

Name	THANCS
<b>Methodology</b>	<p>The THANCS method addresses changes in lifestyle via group thinking. The method is structured around three main stages:</p> <ol style="list-style-type: none"> <li>1. <b>Acknowledge</b> the inner tensions connected with a change to a more sustainable lifestyle</li> <li>2. <b>Reflect</b>: participants reflect on the reasons for the tension: why has the tension been triggered and what are the possible solutions</li> <li>3. <b>Communicate</b>: members of the group start discussing together about the different strategies that they have put in place to overcome the challenges outlined. The discussion can be done also in breakout groups</li> <li>4. <b>Developing alternative strategies</b>: participants start discussing around the possibility to held alternative strategies that came out from the discussion and were not considered before</li> </ol>