

INNOVATION & DESIGN THINKING

Actions for Sustainability

TEACHER :



Lena Felderhoff

*Facilitator, Trainer, Consultant & Lecturer, Founder of [MISSION ECO HUMANS](#)
Social and Ecological Transformation*



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TEACHING OBJECTIVES :

- Understanding a little more finely the complexity of ecological and social Transformations
- Knowing the orders of magnitude of the objectives and strategies of Transformation
- Being able to arbitrate between different sets of actions according to their impacts
- Discovering alternatives and being able to project yourself into what could be a livable and desirable future
- Making an actionable plan for your next steps on 4 different levels

PREREQUISITES :

This course does not require any prerequisites except a very good English proficiency. Other than that, whatever your level of awareness, your level of involvement in actions, you are all super welcome! **PS : If you plan to apply for this course, make sure to be available for all 2 sessions fully.**

COURSE SUMMARY

The **Ecological and Social Challenges of our century are tremendous and unprecedented**. As you know, it is high time to tackle them deeply.

The good news is that on the one hand, the objectives are clear, and on the other hand, the strategies to achieve them are multiple and offer jobs for everybody, whatever the sector. So yes, the seriousness, the scale and the emergency are there, but we have this **incredible chance in the History of Humanity, to reinvent ourselves and to act together** for a new ecological, more fair, united and democratic society !

So what do you say?! Great program, but **where do we start? What can we concretely do to get involved?** You surely already know sets of actions, impactful alternatives and you may be already projecting yourself into another viable and desirable model of society. That's great, but how to take action then? **This course will dig deeper into the challenges and their complexity, for you to know where to act, for the most impactful actions. We will start at a very small actionable scale : you ! In 4 different dimensions of your life, what can you do ? You will end this course with concrete ideas. Exciting no ? Join us, you will learn and have fun !**

PLAN / SUMMARY :

Chapters	Content (and teaching methods)
Session 1: How to tackle Climate Change ? The example of Mobility – 4h	• Course introduction & Icebreaker : My ideal daily journey in 2050 • Quiz - The Challenges of the Century • Zoom on Climate Change : the strategies • Zoom on Climate Change : the orders of magnitude with the serious game “Inventing your Low Carbon Lives” • Debate on some solutions : electric vehicle & planes travel • Conclusion : how to overcome the brakes of inaction ? • <i>Optionnal: testimony of « Basculons dans un monde vivable » in English</i>
Session 2 : How to generate a systemic Transformation ? The example of Consumption – 4h	• Energizer • Quiz - The Challenges of a sustainable consumption in digital • Examples of inspiring projects, organisations, that follow a path towards a regenerative economy • Project yourself in 2030-2040 with the help of the serious Game « Glorious 2030 » • Actionnable plan of your next steps in 4 dimensions in your life • Final debriefing

ASSESSMENT & GRADING

1 Grade per student /20

Participation /10pts

- Presence /5pts
- Quantitative and relevant participation at every workshop /5pts

Actionnable plan in 4 dimensions of your life /10pts

- Understanding of the global issues /2pts
- Relevant action plan (what, when and how?) /3pts
- Ambition and Pragmatism of the proposed actions taking into account the obstacles and constraints. /3pts
- Quality of the Presentation /2pts

BIBLIOGRAPHY

Here is a link with **many additional resources to the workshop.** I will guide you to help selecting what is the most relevant for you.

BIOGRAPHY OF THE TEACHER



Léna FELDERHOFF, Facilitator, Consultant, Trainer & Lecturer - Founder of Mission Eco Humans

After 7 years of commitment to the Ecological and Solidarity Transformation, with strong knowledge of local issues, expertise in pedagogy of change, and a multi-actor network, Léna has created an awareness-raising program bringing together Trainings, Workshops (Climate Fresck, Digital Fresk, 2 Tons, Our low carbon lives, etc.) and Consulting services (Carbon Footprint Assessment, Transition Plan etc.). Léna also gives Conferences, for instance with her book as a co-author "Basculons dans un monde vi(v)able".

Léna participates in the development of the Passeport Transition 06 which trains the region's CEOs. Prior to that, Léna worked for KPMG in CSR, co-created the Training center for Ecology : LUMIA in Mouans-Sartoux (next to Cannes). She also co-lead the first COP in France, organized by students : the "COP1 Étudiante", which has become now a national movement in Higher Education with a COP2 Étudiante, COP 3 Étudiante, COP4 Étudiante... She is now the Lead cooperation, in charge of the design of the program of a National Convention "CEC Monde académique" with 60 Higher education leaders, in order to accelerate the change of the sector.

Whatever her activities, one constant prevails : **Léna's enthusiastic and communicative energy that will make you want to act!**