



INNER DEVELOPMENT GOALS

Transformational Skills for Sustainable Development



Why is the progress towards the SDGs so slow?
And what can we do about it?

Founding Partners

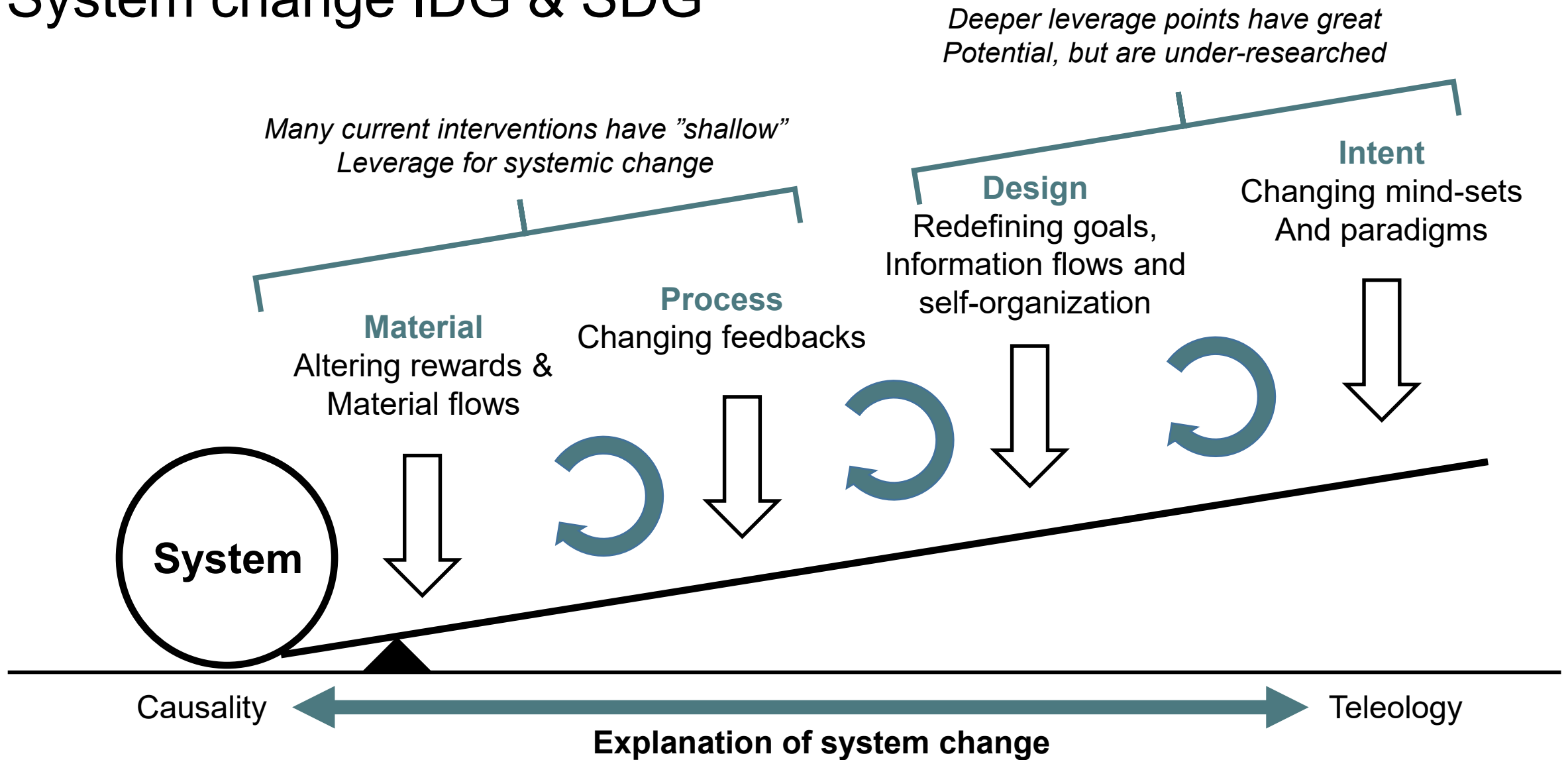
THE NEW DIVISION

Agents of Sustainability



EKSKÄRET

System change IDG & SDG



<https://besjournals.onlinelibrary.wiley.com/doi/full/10.1002/pan3.13>

Founding Partners



EKSKÄRET

Academic Partners



Karolinska
Institutet



LUCSUS
CENTRE FOR SUSTAINABILITY
STUDIES



Founding Partners



EKSKÄRET

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Supporting Partners





1 Being

Relationship to Self

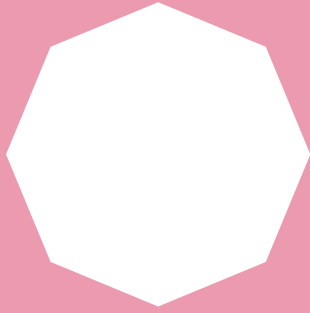
Inner Compass

Integrity and
Authenticity

Openness and
Learning Mindset

Self-awareness

Presence



2 Thinking

Cognitive Skills

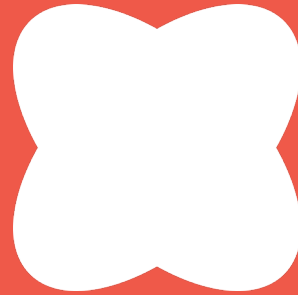
Critical Thinking

Complexity
Awareness

Perspective Skills

Sense-making

Long-term
Orientation and
Visioning



3 Relating

Caring for Others
and the World

Appreciation

Connectedness

Humility

Empathy and
Compassion



4 Collaborating

Social Skills

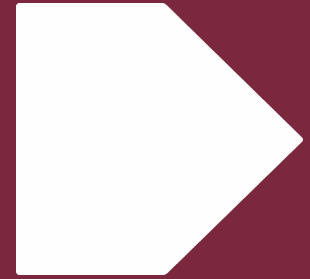
Communication
Skills

Co-Creation Skills

Inclusive Mindset
And Intercultural
Competence

Trust

Mobilization Skills



5 Acting

Enabling Change

Courage

Creativity

Optimism

Perseverance



OPINION | **Klimatkrisen**

Aktuella frågor

"Inre omställning är minst lika tekniska utvecklingen."

27 februari 2023 05:50



The Human Flourishing Program
at Harvard's Institute for Quantitative Social Science

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n Digital Track: The
29, 2022]

The Inner Development Goals



Find a Therapist (City or Postcode)



Tom Oliver

Tom Oliver Ph.D.
Environment and Self-
Identity

Inner Change Climate and B

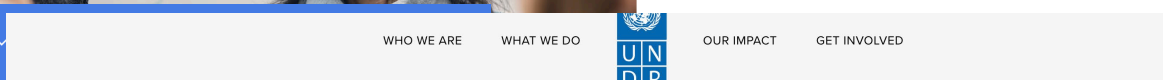
The crucial role of mindset c

Posted April 11, 2023 | Reviewed by Abigail



KEY POINTS

