

M-power

One Planet Campus Engagement Program

TEAM MEETING CHEAT SHEET

M-power is a new way for SRN members and sustainability enthusiasts to engage with colleagues and friends, in a fun and practical way. Delivered bi-monthly, each M-Power will focus on a sustainability theme. The themes are structured to be quick and easy to engage with, involving simple and direct actions to undertake as a group. Each theme will have a challenge related to it, for which your department can earn points for the Department Sustainability Challenge.



Get Green with Your Team

Key message 1:

Get Green with Your Team



The Power of Plants

- Indoor plants do more than just enhance the beauty of our workplace surroundings
 - **Office plants significantly improve a whole range of aspects of our indoor environment**, from physically cleaner air to direct beneficial effects on psychological health, task performance, illness reduction and productivity
 - Scientific studies done by NASA in the 1980s on ways to purify air for extended stays in orbiting space stations found that many common houseplants remove harmful chemical toxins from the air
 - Indoor air is likely to be more polluted than outside and just one plant per room can improve air quality
 - Recent studies* by the University of Technology Sydney have reinforced that indoor plants can filter out toxins from the air that are given off from carpet, furniture, paint, photocopiers and printers
- * www.science.uts.edu.au/pdf/presentation-houseplantA.pdf

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Key message 2:

Get Green with Your Team



Let's green our office!

- **The University is aiming to green offices across campus**
- **We can help by choosing plants to decorate our offices!**
- Ask the team who has experience in gardening and any ideas for tackling the initiative – to get the creative juices flowing hand around the indoor plant list (pdf)
- Come up with an action plan on how you will move forward with the project
- Plants can be purchased on-line, at Bunnings and at local nurseries

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Key message 3:

Get Green with Your Team



Get green and show us the difference

- Action: time to get green!
- Take before and after photos of your Department's workplace to showcase the difference, upload it to facebook (www.facebook.com/macquariesustainability), and share your story on your team's effort to get green!

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