



Northwest Earth Institute

Inspiring people to take responsibility for Earth

the right conversation can change your life



We offer **11 discussion courses** that cut to the core of what you value and how you live: food, health, transportation and household consumption. Designed to be self-facilitated by groups of six to 12 people, the courses help spark conversation, reflection and action leading to real change within your life and community (neighborhood, workplace, congregation or school). Learning happens best in groups. And it's more fun!

More than 130,000 people worldwide have participated in NWEI discussion courses. By seeding the conversations and drawing out the stories that lead to change, our stimulating courses help translate inspiration to action—and create real, lasting results:

- More than 90 percent of NWEI participants report that the group process and support inspired them to make personal changes in attitude and behavior.
- Three-fourths of NWEI participants have reduced their household energy and water consumption, and 80 percent buy more local and organic food.
- Many participants find that the changes they make produce unexpected personal benefits: better health, more free time, financial savings, more connection with others and a higher quality of life.

two weeks to a lifetime of change

For two weeks every October, our EcoChallenge dares people to change one habit for a healthy future. Participants choose their challenge (water, energy, food, transportation or trash) and share their progress online. After two weeks of shared inspiration, camaraderie and a little friendly peer pressure, most find they've changed their habits for good. Choose your challenge at

www.ecochallenge.org

connect + reflect + act

Since 1993, NWEI has been leading the curious and the motivated to take responsibility for their planet. Our proven process of connection, reflection and action changes people for good while allowing them to decide what's best for them. Through discussion courses and the annual EcoChallenge, we help participants engage their communities in meaningful conversations that lead to "Aha!" moments about the way they live, work, create and consume. People create a life that is simpler, richer, healthier—for them and for the Earth. Ready to create a brighter future together? Contact us today!



"These courses help me to live and breathe the lifestyle consistent with my beliefs. I can only gawk when I think of the change that NWEI has already affected in the world."

*— Brad McClean, Course Participant,
Portland, Oregon*