- Addressing environmental crisis or economic challenge.



Cultivating Inner Capacities for Regenerative Food Systems

SEPTEMBER 19, 2022

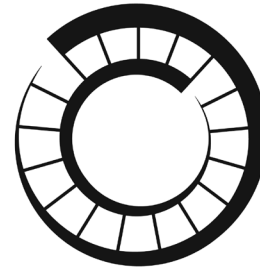
Based on the latest evidence, the Conscious Food Systems Alliance Action Report presents the rationale for the cultivation of inner capacities as a crucial complementary approach to activate food systems transformation. Firstly, it presents the need for a complementary approach to existing solutions to food systems transformation and role of inner barriers in achieving impact through current solutions. It then provides the evidence of the potential of consciousness approaches to unlock food systems transformation, and finally an agenda for action through the Conscious Food Systems Alliance and principles for the cultivation of inner capacities. The report also provides links to a set of case studies showcasing examples of the conscious food initiatives by the CoFSA partners, the Theoretical



Impact House Halland is one of the local hubs



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Transformational Skills for Sustainable Development

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IDG HUB
Since April 2022

We are practicing the skills of the IDGs – in ourselves, with our teams & in our networks.

Let's lab – a short experiment

Turn to your neighbour and pair up.

Longest hair = A, the other person = B

A Start telling something from your life

B Shows no interest! Little/no eye contact, not present etc

Stay in character as if it was a real situation

On my signal – change roles. B tells A!

How were you affected by the other person's lack of interest?

THOUGHTS

"Eh... hello!?"

"Probably not interesting..."

"There's no use trying.."

EMOTIONS

Irritation

Insecurity

Shame

Unease

BEHAVIOUR

Talking louder/faster

More body language

Stopped talking

Lost train of thoughts

Hard to find words

This happens even though we KNOW it's an exercise!

