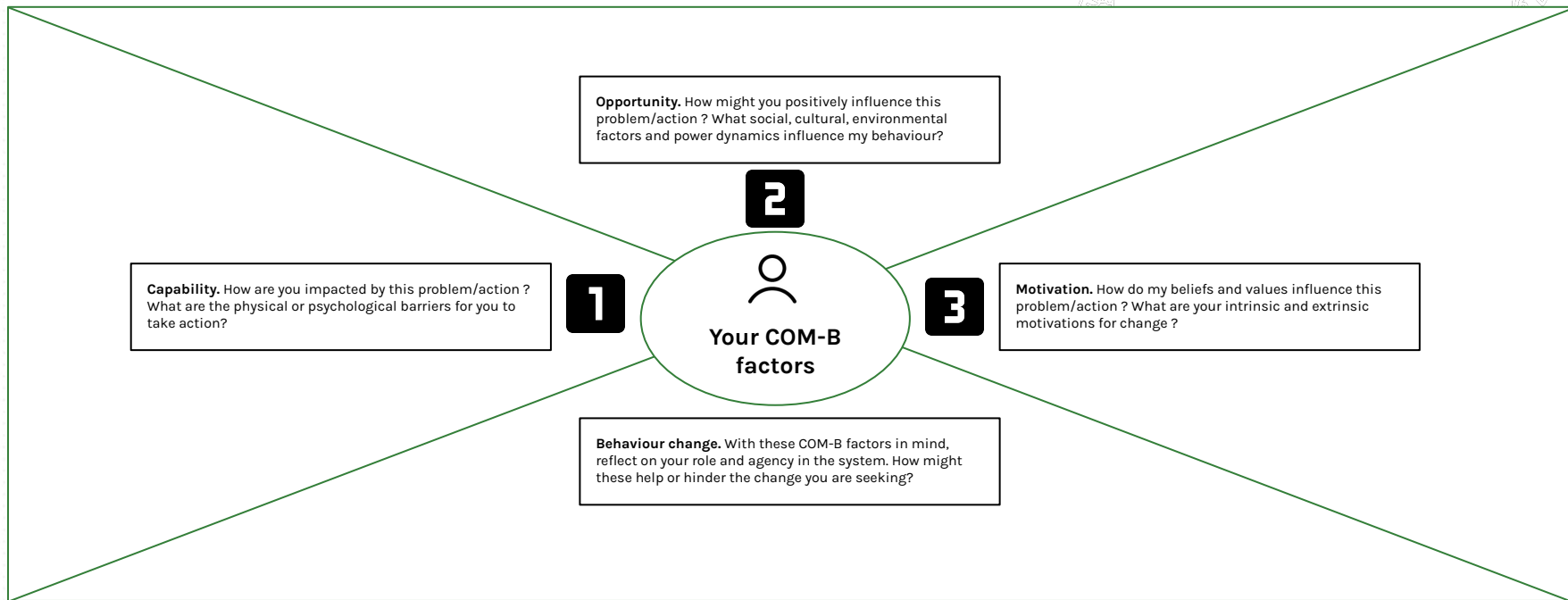


Canvas. Self in the COM-B system

"A systems thinker must recognise the self as an active participant in the system – an element in the complex chain of causality" – (Thibodeau, Winneg et al. 2016).

The COM-B model highlights to change people's behaviour, they need the right levels of 'Capability' and 'Opportunity', along with sufficient 'Motivation'.

Pick one problem statement. What do you see as the biggest problem/action for tackling climate change?



Changing Systems Canvas adapted from McKenzie and Cabaj (2020) with COM-B model from Michie, S., Van Stralen, M. M., & West, R. (2011).



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