

## Event details

- 17 November 2011, 10am – 4pm
- Garendon Room, 4<sup>th</sup> Floor, Charles Wilson Building, University of Leicester

## Agenda

		Speaker/s
9.30	Arrivals	
10.00	<b>Introductions</b> Background to the group Aims of the workshop	Sandra Lee Lisa Walkley, EAUC
10.15	<b>Key presentations:</b> What is behaviour change? The psychology of behaviour change	Delphine Wolfe, National Energy Foundation
10.45	Implementing change using a 3 step model	Haydn Young Gaia
11.15	<b>Coffee</b>	
11.35	Embedding behaviour change into your institution	Alison Plaumer Sussex Downs
12.05	Panel discussion / questions	
12.30	<b>Lunch</b>	
13.15	<b>Facilitated group exercise:</b> Taking the COP forward: <ul style="list-style-type: none"><li>• What you want out of it</li><li>• Terms of reference</li><li>• Ideas for future workshops</li><li>• Annual plan</li></ul>	Sandra Lee Emma Fieldhouse Lisa Walkley, EAUC



14.45 **Coffee**

14.00	<b>Workshops:</b>	
	Identifying your next step	Delphine Wolfe
	How to develop an action plan	Haydn Young
	How to carry out a scoping survey	NUS Services?
15.00	Selling the sizzle	Harriet Kingaby, Futerra
15.30	What are we going to do next? <ul style="list-style-type: none"><li>• Results of group exercise and individual action plans</li></ul>	Sandra Lee

### ***Aims of the event***

- For members to meet and network
- To establish the shared goals and develop an annual plan for the Community
- For members to learn more about the complex subject of behaviour change and how to achieve it in their organisation
- For members to leave armed with knowledge and inspiration to start or progress their own behaviour change journey.

### ***Presentation Aims***

- Clarify what behaviour change entails
  - Look at the psychology of behaviour change so that people understand that change takes time, needs repetition, prompts, etc.
- Learn about behaviour change models / 3 step processes to achieve it.
- Case study of an institution that have embedded it into teaching and learning as well as every day practice.

### ***Workshops***

#### **Taking the COP forward:**

Discuss how members want to share the information, engage with one another and develop this group further to gain maximum benefits from the group.

#### **Identifying your next step**

A session where people can rate themselves using a Matrix with various criteria (i.e.: Management buy-in: Management is not involved in environmental issues to



Management is leading the environmental agenda. This will help people identify the areas they first need to put their attention to.

## **How to develop an action plan / Scoping report**

Practical advice and case studies: how do you undertake the measure and monitoring, how do you carry out surveys, how do you develop an action plan, etc.

## ***Final presentations***

- Futerra presentation to liven us up and inspire us with some case studies and communication ideas
- Final session bringing the group exercise discussions together so that members leave knowing what to expect from the community. May also elect a secretary to assist with delivering the plan.