FIGHT – FLIGHT - FREEZE



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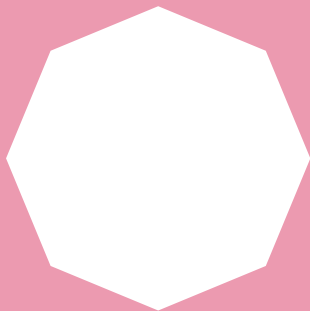
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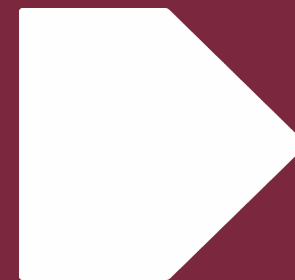
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Being

Relationship to Self

Cultivating our inner life and developing and deepening our relationship to our thoughts, feelings and body help us be present, intentional and non-reactive when we face complexity.



Inner Compass

Having a deeply felt sense of responsibility and commitment to values and purposes relating to the good of the whole.

Integrity and Authenticity

A commitment and ability to act with sincerity, honesty and integrity.

Openness and Learning Mindset

Having a basic mindset of curiosity and a willingness to be vulnerable and embrace change and grow.

Self-awareness

Ability to be in reflective contact with own thoughts, feelings and desires; having a realistic self-image and ability to regulate oneself.

Presence

Ability to be in the here and now, without judgement and in a state of open-ended presence.



Thinking

Cognitive Skills

Developing our cognitive skills by taking different perspectives, evaluating information and making sense of the world as an interconnected whole is essential for wise decision-making.



Critical Thinking

Skills in critically reviewing the validity of views, evidence and plans.

Complexity Awareness

Understanding of and skills in working with complex and systemic conditions and causalities.

Perspective Skills

Skills in seeking, understanding and actively making use of insights from contrasting perspectives.

