



**An Introduction to Sustainable Development (A one day course to introduce delegates to Sustainable Development and its impacts on the environment and their life choices).**

### **Course Aims**

It is rare these days not to see, hear or read about sustainable development in the press and media. But few have more than a vague understanding of what it actually means. This course has been designed to impart an understanding of the basic principles and implications of sustainable development amongst delegates.

### **Approach Taken**

The course approaches the concept of sustainable development from its early days to the present times. By examining the real issues and exploring case studies delegates will build up a framework of understanding and through practical exercises embed a deeper understanding of the principles of sustainable development.

### **Course Contents**

#### **1. What is Sustainable Development?**

This session considers the history of the sustainable development concept, the various definitions of sustainable development and sustainability, and explores the different models of sustainability and the precautionary principle.

#### **2. Environmental Sustainability**

Two models of environmental sustainability are presented: eco-efficiency and the eco-system model. The pros and cons of each are considered along with a number of examples of how these can be translated into effective solutions.

#### **3. The five capitals of Sustainable Development**

There are five types of sustainable capital from where we derive our goods and services. These will be explored and through delegate participation their increasing awareness and understanding will help them determine what steps they need to take to be more sustainable in their personal and business life.

#### **4. Planning and Delivering Sustainability**

How to action sustainable development. A range of techniques for planning and delivering sustainability will be explored including stakeholder engagement and change management. Delegates will apply these techniques to their own activities to develop an outline action plan for themselves, their department or the whole organisation.

