

Sustainable(ish) Matters

The idea of trying to live more sustainably might, let's face it, not be the most appealing. It can often feel like in order to really make a difference, we would have to live off grid and learn to knit our own lentils. And anyway, how much difference can one person, or one family, actually make, so does it really matter what we do? I'm a firm believer that the answer to that latter question is a resounding 'yes' and that we can ALL make a difference. And without having to do the lentil knitting thing. In this session we will explore the idea of 'Sustainable(ish)' - imperfect eco activism for whatever shade of green you might aspire to be, and some things we can all do to make a difference.

Session Outline

- Where we are now - climate crisis, moving forwards & urgency of action
- Why 'Sustainable-ish'
- Progress over perfection, not letting perfect be the enemy of good (or even getting started)
- What actions really make a difference - Plus THE most important thing we can all do.
- Practical actionable tips

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Opportunity to ask questions



Facilitator: Jen Gale is an author, podcaster, speaker and trainer who has been working in the sustainability space for the last 10 years after spending a year buying nothing new with her young family. She is the author of *The Sustainable(ish) Living Guide* and *The Sustainable(ish) Guide to Green Parenting*, and has spoken internationally to a wide variety of organisations. She is mum to two boys and passionately believes that we can all make a difference in ensuring a safe and sustainable planet for future generations.