

# Why do it?



We all have a role to play to help save energy within our buildings and workplaces. Please take a few minutes to tell us about what could motivate you to do more to save energy and improve environmental performance at work. Your answers will provide critical input to understanding how we can further help our organisations to do better and help keep energy costs affordable for the future whilst being positive for all of us involved. Thank you for your time.

**Where do you work?** Please briefly describe what you do, the type of organisation you work for and your job role, as appropriate

Please circle your ratings for the following possible motivators that may help you save energy at work:

## Supporting the Organisation

	Your liking score					Importance to you?				
	Don't Like		OK		Like	Not at all		Average		Very
1. Being more environmental friendly	1	2	3	4	5	1	2	3	4	5
2. Reducing energy bills	1	2	3	4	5	1	2	3	4	5
3. Enhancing your company's reputation	1	2	3	4	5	1	2	3	4	5
4. Delivering a better overall customer service	1	2	3	4	5	1	2	3	4	5

## Facilitators

5. Training and improved skills for you	1	2	3	4	5	1	2	3	4	5
6. Working on this with colleagues in teams	1	2	3	4	5	1	2	3	4	5
7. Competition between teams	1	2	3	4	5	1	2	3	4	5
8. Financial bonuses	1	2	3	4	5	1	2	3	4	5

## Personal Achievement

9. Greater personal recognition	1	2	3	4	5	1	2	3	4	5
10. Health benefits eg more comfortable workplace	1	2	3	4	5	1	2	3	4	5
11. Personal challenge and fulfilment	1	2	3	4	5	1	2	3	4	5
12. More pride in your job	1	2	3	4	5	1	2	3	4	5

13. How motivated are you to help save energy at work?

Please circle your rating

Not at all      Not sure      Am keen      Very keen

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14. How much do you know about saving energy at work?

Please circle your rating

Nothing      Not much      Some      A lot

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If you have any comments or ideas about challenges, opportunities and barriers to motivating people to save energy at work, please write them all down on the back of this sheet.

Your name:

Email and phone number:

Please provide if you are willing to be contacted or are interested in the results of this research. All responses will be treated in strict confidence.



# Saving energy



Please return your completed questionnaire to Mitchell Rayner by posting it into the **'Why do it?' box** or scan and email it to [raynermt@cardiff.ac.uk](mailto:raynermt@cardiff.ac.uk).

Please don't forget to fill in your name and contact details overleaf if you would like to hear about the results of this research.

Please return to Mitchell Rayner at Cardiff University: [raynermt@cardiff.ac.uk](mailto:raynermt@cardiff.ac.uk)

**Your comments and ideas to help motivate people to save energy at work:**

# Thank you.

This research is being carried out by Mitchell Rayner from Cardiff University supported by ESTA's Behaviour Change Working Group. The results will inform Mitchell's final year thesis dissertation on Personal motivators to save energy in the workplace.

The Energy Services and Technology Association (ESTA) is the UK's leading energy management industry association. With over 30 years' involvement in energy management, ESTA sets the standard for development of the industry. As a trade Association, ESTA's strength comes from its diverse range of quality members coming together with enthusiasm and commitment, sharing our ethos of being the best in our field and leading by example.

