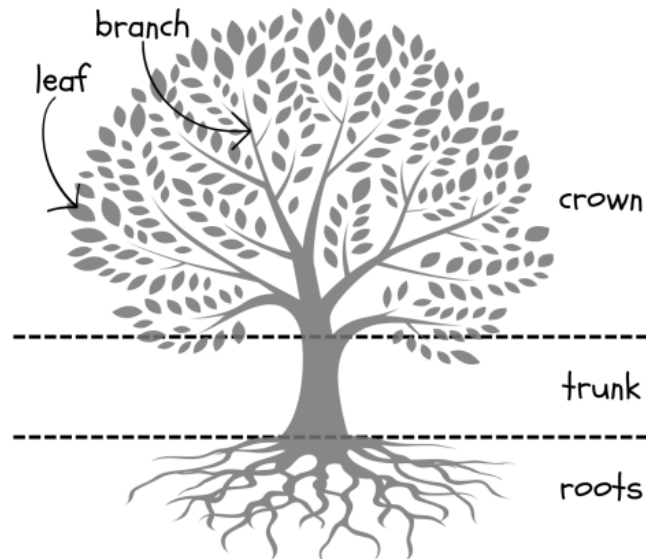


### “Our tree”

1. “Mix and Match”- Team reformation (5’)  
Form three new teams (20 members)
  - “Root team”
  - “Trunk team”-
  - “Leaves team”
2. Brainstorming activity (30’).  
Each team will identify and discuss (5) major issues that have been emerged on their theme:
  - Causes (roots)
  - Impacts (trunk)
  - Responses/Solutions (leaves)

## Phase 3: “Wrap Up”

Wrap Up activity (17:10-18:00)



**Behavioral changes for a more just and sustainable future**

Share with us one (or more) personal commitment(s) for individual responsibility in addressing environmental sustainability and climate resilience .

**Important!** Leave us your thoughts before you go!



# Workshop on Behavioral Change Strategies for Environmental Sustainability

Thank you for your participation!