

## **ANALYZE THIS! WORKSHOP**

### ***What this workshop is about:***

How do we encourage people to change their lifestyles when environmental problems are considered “**wicked**”, *meaning they are difficult to solve because of incomplete, contradictory, and changing requirements?* Problems like food waste, pollution, climate change, and overconsumption call for us to make **big, collaborative shifts in our lifestyles** – *but this is often challenging for many reasons.*

**People may know what they must do to handle a key problem – but recognize at the same time that they are not taking action for reasons that remain obscure and aren’t discussed often.**

The purpose of this workshop is to acknowledge efforts & practices to handle an existing problem, **while at the same time explore individual and collective attitudes and behavior that maintain the problem that are difficult to understand.**

### **This workshop will discuss:**

- 1) The perceived benefits of sticking to the status quo
- 2) The principles or values that, in some situations, justify the behavior that allows the problem to continue
- 3) Attitudes toward aspects of the problem that seem unavoidable

**In this workshop, we will define a core problem, create a diagram with a column to the left, a top row to the right, and 3 columns below that will help identify and break problems down – as well as exploring solutions.** Examine what each group member and the group as a whole actually do to address or reduce the problem

### **Problems topics include:**

- 1) Eating too much meat Eating less meat (food) / Plant Based Diets
- 2) Buying new goods Buying used goods / (goods)
- 3) Too much plastic in the home / Reducing single-use plastics (waste)
- 4) Food waste (Reducing food waste)

### ***Learning Outcomes***

- Alternative ways of thinking and understanding an environmental problem before designing solutions
- Detailed understanding of opportunities and barriers to solving big environmental problems
- Be able to place this understanding in the context of how various institutions, such as government, corporations, and the general public can participate in more sustainable choices

### ***Application of knowledge***

- Be able to apply the understanding of habits and their importance in contemporary sustainability and related environmental and natural resource issues

### ***Workshop Questions***

- *What is a wicked problem?*
- *How can we collaborate together to make changes to our lifestyles?*
- *How can we encourage sustainable lifestyles, not just sustainable habits?*
- *How can we work together to better understand an environmental problem and why it exists before we design solutions?*