DO GOOD PEOPLE

Catalogue 2024

Content and challenges modules

DoGood modules and topics catalogue

🌐 Introduction

🌱 Introduction	🌱 Introduction	🌱 Introduction
Introduction to Sustainability	**General user surveys**	**Introduction to environment and sustainability**

🌱 Introduction	🌱 Introduction	🌱 Introduction
Introduction to the SDGs and Agenda 2030	**Introduction to society and sustainability**	**Introduction to governance and sustainability**

🌿 Environment (E)

♻ Circular Economy	♻ Circular Economy	♻ Circular Economy
Introduction and exercises on circular economy	**Tips and exercises for responsible shopping and consumption**	**Definition, exercises and tips on how to practice upcycling**

♻ Circular Economy	♻ Circular Economy	♻ Circular Economy
Saving waste and recycling in the office	**Reducing food waste and cooking sustainably**	**Exercises on how to recycle properly in Spain**

🌳 Natural Resources	🌳 Natural Resources	🌳 Natural Resources
Biodiversity and its importance	**Protection, conservation and restoration of natural resources**	**Long-term environmental solutions**

🌳 Natural Resources	🌍 Climate Change	🌍 Climate Change
Preventing biodiversity loss	**Introduction to climate change**	**Adapting to climate change**

🚗 Mobility	🚗 Mobility	🚗 Mobility
Introduction to sustainable mobility	**Incorporating sustainable mobility into daily routines**	**The benefits of public transport**

Environment (E)

Carbon Footprint
Introduction to Carbon Footprint

Carbon Footprint
Measuring personal carbon footprint

Carbon Footprint
Renewable energies

Carbon Footprint
Non-renewable energies

Carbon Footprint
Reduction of personal carbon footprint

Carbon Footprint
Carbon footprint scopes

Carbon Footprint
Ways to offset and/or reduce your carbon footprint

Energy efficiency
Saving energy at work

Energy efficiency
Saving energy at home

Energy efficiency
Tips and exercises to form energy-saving habits

Energy efficiency
Saving energy in the kitchen

Consumption at home
Solutions for responsible home and garden consumption

Consumption at home
Introduction and exercises on responsible consumption

Consumption at home
Tips and exercises on sustainable food

Consumption at home
Responsible use of electronic devices

Consumption at home
Sustainability and personal hygiene

Technology
Introduction to cleantech

Technology
Digitalisation and sustainability

Pollution
The different types of pollution

Water
Good water-saving practices at home

Water
Care for the ocean and other bodies of water

Water
Good water-saving practices at work

Social (S)

DEI
Introduction to DEI (Diversity, Equity and Inclusion)

DEI
Introduction and basic concepts on gender equality and equity

DEI
Inclusion of people with disabilities

DEI
Social inclusion of the elderly

DEI
Cultural diversity

DEI
Diversity and LGBTI inclusion

DEI
Eliminating prejudices and stereotypes

DEI
DEI with partners, customers and communities

DEI
Ethnic diversity

DEI
What is accessibility?

DEI
Digital inclusion

Communities / Philanthropy
Sustainable cities and communities

Communities / Philanthropy
Protecting vulnerable groups

Communities / Philanthropy
Corporate volunteering and social action

Human Rights
Introduction to human rights in business

Human Rights
Commitment to respect human rights

Health, safety and well-being
Physical health tips and exercises

Health, safety and well-being
Tips and exercises to build healthy habits
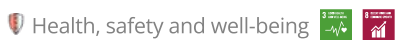
Health, safety and well-being
Health and safety at work / teleworking

Health, safety and well-being
Tips and exercises for digital detox

Health, safety and well-being
Tips and exercises for mental health

D GOOD PEOPLE

Social (S)

Health, safety and well-being
Stress management

Talent
Importance of good leadership

Talent
Flexibility in high-performance ecosystems

Health, safety and well-being
Occupational risk prevention

Talent
People management

Talent
Work-life balance

Talento
Responsible communication

Talent
Self-leadership

Governance (G)

Ethics and integrity
Code of ethics and how to put it into practice

Transparency and compliance
Introduction to corporate transparency

Sustainable economy and finance
What is sustainable finance?

Ethics and integrity
Responsible design

Transparency and compliance
Anti-corruption and transparency

Sustainable economy and finance
What are responsible investments?

Ethics and integrity
What are conflicts of interest?

