

# How *CHOICES* works

Groups or individuals become members in order to invite participants

Members are given the option of training an in-house advisor, or receiving off-site support from national and/or regional advisors

Members receive *CHOICES* materials in hard copy and/or on line

Members invite participants from within their own group and/or extended community

Members select from a menu of options (based on personal wellbeing targets)

Participants select an option best suited to their own priorities and answer a short set of questions

Answers to the questions are recorded in a household 'snapshot', similar to an eco or carbon footprint

Answers are filtered to identify actions that are of greatest benefit to the participant and the environment

Actions are linked to specific advice and resources

Participant chooses one action to complete, which is recorded

2 - 3 months later the participant is prompted to complete a brief evaluation identifying whether action has been completed and any changes to the original 'snapshot'

Any difference recorded between 1<sup>st</sup> and 2<sup>nd</sup> snapshot produces a metric outcome in relation to energy or water use, fuel consumption, and waste

Participants' results are collated in real time giving collective outcomes for each member

Participants may repeat the process for additional actions as many times as they wish

Throughout the process, participants and 'networkers' have access to free advice from in-house, regional and/or national advisors