

# Carbon Essentials

## 1 Hour Webinar

**Duration** - 1 Hour Webinar

**Venue** - Online

**Interactive** – polls & activities

### Learning outcomes

- Understand what a carbon footprint is and how it is calculated
- Recognise the main sources of carbon emissions in organisations and everyday life
- Differentiate between Scope 1, 2 and 3 emissions and why they matter
- Identify key carbon hotspots in their own area of work
- Explore practical methods for measuring and tracking emissions
- Examine strategies for reducing emissions
- Understand the challenges of carbon reduction, including behaviour change, investment and greenwashing risks
- Develop simple but effective carbon reduction actions they can apply immediately

### Course Content and timing

Content	Approx timing
Welcome, introduction and course overview	5mins
Understanding Carbon Footprints	10mins
Scopes 1, 2, 3 Explained	10min
Interactive Quiz: Carbon in Everyday Life	10mins
Practical Steps to Reduce Emissions	15mins
Wrap up, Questions and concluding remarks	5mins