Transparency and compliance
Triple bottom line

Agreements and regulations
The Paris Agreement

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💼 Governance (G)

💻 Cybersecurity and Data Privacy	💻 Transparency and compliance	🔗 Value chain
Introduction to the General Data Protection Regulation	**Definition and basic concepts of double materiality**	**Human rights in the value chain**

💻 Cybersecurity and Data Privacy	🔗 Value chain	🔗 Value chain
Tips and exercises for digital protection	**Sustainable suppliers**	**Environmental standards in the supply chain**

💻 Cybersecurity and Data Privacy	🔗 Value chain	🔗 Value chain
Cyber hygiene	**Sustainability in the value chain**	**Emissions in the supply chain**

💻 Cybersecurity and Data Privacy
Security and technological responsibility (and new technologies)

🏢 Business verticals

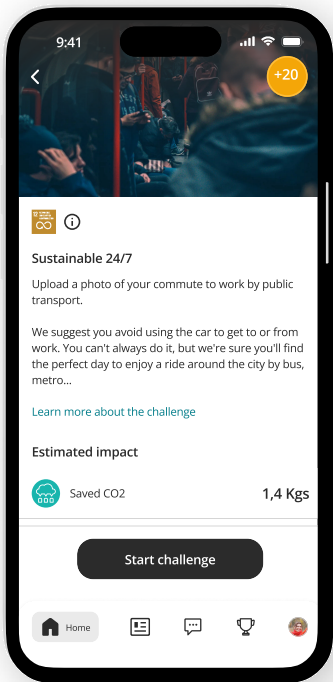| 🏨 Hospitality	🏢 Real Estate
Sustainable practices in the hotel industry	**Real Estate and sustainability**

Examples

Content and challenges

Environment (E)

Direct emissions, can you identify them? ✊

On a daily basis, we all emit greenhouse gases directly or indirectly. Companies and organisations are not exempt from this, which is why we will talk about one of the three emissions that a company generates: Scope 1 emissions.

Like everything in life, there are some things we can control and some things we can control less. Scope 1 emissions are direct emissions, i.e. they are 100% under the control of companies.

These emissions are the result of the operation of the machines used to make the products they manufacture, the heating of the buildings or factories, the fuel consumed by the company vehicles and any other activity that generates these gases.

If you are in an office or factory, look around you, what activities of this type can you identify, and do you think your company's Scope 1 emissions could be reduced?

Some ways to reduce these emissions are: using solar energy, switching company vehicles to electric means of transport, improving ventilation systems in factories, and so on.

But there are two other types of emissions that are very important (and we will talk about this in other content pills 😊): indirect emissions.
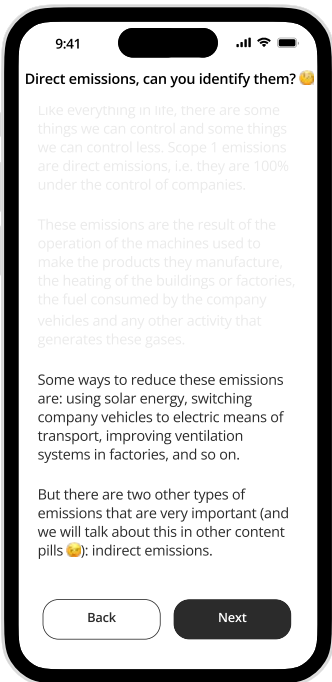
Circular Economy and companies 🔄

Test your knowledge about Circular Economy in companies.

Take the following quiz challenge and earn up to 20 points!

Which of the following statements is a benefit of the circular economy?

A) Use only new products to reduce energy expenditure
B) Making the best use of resources
C) Discard unrepaired products
D) Buy new resources to innovate
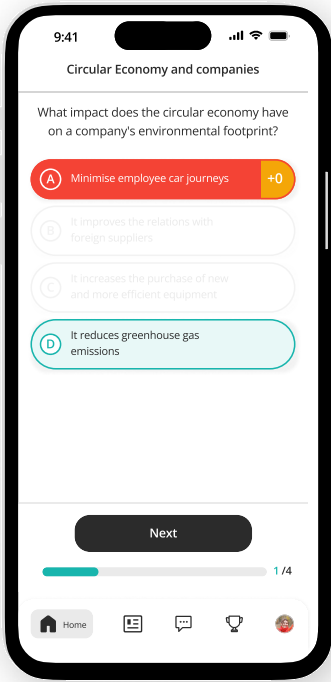
What promotes Circular Economy in the workplace?

A) Programmed obsolescence of products, for greater profitability
B) Importing products to improve the global economy
C) The limited recycling of materials
D) The reuse of resources

One of the main benefits that companies obtain when applying the circular economy is...

A) Reduce supply costs
B) The ability to constantly buy new resources
C) Circular bonds
D) Improve their reputation

What impact does the circular economy have on a company's environmental footprint?

