

INFORMATION PACK



**BUILDING HEALTHY &
SUSTAINABLE HABITS**



DR JANE GENOVESE

ABOUT

DR JANE GENOVESE



Dr Jane Genovese delivers interactive workshops and presentations on a range of sustainable living topics, such as: the ancient art of thrift, the waste-free kitchen, cultivating sustainable happiness, the science of behaviour change, creating sustainable habits and more.

She graduated from Murdoch University in 2009 with a Bachelor of Laws and Bachelor of Psychology and completed her doctoral thesis in the area of behaviour change for sustainable living in 2017.

She is a member of the grassroots sustainability group, Transition Town Guildford. In 2017, she helped to organise and deliver over 50 community events in her local area, including workshops on the ancient art of thrift, clothing repair and healthy cooking demonstrations with seasonal and locally grown produce.

She is passionate about dispelling the myths around sustainable living and empowering people to decrease their ecological footprint while increasing their wellbeing, building their skills and boosting their confidence.

Dr Jane Genovese says:

"To me, sustainable living is about living a creative life where you're constantly growing, learning and developing new skills.

Too often people make the mistake of thinking living sustainably is about making sacrifices and going without. It's time for a complete reframe!"

Jane has taught internationally at Zhejiang Normal University in China and facilitates a summer unit on behaviour change and sustainable living at Murdoch University.

Jane has developed a range of dynamic community workshops to inspire people to take the next step on their sustainable living journey.

She draws on her research and personal experience to show people that with the right mindset, practical skills and knowledge they can create shifts towards more sustainable, fulfilling and meaningful lifestyles.

Why work with Dr Jane Genovese?

01

Integrity: She walks the talk. The strategies she shares with others are tried and tested. They have helped Jane to reduce her consumption, boost her wellbeing and live more sustainably.

02

Authenticity: Jane shares with others insights about her early struggles with sustainable living and what helped to shift her lifestyle away from excessive consumption.

03

Engaging and Interactive: Having worked with hundreds of people from diverse backgrounds and studied the science of behaviour change, Jane understands how to effectively engage people, keep their attention and nudge their behaviour in the right direction.

04

Values-based education: Jane draws on research from the field of value change to ensure she strengthens the right values in participants (i.e. values around caring for the environment, other people and community).

05

Evidence-based: The strategies Jane shares are based on empirical research. She presents a diverse range of strategies to pick and choose from, so there is something suitable for people at different stages of their sustainable living journey.

06

Accessibility: Jane is based in Western Australian. She is happy to meet with clients to create customised workshops and presentations.

WORKSHOPS & PRESENTATIONS

Jane's presentations are based on a combination of the best research and personal experience, particularly her PhD research that focused on ways to decrease excessive material consumption.

For her research, Jane interviewed a number of Western Australians who had adopted simpler and more sustainable lifestyles. She explored the factors that led to the shift in lifestyle and looked at ways to emulate those behaviours in others.

Since every community is different, Jane's workshops and presentations can be modified to suit the needs of your area. Just let Jane know your needs and she can tailor-make a presentation/workshop for your group.

In 2020, Jane will speak on the following sustainability topics:

- The ancient art of thrift
- Being thrifty in the kitchen
- Cultivating (sustainable) happiness
- Effective volunteer management
- Self care for change agents
- The science of behaviour change

Most workshops/presentations run between 1 - 1.5 hours. Longer workshops or programs are available upon request.

Jane has presented workshops at over 50 schools and organisations in Western Australia. These include:

Aranmore Catholic College
Applecross Senior High School
Bullsbrook District High School
Canning Vale College
Carey Baptist College
Carine Senior High School
Catholic Education Office
City of Canning
City of Swan
Como Secondary College
Corpus Christi College
Chisholm Catholic College
Christ Church Grammar School
Clarkson Community High School
Department of Environment and Conservation
Department for Planning and Infrastructure
Department of Transport
Duncraig Senior High School
Eastern Hills Senior High School
Emmanuel Catholic College
Esperance Senior High School
Exmouth District High School
Frederick Irwin Anglican School
Governor Stirling High School
Greenwood Senior High School
Hamilton High School
Harvey District High School
Helena College
Iona Presentation College
John Calvin Christian College
John Curtin College of the Arts
John Wollaston Anglican Community School
John XXIII College
Kalamunda Senior High School
Kelmscott Senior High School
Kent Street Senior High School
Kolbe Catholic College
Lakeland Senior High School
La Salle College
Leeming Senior High School
Living Waters Lutheran College
Lockridge Senior High School
Mercy College
Manjimup Senior High School
Mindarie Senior College
Mirrabooka Senior High School
Murdoch University
Nannup District High School
Newman College
Northam Senior High School
North Albany Senior High School
Padbury Senior High School
Perth College
Perth Modern School
Penrhos College
Peter Moyes Anglican Community School
Pinjarra Senior High School
Presbyterian Ladies College
Rossmoyne Senior High School
Sacred Heart College
Santa Maria College
Scotch College
Swan Christian College
St John of God Hospital, Subiaco
St Brigid's College
St Mark's Anglican Community School
St Mary's Anglican Girls' School
St Stephen's School
Southern River College
Trinity College
Town of Bassendean
Western Australian General Practice Education and Training Ltd (WAGPET)
Warnbro Community High School
Wanneroo Senior High School
Wesley College
Western Australian Institute of Sport

WORKSHOP INFORMATION

01

Rediscovering the Ancient Art of Thrift

Being thrifty is about thriving by making the most of your resources (i.e. money, time and possessions). In this workshop, participants will learn how to flex their thrift muscle by thinking outside the box and finding creative alternatives to everyday purchases and paid experiences.

