

The Bright Side of an Environmentally-Friendly Life

- 18:00 Introduction by Professor Chris Megone
Director, Inter-Disciplinary Ethics Applied Centre
- 18:05 Presentations and group discussion
- 19:45 Wine Reception and Networking Dinner

Presentation

The bright side of an environmentally-friendly life

(Dr. Leonie Venhoeven)

In recent years, the stress on individuals to actively reduce their environmental impact has increased. In her presentation, Leonie will dispute the assumption that living an environmentally-friendly life equates to sacrificing personal well-being. By contrast she will propose ways in which environmentally-friendly behaviour can contribute to well-being. As usual there will be group discussion of the issues raised in the talk.

Biography: Leonie recently finished her PhD in environmental psychology at the University of Groningen, the Netherlands. The topic of her dissertation was the question whether and why environmentally-friendly behaviour may contribute to well-being.

Questions for Discussion

1. What makes behaviour meaningful behaviour?
2. Can meaningful behaviour in itself feel good, or does engagement only feel good when this behaviour reflects positively on who you are?
3. Would engagement in meaningful behaviour still feel good when *the reason for engagement* is to feel good?
4. What makes sustainable behavior meaningful?
5. Is it necessary to know your behavior is sustainable in order to feel good about it?