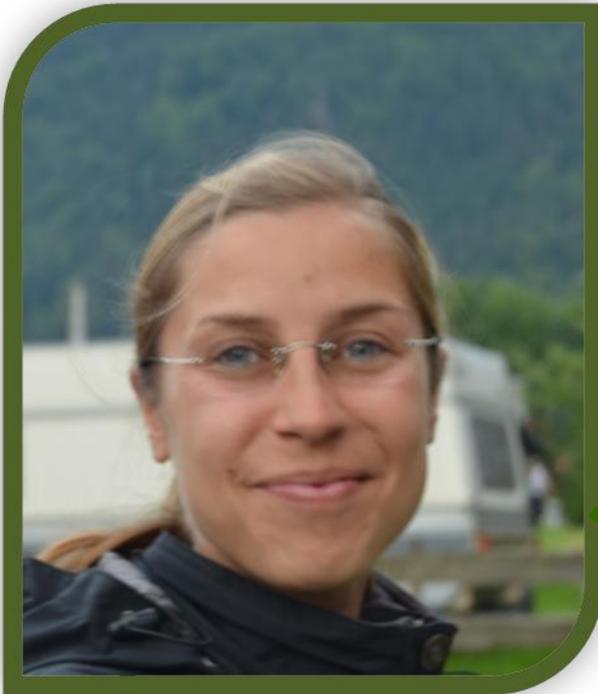


Green Career Profile



Name: Marie Kuhlendahl

Organisation: Psychiatric Centre,
Germany

Job title: Junior Doctor

What I do in my job: *'I work with mentally ill adults in an intensive care unit, giving them medical treatment.'*

The green competences I use to act sustainably in my job are....

- **Caring** about the environment and taking actions to **reduce** my use of resources. There are a variety of ways in which I try to do this:
 - I live about 20 km away from my work place and I travel to work by bike and by train, as I have no car.
 - At work I try to use as little paper as possible. Documentation is mostly in the computer.
 - The computer is shared by about 9 other colleagues, which is also more efficient!
 - I eat in the cafeteria on the working campus, where the meals are also cooked.
 - I try to use the heater only when really necessary and I turn the light, computer, and heater off every evening.

The core values I take into my work are....

- **Benevolence**- As I work in a hospital, it is my opinion that this is the most important core value. I try to really improve the condition of my patients, so that they are able to live their lives outside hospital and go back to work.
- **Respect** - I try to always respect my patients and try to be friendly and honest with them.
- **Individuality**- I give some of my own personality into my work: I show the patients who I am, and allow emotional bonding.

I have been inspired to work sustainably through...

When I spend time with friends who care for the planet and their communities, and take actions to make positive changes, it encourages me to do the same. My parents also taught me the importance of caring for the environment and living in a sustainable way.

Key definitions:

- **Competences** - *The skills, knowledge and understanding, qualities and attributes, sets of values beliefs and attitudes which lead to effective [...] performance in a given context, situation or role.* (Woodall & Winstanley, 1998)
- **Green competences** – *Competences for environmentally and socially sustainable behaviour at work*