02

The Waste-Free Cook: Being Thrifty in the Kitchen

It's time to do a kitchen stocktake! Australians generate over 3.3 million tonnes of food waste a year (that's equivalent to filling the MCG 6 times over). In this workshop, participants will learn practical strategies to save money on their weekly grocery shop, cook healthy meals for the people they love, avoid food waste, and take control of their health and happiness.

03

The Habits of (Sustainable) Happiness

We're bombarded with messages telling us that bigger and better things are the pathways to happiness. But research shows true happiness can't be purchased. So what makes a difference? In this workshop, participants will learn ways to boost their happiness while being kind to the planet.

04

The Art of Rest: Self Care for Change Agents

When you take care of yourself you have more energy to do the things that matter most to you. But too often, volunteers and community leaders end up burning themselves out emotionally and physically. In this workshop, participants will learn how to take better care of themselves so they have the energy to pursue the causes they feel passionate about.

05

The Thrifty Fashionista: Look (and Feel) Fabulous on Less

Do you have a wardrobe full of clothes but feel like you have nothing to wear? In Australia, we are suffering from a wardrobe crisis, with the average Australian woman wearing only 40% of the clothes she owns. In this workshop, you will learn how to escape the fast fashion cycle, appreciate what you already have and wear your clothes with confidence.

WORKSHOP

INFORMATION CONTINUED

06

Volunteer Management Masterclass

This session will explore what you need to do to manage your volunteers and make the most of their time and energy. Come away with fresh ideas, tools and new approaches on how to manage your volunteers effectively and enhance their experience so they stay for the long-term.

07

Building Sustainable Habits: Behaviour Change Crash Course

You've greened your own lifestyle, but what about your friends and family? If you've ever felt frustrated that your friends and family don't share your green values and lifestyle practices, this workshop is for you! In this workshop, you will learn how you can gently bring others on board and expand your sphere of influence.

SHORT COURSE

INFORMATION

01

Achieving a Small Footprint Lifestyle

In this short course (4 sessions plus a field trip) participants will learn how to tread more lightly on the earth and enhance their health and happiness at the same time. Topics covered include: elevating your kitchen and nutrition game; growing your own food; saving energy in the home; becoming a waste warrior, and the ancient art of thrift.

02

The Smart Busy Programme: Live Better, Feel Free and Stress Less

Many Australians feel overwhelmed by the pressures and demands of modern life. Smart Busy is a 6-week programme designed to defy the trend and help busy people reclaim a sense of balance and control over their lives. Topics include: exploring your values, purpose and goals; combatting procrastination; managing your relationship to technology; creating healthy habits and more!

TESTIMONIALS FOR SERVICES



"Thank you Jane for an insightful and practical presentation on thrift. If we follow at least some of these helpful hints our lives will be easier and the planet's health improved. Incredibly valuable research and information."

Past Participant, Thrift Workshop

"It was great to hear how many students went home and spoke to their parents about your presentation. I've also received fabulous feedback from our staff!"

Head of Year, Wesley College

"Dr Jane Genovese was a motivating and engaging speaker who connected strongly with her audience."

**Past Participant, Your Move Forum,
Department of Transport**

"Since attending Jane's thrift workshop I look at things differently. I see things I never did before. Everyone can benefit. Thank you again"

Past Participant, Thrift Workshop

"Thank you! It has been wonderful! Jane, your research is truly valuable and you have turned it into something that can really help people. "

Past Student, Smart Busy Programme

"Jane was an engaging and inspiring speaker, I aspire to become a change agent like her one day!"

Past Student, Your Move Forum

"I really enjoyed Jane's presentation on The Ancient Art of Thrift. Jane gave great tips on ways to live truly happier lives without being distracted by "stuff" that is backed up by research and fun visuals and videos! I was really impressed by how attentive Jane is to everyone present and responded sensitively to our input and questions. I'd highly recommend anyone who would like to learn practical ways to live a happier, more sustainable life to attend this workshop!"

Past Participant, Thrift Workshop

"Your course has been so practical and helped me make real changes rather than just think about doing them."

Past Student, Smart Busy Programme

"An absolutely brilliant session. Having never attended a Your Move forum before, I wasn't sure what to expect but it exceeded whatever expectations I had! Jane was inspiring to listen to."

**Past Participant, Your Move Forum,
Department of Transport**

"Your presentation on thrift was informative, inclusive and entertaining – thank you!"

Past Participant, Thrift Workshop

"One of the best workshops I've been to! I learnt a lot and came out motivated to get our staff moving!"

**Past Participant, Your Move Forum,
Department of Transport**

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