



## **INTEGRATING ENVIRONMENTAL MATTERS INTO DAILY WORK LIFE** (Paradigm-preserving methods)

This method combines three different situations where environmental matters are presented to members of the Community of Practice. The methods support the development of environmental awareness and sustainable practices in the health and care organisation and the community. Weekly and/or monthly meetings contain discussions on current environmental issues, the themes of work wellbeing events focus on combining environment and well-being, or a meeting in a natural environment provides an opportunity to discuss environmental perspectives in the midst of nature. These solutions are used in the daily operations of health and care services.

### **What is required:**

- Participants who are open to discussing environmental perspectives and want to develop their work environment towards a more sustainable direction.
- Time and space for addressing environmental topics.
- A meeting held in nature requires reserving outdoor spaces and considering weather conditions.

**Level of difficulty:** 2 – participants are expected to be prepared to consider environmental perspectives and to share their own thoughts

### **Time required:**

- **Weekly/monthly meetings:** traditional recurring meetings where environmental issues are discussed even briefly, for example, for 5 minutes.
- **Work wellbeing event:** a full-day or half-a-day event where environmental perspectives are integrated with wellbeing.
- **Meeting in nature:** a 1-2 hour outdoor meeting or a walking meeting in nature.

### **Materials:**

- Weekly/monthly Meetings: Environmental materials, such as reports or statistics, or the introduction of new practices.
- Work wellbeing event: Tasks or activities that combine eco-friendliness and wellbeing.
- Meeting in nature: Good outdoor equipment and, if necessary, questions to support the discussion.

**Participants:** Members of the Community of Practice, such as employees or teams with activities where environmental practices need to be developed



## How to use:

### 1. Weekly/monthly meetings on environmental issues

- Topic: Weekly or monthly meetings will address environmental perspectives, such as recycling, energy saving or sustainable working practices.
- Method: The meeting can include recorded discussions or short presentations on current environmental questions. Participants can share their own experiences and ideas for improving environmental practices during their working hours.

### 2. Theme of work wellbeing event: Environmental perspectives and wellbeing

- Topic: During the work wellbeing event, environmental perspectives are integrated with wellbeing. Activities can include outdoor nature walks, sustainable development workshops or recycling projects that support both the environment and participants' wellbeing.
- Method: Incorporate environmental perspectives into wellbeing-related activities. For example, workshops that explore sustainable practices at work can offer new insights and development suggestions.

### 3. Meeting in nature on environmental issues

- Topic: A meeting held in nature to discuss environmental perspectives and future development directions within the organisation. This can be a walking meeting where participants discuss environmental challenges and opportunities amidst nature.
- Method: Use nature as a stimulating factor – the silence and beauty of nature can inspire participants to think about the importance of the environment in their work. The discussion can cover topics such as the organisation's environmental goals and areas for improvement.

## When to use:

- **Weekly/monthly meetings:** regularly available as part of the organisation's routines, where environmental perspectives gain visibility and support.
- **Work wellbeing event:** can be organized, for example, once a year or semi-annually; combining environment and wellbeing offers new perspectives to participants.
- **Meeting in nature:** this method can be used when a deeper discussion on environmental issues is desired in a more relaxed setting, connected with nature.



### Why to use:

- **Weekly/monthly meetings:** continuously highlighting environmental perspectives helps to create a culture where sustainable development is part of daily work.
- **Work wellbeing event:** integrating environmental perspectives with wellbeing can increase participants' commitment and generate concrete suggestions for environmentally friendly work practices.
- **Meeting in nature:** holding a meeting in nature can bring new inspiration and broaden thoughts on the role of the environment in working life. It can also improve team spirit and engage participants in planning for a more sustainable future.

### How to document:

- **Weekly/monthly meetings:** brief notes or summaries of environmental discussions can be made and shared within the organisation.
- **Work wellbeing event:** summaries or compilations of activities and discussions can be created and distributed to participants and, if necessary, other teams.
- **Meeting in nature:** A document or a report with photos can be made of the meeting in nature, capturing discussions and development ideas for improving environmental practices.

**The roots of the method can be found here:** This method combines the principles of continuous learning and community development. It utilises learning models of communities, such as Communities of Practice (CoP), and integrates environmental perspectives into daily work and community culture. Incorporating environmental perspectives into the daily activities and functions of the work community supports sustainable development and wellbeing.