A) It increases the purchase of new and more efficient equipment
B) It reduces greenhouse gas emissions
C) It improves the relations with foreign suppliers
D) Minimise employee car journeys

Social (S)

From generation to generation! 👵

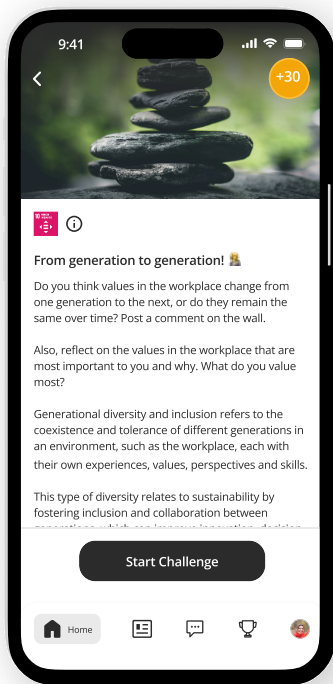Do you think values in the workplace change from one generation to the next, or do they remain the same over time? Post a comment on the wall.

Also, reflect on the values in the workplace that are most important to you and why. What do you value most?

Generational diversity and inclusion refers to the coexistence and tolerance of different generations in an environment, such as the workplace, each with their own experiences, values, perspectives and skills.

This type of diversity relates to sustainability by fostering inclusion and collaboration between

Start Challenge

It's important to talk about this 🗣️

There is increasing talk about the importance of mental health. But why is it so important?
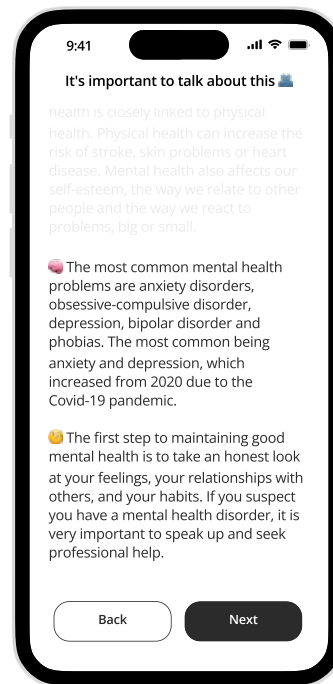
The World Health Organisation (WHO) estimates that 25% of the world's population will suffer from a mental illness at some point in their lives. However, because of the stigma that still persists, it still does not receive the attention it deserves.

🤕 At any age we can be affected by a mental health disorder, as there are many factors that can trigger a mental health problem, such as genes, brain chemistry, trauma, family history and lifestyle (diet, physical activity, substance use, alcohol, etc.).

😌 It's not just about the mind. Mental health is closely linked to physical health. Physical health can increase the risk of stroke, skin problems or heart disease. Mental health also affects our self-esteem, the way we relate to other people and the way we react to problems, big or small.

🧠 The most common mental health problems are anxiety disorders, obsessive-compulsive disorder, depression, bipolar disorder and phobias. The most common being anxiety and depression, which increased from 2020 due to the Covid-19 pandemic.

🤔 The first step to maintaining good mental health is to take an honest look at your feelings, your relationships with others, and your habits. If you suspect you have a mental health disorder, it is very important to speak up and seek professional help.

It's important to talk about this 🗣️

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Workplace safety, a sustainable pillar 🏆

As you have already read in the "Safety at work 🦺" content pill, safety at work is closely related to sustainability. Answer this safety at work quiz challenge and earn up to 20 points.

Climate change has no impact on occupational risks.

True
False

Which of the following is not considered a type of occupational hazard or risk?

A) Physical risk
B) Biological risk
C) Ergonomics
D) Ecology

Which of the following is considered a good practice to promote safety at work?

A) Proactivity
B) Leadership and Commitment
C) Involvement of suppliers
D) Involvement of suppliers

The top management of the organisation must demonstrate a strong commitment to occupational safety and set an example.

True
False

Workplace safety, a sustainable pillar 🏆

Climate change has no impact on occupational risks.

A   True

B   False   +10

Next

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Workplace safety, a sustainable pillar 🏆

Which of the following is not considered a type of occupational hazard or risk?