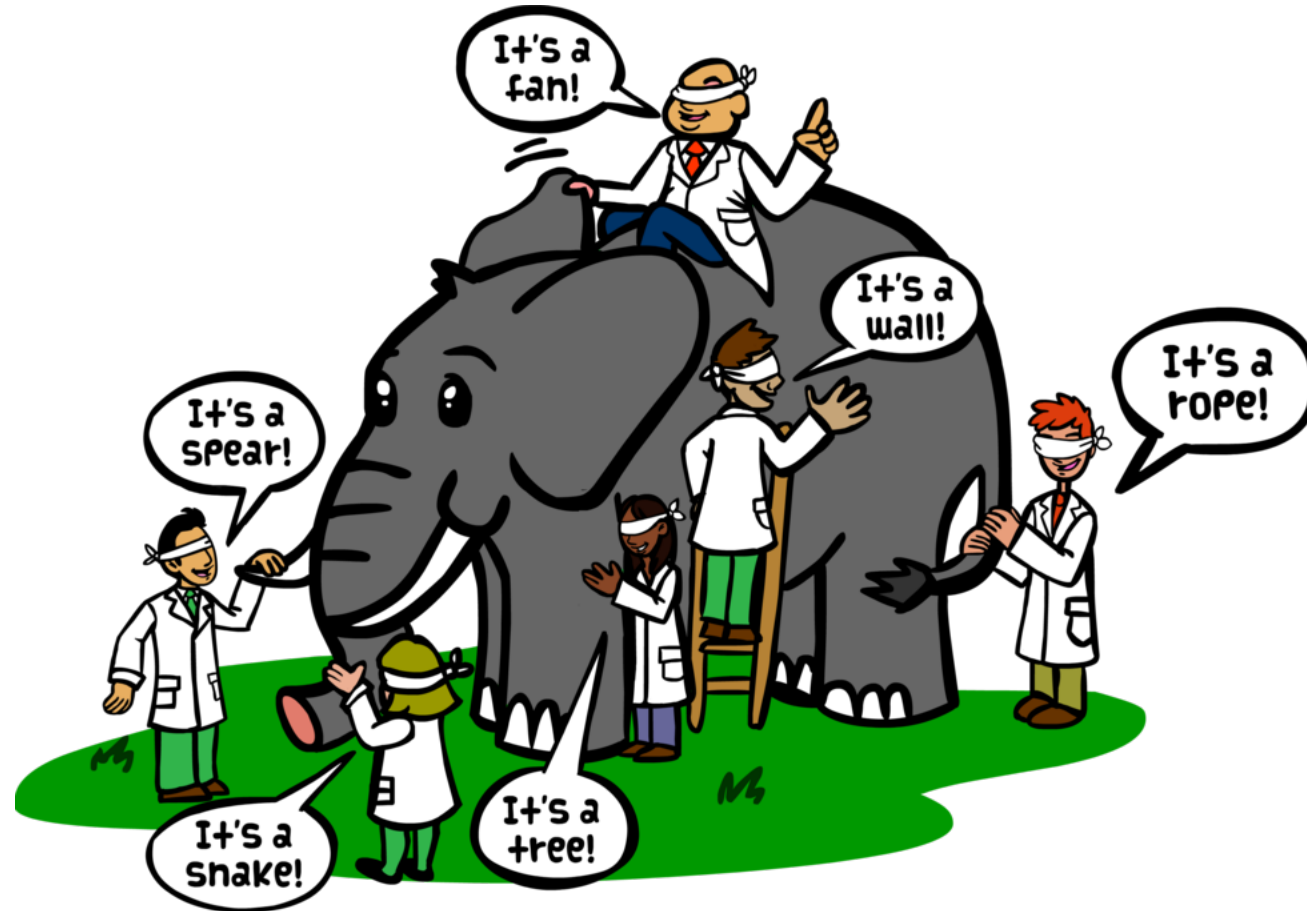
Sense-making

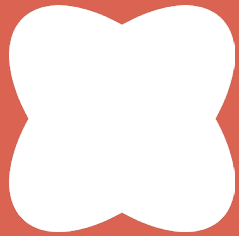
Skills in seeing patterns, structuring the unknown and being able to consciously create stories.

Long-term Orientation and Visioning

Long-term orientation and ability to formulate and sustain commitment to visions relating to the larger context.

Different realities with different perspectives





Relating

Caring for Others and The World

Appreciating, caring for and feeling connected to others, such as neighbors, future generations or the biosphere, helps us create more just and sustainable systems and societies for everyone.



Appreciation

Relating to others and to the world with a basic sense of appreciation, gratitude and joy.

Connectedness

Having a keen sense of being connected with and/or being a part of a larger whole, such as a community, humanity or global ecosystem

Humility

Being able to act in accordance with the needs of the situation without concern for one's own importance.

Empathy and Compassion

Ability to relate to others, oneself and nature with kindness, empathy and compassion and address related suffering.



Collaborating

Social Skills

To make progress on shared concerns, we need to develop our abilities to include, hold space and communicate with stakeholders with different values, skills and competencies.



Communication Skills

Ability to really listen to others, to foster genuine dialogue, to advocate own views skillfully, to manage conflicts constructively and to adapt communication to diverse groups.

Co-creation Skills

Skills and motivation to build, develop and facilitate collaborative relationships with diverse stakeholders, characterized by psychological safety and genuine co-creation.

Inclusive Mindset and Intercultural Competence

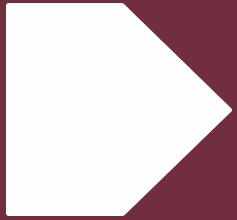
Willingness and competence to embrace diversity and include people and collectives with different views and backgrounds.

Trust

Ability to show trust and to create and maintain trusting relationships.

Mobilization Skills

Skills in inspiring and mobilizing others to engage in shared purposes.



Acting

Enabling Change

Qualities such as courage and optimism help us acquire true agency, break old patterns, generate original ideas and act with persistence in uncertain times.

Courage

Ability to stand up for values, make decisions, take decisive action and, if need be, challenge and disrupt existing structures and views.

Creativity

Ability to generate and develop original ideas, innovate and being willing to disrupt conventional patterns.

Optimism

Ability to sustain and communicate a sense of hope, positive attitude and confidence in the possibility of meaningful change.

Perseverance

Ability to sustain engagement and remain determined and patient even when efforts take a long time to bear fruit.



Jan Eliasson

A man who masters the IDGs



BEING – THINKING – RELATING – COLLABORATING - ACTING

Inner Development Goals for Global Sustainability Goals



How to engage with the IDGs

Open source, free for everyone to use

Impact House - local IDG hub

Impact Morning Bite by Coompanion at Impact House.

