



## 2017 MPOWER PROGRAM SESSION SCHEDULE

### **MARCH 22, 2017 – ORIENTATION**

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Essential Questions: *Who is in our cohort? What will we be doing this year?*

This informal two-hour session will begin with activities designed to get to know your cohort for the program year, learn the background of the MPower Program and review the program logistics & access for the year. PLEASE bring your calendar, as we will be establishing our standing meeting times for the future sessions together at this time.

### **MARCH 29, 2017 – SUSTAINABILITY: TAKING THE NATURAL STEP**

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Essential Questions: *What is the Natural Step framework? What is sustainability? And how do these concepts interact?*

We will explore the Natural Step framework and the historical context and definition of sustainability. Next, we will learn how one local not-for-profit organization supports the Natural Step framework. Finally, we will launch into a group discussion about how you see these concepts playing out in your organization.

### **APRIL 19, 2017 – WATER, WATER EVERYWHERE...**

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Essential Question: *In a region with an abundance of water, why is water stewardship important?*

Do you know where our water flows and what it contains? Join us to find out more about our local waters, what is found within them, and how this may affect you, your organization, and our region. *Topic Subject to Change*

### **MAY 17, 2017 – YOU CAN'T GET THERE FROM HERE**

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Essential Question: *How can we move around the region in a more sustainable way?*

Single occupancy vehicle (SOV) trips are the primary way people commute in La Crosse County, but are the problems associated with this mode of travel –pollution, traffic, parking costs, stress—worth it? Today, we'll investigate some alternatives. *Topic Subject to Change*

### **JUNE 28, 2017 – ONE PERSON'S TRASH IS ANOTHER'S TREASURE**

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Essential Questions: *What is waste? Who decides? And where does it go?*

The scientific law called the Conservation of Mass states that matter is neither created nor destroyed. So what happens to our trash? Find out what we are doing locally to turn trash into treasure and how it can benefit your organization. *Topic Subject to Change*

### **JULY 19, 2017 – WHO ARE THE PEOPLE IN YOUR COMPANY?**

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Essential Questions: *What is the link between diversity and sustainability? Why should this matter to an organization?*

We'll hear about the La Crosse experience from a variety of world-views and reflect on how we embrace and honor divergent viewpoints and experiences within our organizations. *Topic Subject to Change*

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## **AUGUST 16, 2017 – YOU ARE WHAT YOU EAT**

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Essential Question: *Where does our food come from?*

Food is a central component to who we are. So why do we know so little about where it comes from? Come celebrate a local connection to food and reflect on the benefits of fostering a robust local food movement.

*Topic Subject to Change*

## **SEPTEMBER 20, 2017 – POWERING DOWN: IT MAKES “CENTS”**

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Essential Question: *How can my organization conserve energy?*

Do you know what your monthly energy usage is? Learn how local organizations have benefited financially through both simple and complex energy conservation efforts. *Topic Subject to Change*

## **OCTOBER 11, 2017 – POWERING UP: THE ANSWERS ARE BLOWIN’ IN THE WIND (AND SHINING IN THE SUN)**

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Essential Question: *How can we harness alternative energy to power our organization?*

See alternative energy generation at work. Understand how your organization could take part in the green energy revolution. *Topic Subject to Change*

## **NOVEMBER 15, 2017 – PROJECT UPDATES**

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Share your project victories and challenges with the group in a supportive environment. What has been working? What has not? Time to finalize poster ideas for the showcase!

## **DECEMBER 13, 2017 – WITH HEALTH AND WELLNESS FOR ALL**

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Essential Question: *How does your organization encourage health and wellness?*

We’ll move the discussion beyond health-care as the sole metric determining how organizations promote healthy living to include workplace benefits that attend to a more holistic human experience. *Topic Subject to Change*

## **JANUARY, 2018 – PROJECT SHOWCASE**

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## **FEBRUARY, 2018 – BUSINESS CHAMPION CELEBRATION/GRADUATION**

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