

## TRANSCRIPT

### OpenLearn confidence task

#### SPEAKER:

We want to take a moment for us all to reflect on where our confidence levels with sustainability are at. This activity is part of a larger confidence Circles activity which has previously been run internally by the Sustainability Office at the Open University. The aim is to give you the space to measure your confidence and by measuring it and quantifying it, you're then able to think about how you can change your score. With that in mind, you can pause the video here for a few minutes whilst reflecting on your responses to the activity. All you have to do is rate on that, the scale one to four, how confident you are at taking action in the context of sustainability.

#### [Text on screen:

- 1: I do not implement sustainability into my practice = **unconfident**
- 2: I would like to implement sustainability into my practice but do not have the opportunity in my work = **slightly confident**
- 3: I occasionally implement sustainability into my practice which might include readings, case studies, assessment questions, reflective exercise, project = **confident**
- 4: I regularly implement sustainability into my practice which might include readings, case studies, assessment questions, reflective exercise, project = **very confident**].

#### SPEAKER:

Now, with your rating in your mind, take a moment to think about the wider knowledge that you might have to change to maintain your confidence score, and think about what it is that you could do to change or maintain that that score.

Think about the types of information or CPD that you might want to access, which colleagues you might want to have a discussion with about how to take actions forward.

Pause the video here and write down some thoughts about what you could do to change or maintain your confidence score.

To finish, we would like you to take a moment to identify two things that you're going to take away from this video. One that you'll do immediately, which could mean directly after watching this or in the next week or so, and another that you would like to have achieved in the next three months. Take a moment to pause the video here and reflect and note down what your responses are.