

April 22nd - Earth Day/Sustainability Blog

Have you ever heard of the term “metanoia”?

It’s a Greek word and it essentially means “a transformative change”. It’s used a lot in psychology to describe when a person goes through a fundamental change of mind often leading to a new worldview, heightened consciousness and altered behaviors.

You may’ve even experienced a metanoia in your life before, like if you’ve ever felt a profound compulsion to change a particular aspect of your life for the better.

Gone veggie? Stopped smoking? Taken a sabbatical to travel to Asia to find yourself? Then you’ve probably had a metanoia at some point.

So, since the inception of Earth Day in 1970, campaigners and environmental activists have been promoting a kind of global metanoia by appealing to the public to change their thinking and behavior regarding our planet - an environ-metanoia, if you will.

Earth Day is an international annual event celebrated every April 22nd, where people, organizations and institutions demonstrate their support for environmental protection.

More than 193 countries and over 1 billion people participate in events to spread awareness about environmental issues and show their support for environmental activities and initiatives targeting climate change, plastic pollution, increasing biodiversity, and sustainable development.

This year Earth Day has the central theme of “invest in our planet” and the focus is on encouraging people to recognize the importance of dedicating their time, energy and resources to tackling critical environmental issues.

Now that all sounds great but what can we do? How or even, what can we invest to help make a difference?

Here at Litmos we take sustainability seriously, so much so we created a collection of courses detailing how individuals and businesses can take steps to be more environmentally aware and make positive changes to their actions.

The Earth Day website sets out a range of specific focal points to help people understand how to take action, invest in our planet, and help drive positive environmental change. So, we thought we’d explore where these focal points converge with the sustainability-linked courses in our library.

Climate literacy

This year Earth Day campaigners are pushing for more robust and widespread climate education globally. It’s not enough for organizations to simply acknowledge the current impacts of climate change but moreover educate their employees on how to make meaningful changes at home to prevent future harm to the planet.

As stated on the Earth Day website, “Climate and environmental literacy, coupled with strong civic education, will create jobs, build a green consumer market and allow citizens to engage with their governments in a meaningful way to address the climate crisis.”

In our **What is Sustainability** course, introduce you to the concept of sustainability. In it we explain how individuals and organizations together can make meaningful changes to help combat climate change, environmental pollution, and build a greener safer future for the planet.

End plastic pollution

Plastic pollution is recognized as one of the biggest threats to our planet and human health. Harmful microplastics are being discovered everywhere - from mountain tops to the ocean depths to even inside the human body. There will be no way of escaping them if we continue to single-use plastics at current rates.

This Earth Day campaigners are asking the public to sign a Global Plastics Treaty calling upon governments propose new laws banning single-use plastics and promote a circular economy action plan.

If you'd like to learn more about how to end plastic pollution check out our course **The Realities of Recycling** in which we explore how to reduce plastic waste by optimizing your recycling habits and give advice on adopting alternatives to break the nasty plastic habit.

Building a healthy economy

More than ever businesses are recognizing that there is no longer a choice between environmental responsibility and financial growth. The modern companies seeing the strongest profits are those that are choosing to integrate environmental goals and standards into their business strategies. And so, it is vital for all businesses to act now and outline their plans to pursue environmentally sustainable economic growth.

In our **In Pursuit of An Ethical Profit** course, we explain how modern businesses can achieve environmentally sustainable growth through responsible decision making. In it we offer knowledge and advice to help you understand what an ethical profit looks like and how to effectively align economic and environmental business objectives.

So, this April in support of Earth Day 2023 why not take a moment to check out some of our sustainability courses in the Litmos content library - and who knows, maybe you will have your very own environ-metanoia!

For more information on everything going on for Earth Day 2023 check out their website at www.earthday.org