



Ddressing skills mismatching in the green sector through Digital Upskilling of ve

UNDERSTANDING







WHATIS ANIECO MINDSET?

- A CONSCIOUS AWARENESS OF HOW OUR ACTIONS AFFECT THE ENVIRONMENT.
- CHOOSING TO LIVE IN HARMONY WITH NATURE.
- REFLECTING ON DAILY HABITS TO REDUCE OUR ECOLOGICAL FOOTPRINT.





WHY REFLECT ON SUSTAINABLE BEHAVIOUR?

- Reflection drives change.
- Helps identify unsustainable habits.
- Encourages accountability and conscious decision-making.







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PERSONAL HABITS – A CLOSER LOOK

- ✓ Using a reusable water bottle
- Walking or biking instead of driving
- X Occasionally using single-use plastics
- X Leaving devices plugged in overnight







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POSITIVE SUSTAINABLE PRACTICES

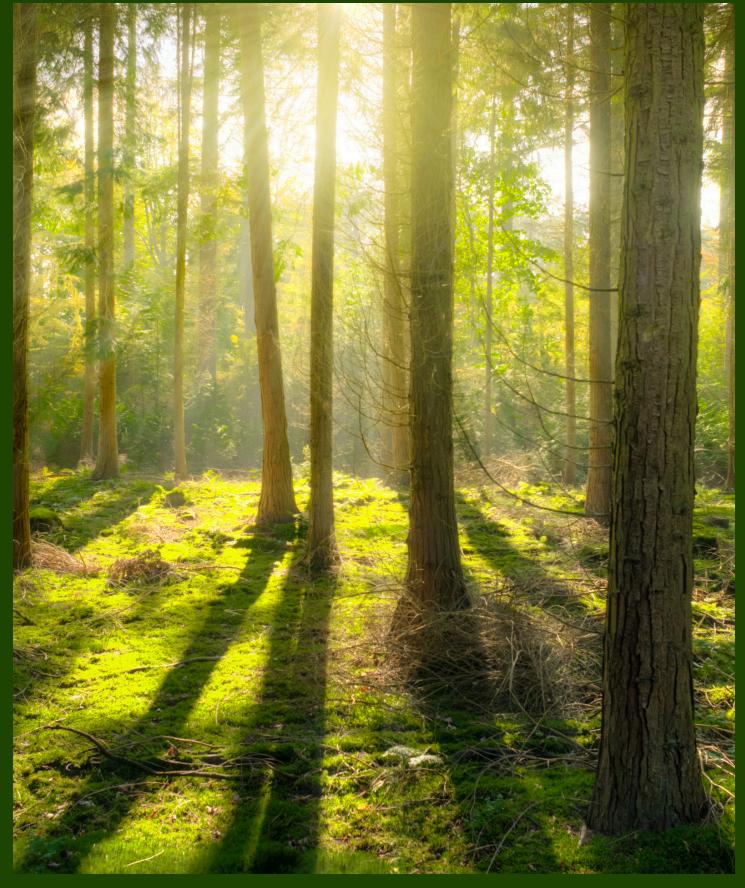
- Recycling and composting
- Eating less meat
- Supporting eco-friendly brands
- Reducing water and energy use





AREAS FOR IMPROVEMENT

- Reduce fast fashion purchases
- Shop locally more often
- Avoid excessive packaging
- Educate others about sustainability



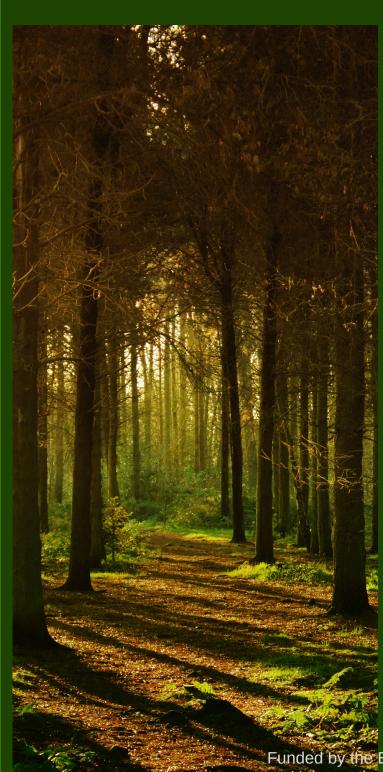






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EMOTIONAL & ETHICAL REFLECTION

- A sense of purpose and responsibility
- Empowerment through small actions
- Sometimes challenging, but always worth it





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WE DON'T NEED A HANDFUL OF PEOPLE DOING ZERO WASTE PERFECTLY. WE NEED MILLIONS DOING IT IMPERFECTLY." – ANNE-MARIE BONNEAU