



2018 MPOWER PROGRAM SESSION SCHEDULE

MARCH 21, 2018 – ORIENTATION: TAKING THE NATURAL STEP

Essential Questions: *Who is in our cohort? What will we be doing this year? What do we mean by “sustainability?”*

This two-hour session begins with activities designed to get to know your cohort for the program year, learn the background of the MPower Program and review program logistics. Next, we explore the concepts of sustainability and resilience, including an introduction to the Natural Step framework. Finally, we launch into a group discussion about how you see these concepts playing out in your organization.

****PLEASE bring your calendar**, as we will be establishing our standing meeting times for the future sessions together at this time. **

APRIL 18, 2018 – WATER, WATER EVERYWHERE...

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 16, 2018 – ENERGY CONSERVATION AND RENEWABLES: IT JUST MAKES “CENTS”

Essential Question: *What opportunities exist for reducing our energy consumption? Why does it matter?*

Learn how and why local organizations have undertaken energy conservation efforts and pursued alternative sources for energy. Understand how your organization could take part in the green energy revolution. (Site Location: LAX Prints) *Topic Subject to Change*

JUNE 20, 2018 – ONE PERSON’S TRASH IS ANOTHER’S TREASURE

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. When we throw something out, where exactly is “out?” Find out what we are doing locally to turn trash into treasure and how it can benefit your organization. *Topic Subject to Change*

JULY 20, 2018 – YOU ARE WHAT YOU EAT

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? Celebrate a local connection to food and reflect on the benefits of fostering a robust local food movement at home and at your workplace. *Topic Subject to Change*

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AUGUST 22, 2018 –YOU CAN'T GET THERE FROM HERE

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*

SEPTEMBER 5, 2018 – WHAT IS AN ECOCHALLENGE?

Essential Question: *How do I run a successful EcoChallenge at my workplace?*

In this session you'll become familiar with the Northwest Earth Institute EcoChallenge program. Learn how to register your team, promote the challenge within your organization, and set your team up for success.

OCTOBER 10, 2018 – EMPLOYEE WELLNESS & ECOCHALLENGE CHECK-IN

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

After a brief EcoChallenge check-in, we will explore employee wellness by moving 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.

NOVEMBER 14, 2018 – ECOCHALLENGE RESULTS & PROJECT SHOWCASE PREP

Essential Question: *What would we do differently? What will we continue?*

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 2018 – PROJECT SHOWCASE

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