



## NORTH FREMANTLE



**LIVING SMART**  
is a down-to-earth 7-week course  
that inspires change to create a  
healthier planet and a healthier you.

### ABOUT THE COURSE

Living Smart courses are a mixture of workshops, hands on sessions, presentations (with some technical information) and field trips to provide you with practical knowledge and skills in your home and community.

This course allows participants to embrace a connected approach to living, so that long lasting solutions for a quality life now & into the future can be created.

### GOAL SETTING FOR BEHAVIOUR CHANGE

Living Smart has a focus on behaviour change. In a way it invokes Gandhi's *"Be the change you want to see in the world!"*

Each week participants make a commitment to take action to improve the quality of their lives, set their own goals toward what they want to achieve, and monitor their own progress. The course also includes a number of questionnaires to get an understanding of current interests and behaviours and how they might have changed over time.

### TOPICS COVERED

There are 10 main topics we cover in a typical course, some in more details than others. These topics are what sustainable living is all about.

- Simple Living
- Water Smart
- Power Smart
- Move Smart - Transport
- Waste Smart
- Healthy Home
- Healthy you
- Smart Gardens for Biodiversity
- Smart Gardens for Productivity
- Community Living Smart

### ABOUT THE FACILITATOR

David has a professional career dedicated to sustainability in action, is a trained facilitator, and has been involved in running Living Smart courses and sustainable living workshops for many years. He's been a house designer, owner builder and has built many productive vegetable gardens, and recently completed a mobile chook run.



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*"A healthy sustainable community is in large part the result of each of its members. When members of a community adopt healthy habits - by getting more exercise, for example - the community becomes a healthier one. When the members use resources wisely - by recycling, for example - the community moves towards sustainability. Therefore, to promote a healthier, more sustainable future, it is essential to know how to encourage individuals to adopt corresponding lifestyles.."*

*(Introduction to Community-Based Social Marketing by: Doug McKenzie-Mohr)*