A   Biological risk   +0

B   Physical risk

C   Ergonomics

D   Ecology

Next

1 /4
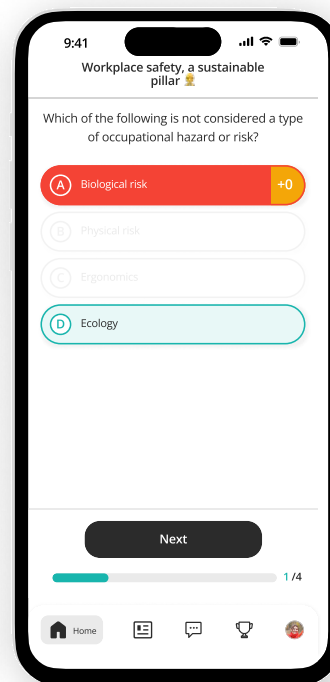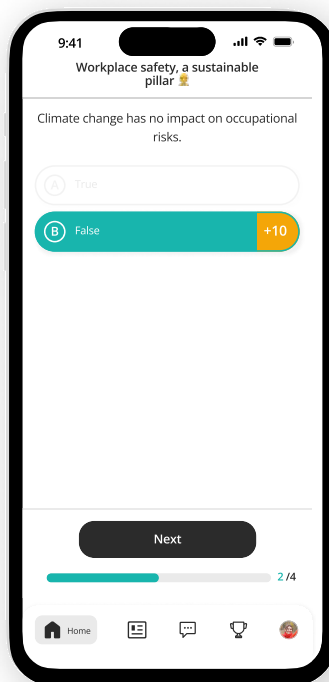
Governance (G)
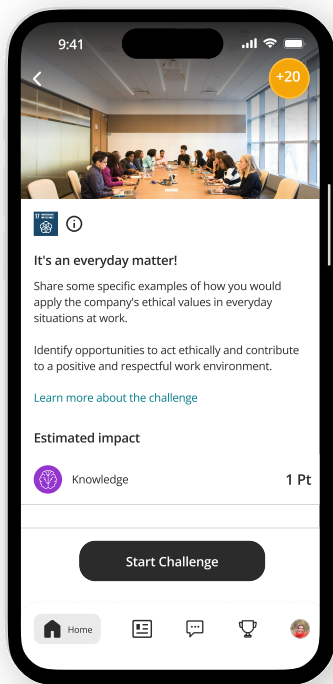
Sustainable value chain 📌

What is the sustainable value chain?

The value chain is the sequence of activities that a company undertakes to deliver products or services to its customers. It is divided into stages and includes many stakeholders such as suppliers, employees and customers. For example, a fruit supplier is part of the value chain of a supermarket. But how is sustainability integrated into this chain?

Sustainable value chains not only improve economic efficiency, but also bring social and environmental benefits. There is a growing pressure from many stakeholders (investors, customers, regulators, etc.) for companies to adopt sustainable practices.

Implementing a sustainable value chain can generate ethical, reputational, economic, social and environmental benefits.

To achieve a more sustainable value chain, a company should start with a self-diagnosis. This involves reviewing its internal practices on environmental, social and governance issues, as well as encouraging responsible sourcing from its suppliers. This analysis will allow the company to define clear objectives and goals to improve sustainability at each stage of the process.

Integrating sustainability into the value chain is a strategy that not only responds to current demands of society, but also strengthens the company's position in the market. Can you think of a stage in your company's supply chain where an improvement could be implemented to make it more sustainable?
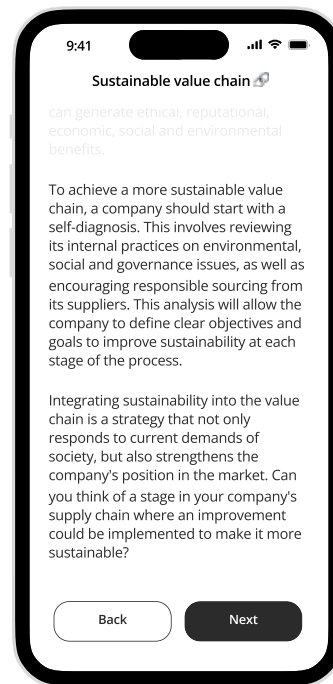
Remote ethics ⌨️

How do you handle ethics in remote work? Do you know how to deal with ethical challenges in remote work? From work-life balance to information security, remote work ethics are very important in organisations that work in this way.

Take the following quiz challenge and earn up to 40 points!

What is a good practice to promote a positive work environment while working remotely?

A) Respect cultural and time differences.
B) Don't collaborate with colleagues from different departments.
C) Exclude colleagues who work from other countries, because they have different working hours.
D) None of the above.

It is an important measure for information security when working remotely.

A) Freely share confidential documents.
B) Use public Wi-Fi networks.
C) Keep your security software up to date.
D) Always leave the session open.

What can improve communication in remote work?

A) Reply to all emails as soon as they are received.
B) Schedule regular video conference meetings.
C) Avoid sharing information with the team.
D) None of the above.

What actions can help preserve data privacy in remote work?

A) Use public Wi-Fi networks to share information.
B) Share passwords with more colleagues at work.
C) Encrypt sensitive documents.
D) Storing confidential information on devices other than work devices.