



Self-leadership for Sustainability

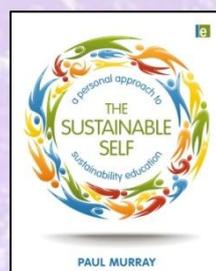
**February 4 2014
University of Derby**



'Earthrise' from Apollo 8 1968

The concept of sustainability is set to become a major driving force in the educational sector.

Paul Murray, Associate Professor in Sustainability and sustainable Construction at Plymouth University is working with EAUC to offer college and university staff the opportunity to experience a fresh approach to engaging with sustainability that will demonstrate that embedding sustainability thinking into our work and personal lives can reap 'Triple 'P' benefits (Personal, professional, planetary).



Why attend?

This training that has, to date, been undertaken by 1350 people including HEFCE managers, industry professionals, university managers, academics, students, government officers and members of the Russian Academy of Science. Participants have found their experience enjoyable, thought-provoking and empowering:

"Made me think more deeply / broadly"

"A great thing to do and has motivated me further / very enjoyable / Learned a lot / builds confidence"

"I feel proud to work for an organisation that allowed me to undertake these activities in work time"

Helped me reflect/consider own/others' values & attitudes

"I now have confidence in taking action to do with sustainability"

"An eye opener"

The training activities aim to provide participants with an opportunity to think differently about what sustainability means and their potential as individuals and professionals to contribute actively to the development of a positive future.

The day will be organised around four themes:

Theme One Understanding Sustainability

Individual and group-based exercises using imagery to deepen understanding and provoke deep thought about the realities underlying what we loosely call 'sustainability'.

Theme Two Understanding Self-leadership

Group activity focusing on the relevance of self-leadership qualities

Theme Three Understanding the Self

Exercises will demonstrate how deeply held personal values and attitudes can be aligned with sustainability to motivate sustainable thinking and sustainable behaviour

Theme Four Empowering action

Theme Four focuses on identifying and overcoming mental barriers to change using reframing techniques to free up ideas for positive personal and professional action.

*The training session finishes with a discuss on moving forward the training outcomes
Participants will also be offered a heavily subsidised copy of the supplementary book –
The Sustainable Self.*

