

# The UNM Sustainability Peer Coaching Kit

*Version 1.1*

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## **Peer-based Sustainability Coaching Kit**

### **Kit Version 1.1**

**Simple steps to partner with a friend**

**Monitor your progress**

UNM Sustainability Studies Program

MSC 032020

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Outline:

*Finding your comfort zone...*

*...leads to the matrix of choices.*

*Right attitude, tips, and tools...*

*Let's start here!*



*How can I be more sustainable?*



Well, what is your comfort zone?

Really cheap ...

Affordable...

Expensive ....



How effective do you want to be?

Baby steps ....

More effective ...

Green Hero ...



Baby  
steps



Even more  
effective



Green  
Hero

Really cheap

Walk more  
Recycle  
Think before you toss  
Start a compost pile

Swap CFLs  
Eat less meat  
Be vegetarian  
Avoid processed, frozen  
food  
Fly less  
Start a garden  
Use paper wisely

Don't fly  
Bike more  
Be vegan  
Use public transit  
Use a car sharing  
program

Affordable

Buy carbon offsets  
for travel  
PNM Sky Blue™  
Buy Fair Trade products  
Green your pet  
Home cleaning products

Eat more local and  
organic food  
Green building materials  
Install graywater system  
Install solar hot water  
Make your yard greener  
Save energy at home

Sustainability  
in your workplace  
Start a community  
garden/farm

Expensive

Switch to a more  
fuel-efficient vehicle  
or hybrid

Install photovoltaics  
on home  
Build/retrofit a  
green home

Develop an  
ecovillage

	Baby	Even more effective	Green Hero
Really cheap	<ul style="list-style-type: none"> <li>Walk more</li> <li>Recycle</li> <li>Think before you toss</li> <li>Start a compost pile</li> </ul>	<ul style="list-style-type: none"> <li>Use CFLs</li> <li>Reduce meat</li> <li>Go vegetarian</li> <li>Avoid processed, frozen food</li> <li>Reduce food waste</li> <li>Start a garden</li> <li>Recycle paper wisely</li> </ul>	<ul style="list-style-type: none"> <li>Don't fly</li> <li>Bike more</li> <li>Be vegan</li> <li>Use public transit</li> <li>Use a car sharing program</li> </ul>
Affordable	<ul style="list-style-type: none"> <li>Use public transit for travel</li> <li>PNM Sky Blue™</li> <li>Buy Fair Trade products</li> <li>Green your pet</li> <li>Home cleaning products</li> </ul>	<ul style="list-style-type: none"> <li>Buy more local and organic food</li> <li>Green building materials</li> <li>Install graywater system</li> <li>Install solar hot water</li> <li>Make your yard greener</li> <li>Save energy at home</li> </ul>	<ul style="list-style-type: none"> <li>Sustainability in your workplace</li> <li>Start a community garden/farm</li> </ul>
Expensive	<ul style="list-style-type: none"> <li>Switch to a more fuel-efficient vehicle or hybrid</li> </ul>	<ul style="list-style-type: none"> <li>Install photovoltaics on home</li> <li>Build/retrofit a green home</li> </ul>	<ul style="list-style-type: none"> <li>Develop an ecovillage</li> </ul>

## Start a Compost Pile – It's an easy way to naturally break down organic waste:

- Food and yard waste make up 24% of what's thrown away in the U.S.

(<http://www.epa.gov/composting/index.htm>)

- Start composting in your backyard and create natural fertilizer for your garden!

- No yard? Compost under your sink with worms! Visit

<http://www.earth911.org/master.asp?s=lib&a=organics/composting/wormcompost.asp> to get started

