

Training Syllabus

Dates: October 8- November 12, 2009

Location: Bertha Knight Landes Room, Seattle City Hall

Training Facilitators: Katie Atkins, katiea@cascadiaconsulting.com; 206-449-1109

Shaina Gates, shaina@cascadiaconsulting.com; 206-449-1108

Course Objectives

- Educate Carbon Coaches on the fundamentals of climate change science.
- Increase understanding of local impacts of climate change and potential actions related to energy-use, transportation, solid waste, green purchasing, and citizen action.
- Secure commitments to change behaviors related to mitigation or adaptation to climate change.
- Increase awareness of climate change and social justice and the value of public engagement.

Expectations

Course Participation: Full participation in all six sessions including in-class activities as well as homework is expected of all trainees. Please contact one of the trainers if you are unable to make a session due to an emergency.

Community Outreach: Carbon Coaches are expected to conduct outreach projects in their community and collect 30 signed pledge cards within one year of completing the training. Participants will also work with five people to conduct a carbon footprint analysis using the City of Seattle's Carbon Calculator (<http://seattle.co2challenge.com>).

Course Format

Class instruction will be delivered by the course trainers and by guest presenters. Class materials and resources will be provided electronically. A combination of lectures, group activities, in-class exercises, optional "homework" assignments, video clips, and reading assignments will reinforce concepts presented in class.

Guiding Questions

The class will be invited to reflect on a series of guiding questions intended to inspire critical thinking about the way individuals, communities and society can address the impacts of climate change locally and globally. Following are a list of suggested questions, which are by no means comprehensive, and can be refined as the class unfolds.

- *Who benefits from climate change, economically, socially, politically, etc.?*
- *Who bears the burden of climate change, locally and globally?*
- *Whose moral/social/economic responsibility is it to mitigate and adapt to climate change?*
- *What steps can you take to mitigate your own greenhouse gas emissions?*
- *What ways can or will you have to adjust your current behaviors?*
- *With your new knowledge, how will you communicate and engage with family, friends, co-workers and the general public? How will you measure the impacts of your efforts?*
- *What key points can you share with the public about climate change?*
- *What are barriers in creating positive behavior change, and how can they be overcome?*
- *What are the implications of a consumer-based economy when it comes to addressing climate change mitigation?*

- *How does our reliance on fossil fuels define our relationship with human-induced greenhouse gas pollution?*

Course Sessions

Session 1: Introduction, Overview, Climate Change Basics **October 8**

- Gain an understanding of the course syllabus, resources and expectations.
- Understand what it means to be a Carbon Coach; outreach and behavior change
- Become familiar with the science of climate change
- Understand the economic impacts including who benefits and who bears the burden.

Session 2: The Real Costs of Transportation (the truth about your ride) **October 15**

- Understand transportation in relation to total human-caused greenhouse gas emissions.
- Understand regional transportation and land use issues in the Pacific Northwest. Dialogue about solutions to local transportation problems.
- Evaluate personal transportation footprint and ways to reduce it.

Session 3: Solid Waste System (From cradle to grave) **October 29**

- Understand how the life cycle of our waste system, from extraction, production, management, transportation, storage and disposal of solid waste contributes to greenhouse gas emissions and climate change.
- Understand issues of solid waste storage and management as well as local waste solutions.
- Explore strategies for reducing waste in the home.
- Understand how a life cycle analysis, or an upstream view of our waste system, can be a guide for reducing our consumption.

Session 4: Energy Conservation and Efficiency (in your home and your community) **October 22**

- Understand how energy use and patterns affect climate change.
- Learn practical ways to reduce energy consumption at home and at work, including instructions on how to do a mini-energy audit.
- Learn about new technology and energy efficiency opportunities.
- Understand how energy conservation and water conservation are connected

Session 5: Climate Action (walk your talk) **November 5**

- Develop skills for outreach and engagement (e.g. techniques to engage a climate skeptic).
- Learn how to frame messages for your intended audience.
- Explore the philosophy of volunteerism and social marketing.
- Gain skills for developing green action in your home, community and workplace.

Session 6: Climate Policy and Economics (where are we headed...) **November 12**

- Learn about the green economy including cap and trade and carbon offsets.
- Understand the context of political action and policy development for climate change mitigation and adaptation (local to global).
- Reflect on your role as a Carbon Coach in communicating the message of climate change mitigation.