



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? How do we “do” sustainability?*

During this interactive two-hour session you’ll unpack the term sustainability while also getting to know your cohort for the program year. We’ll explore common sustainability frameworks including Triple Bottom Line (TBL) and the Natural Step. Finally, you’ll begin applying these sustainability frameworks to the work your business or organization does.

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

APRIL 18, 2018 – RETHINKING BUSINESS AS USUAL

Essential Question: *What is the business case for sustainability? How do we start – or strengthen— sustainability work at our organization?*

Spend time at this session reflecting on how sustainability fits into your organization’s mission and practice. Hear from Empire Screen Printing (an MPower alum!) about how they embraced sustainability and changed an industry.

**** Today’s discussion relies on your reading pp. 15-26 of the material posted on the MPower website. Please make every effort to do so.**

MAY 16, 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. *Site visit: USGS - Upper Midwest Environmental Sciences Center*

JUNE 13, 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 visit: Xcel Energy, French Island*

JULY 18, 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. *Site visit: Dynamic Recycling*

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AUGUST 22, 2018 – YOU ARE WHAT YOU EAT

Essential Question: *How can growing food in the city build a more just community?*

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. *Site visit: La Crosse Area YMCA Food Forest*

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. We'll also introduce the expectations for the MPower Business Champion showcase, the end of the year event where you'll share you're great work with the community.

OCTOBER 10, 2018 – WHAT'S IN IT FOR ME? STAKEHOLDER WELL-BEING

Essential Question: *How do organizations encourage the well-being of stakeholders? What are the promises and pitfalls of doing so?*

The fourth principle of the Natural Step is about meeting human needs. Human well-being is fundamental to sustainability, and our businesses and organizations play a key role in fostering (or detracting from) well-being. In this session, we'll explore the connections between your business practices and the well-being of those you serve directly and indirectly. *Site visit: HUB on 6th - Three Sixty Real Estate Solutions*

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/JANUARY 2019 – MPOWER BUSINESS CHAMPION PROJECT SHOWCASE

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