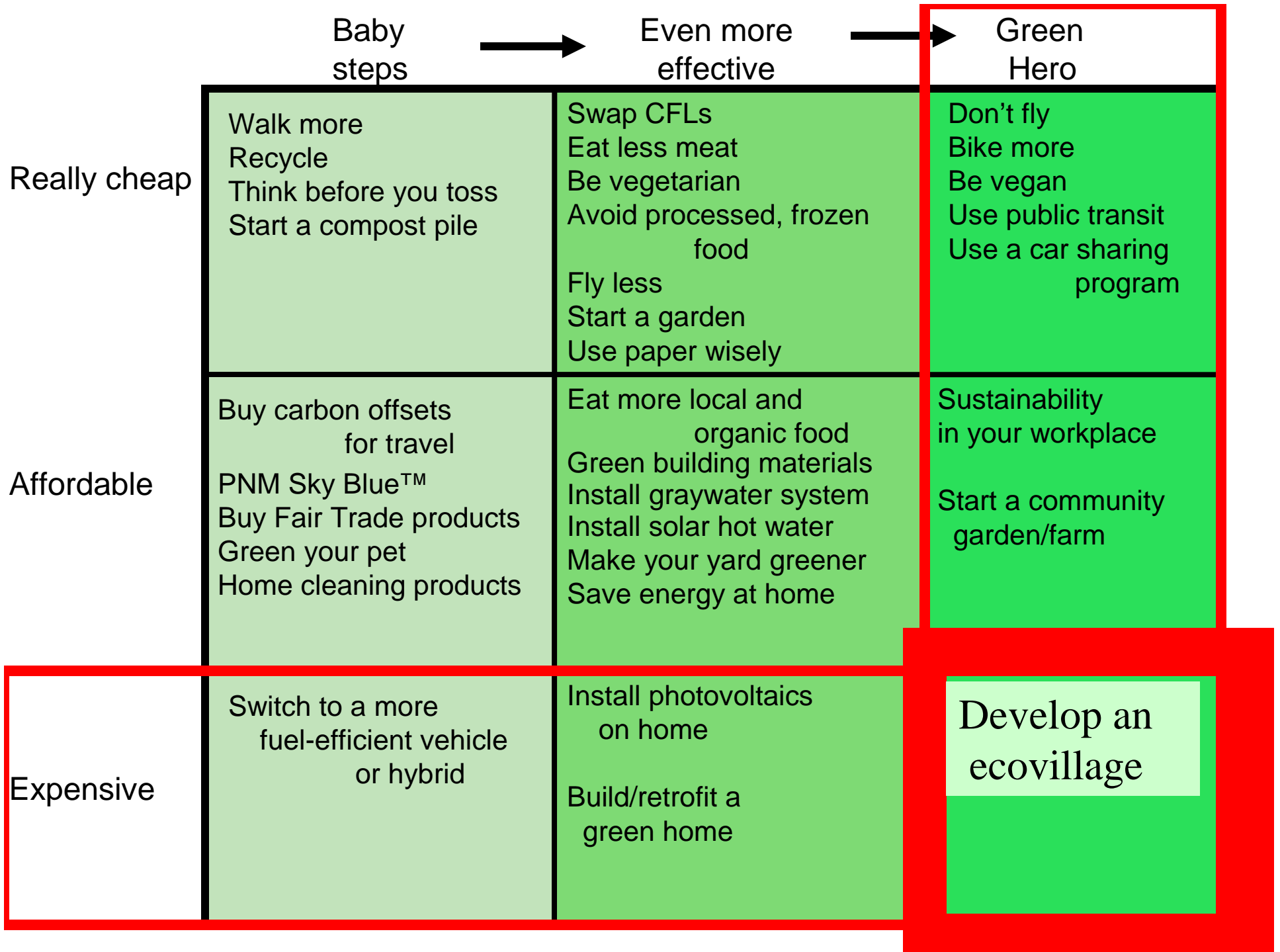
Learn more: <http://www.compostguide.com/>, [http://cahe.nmsu.edu/pubs/\\_h/H-110.pdf](http://cahe.nmsu.edu/pubs/_h/H-110.pdf)

**Tip:** Build compost bins together out of salvaged materials. Share your compost with your partner to put on their garden.



[www.south-ayrshire.gov.uk/wastemanagement/images/composting.jpg](http://www.south-ayrshire.gov.uk/wastemanagement/images/composting.jpg)





**Develop an Ecovillage:** Form a community that treads lightly on the Earth and is dedicated to sustainability:

- Ecovillages build on three dimensions: social/community, ecological, and cultural/spiritual, to create a community which is "**successfully continuable into the indefinite future**"

(<http://gen.ecovillage.org/>)

- Start with an assessment of your community's sustainability -

<http://gen.ecovillage.org/activities/csa/English/index.php>

- Educate yourself about the dimensions of an ecovillage - <http://ecovillagedesignsouthwest.org/>

More information: <http://www.hopedance.org/new/issues/51/article4.html>,

<http://www.thefarm.org/etc/index.html>

Find an ecovillage near you: <http://ena.ecovillage.org/English/ecovillages/index.html>,

<http://directory.ic.org/>



*Right attitude, tips, and tools...*

*Give yourself permission to start where you are.*

*Think of it as a transition, a transformation.*

*You'll have more fun with a friend, a peer.*



## Summary checklist:

Set a goal that you can achieve.

Set a timetable.

Contact your partner.



Design a way to chart your progress.

Keep your chart up-to-date.

Once you have achieved your goal, celebrate!



*Let's find a partner!*

What is *your* comfort zone?



Really cheap ...

Affordable...

Expensive ....

Walk more Recycle Think before you toss Start a compost pile	Swap CFLs Eat less meat Be vegetarian Avoid processed, frozen food Fly less Start a garden Use paper wisely	Don't fly Bike more Be vegan Use public transit Use a car sharing program
Buy carbon offsets for travel PNM Sky Blue™ Buy Fair Trade products Green your pet Home cleaning products	Eat more local and organic food Green building materials Install graywater system Install solar hot water Make your yard greener Save energy at home	Sustainability in your workplace Start a community garden/farm
Switch to a more fuel-efficient vehicle or hybrid	Install photovoltaics on home Build/retrofit a green home	Develop an ecovillage

# How effective do *you* want to be?

Baby steps

More effective

Green hero

	Baby steps	Even more effective	Green Hero
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