www.impacthouse.se/aktiviteter

Global events

April 27th – IDG Gathering

October 11-12th IDG Summit Connecting the dots

More information & Inspiration

www.innerdevelopmentgoals.org

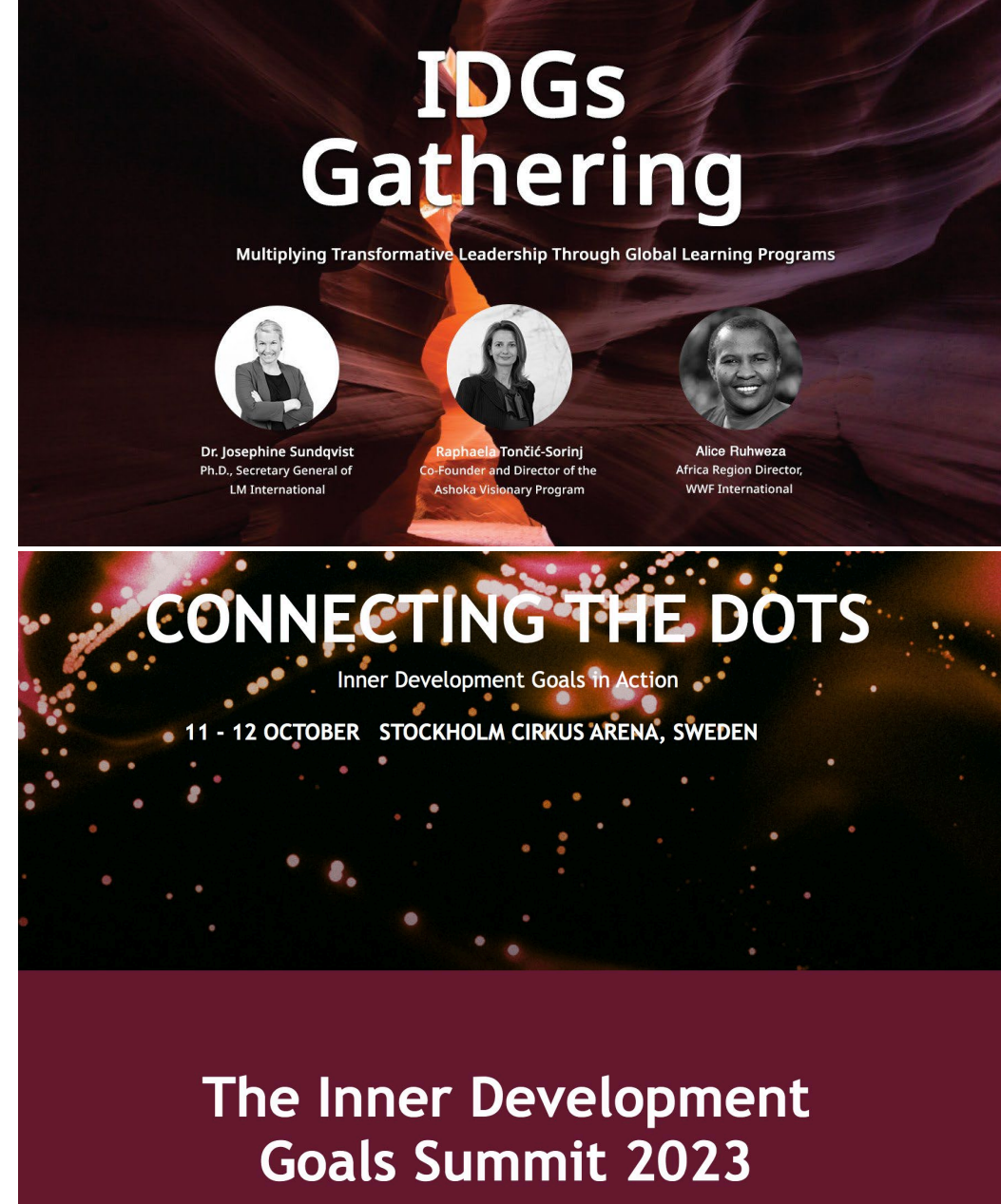
idg.tools/

idg.community/

www.linkedin.com/groups/9109365/

Get in contact

Jenny.@autencia.se - 070-311 65 16 - LinkedIn



Partner with the IDGs

<https://www.innerdevelopmentgoals.org/>



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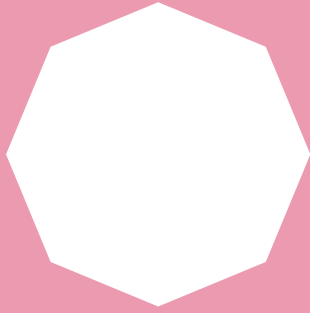
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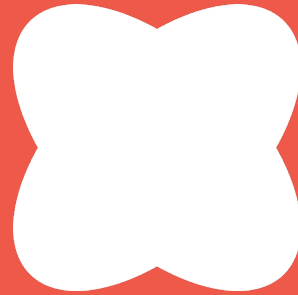
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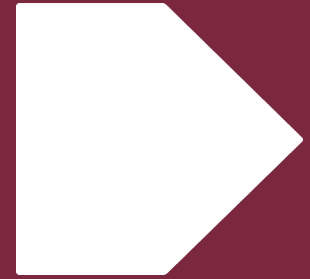
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THANK YOU!
Jenny@autencia.se