



## Inner Green Deal Journey

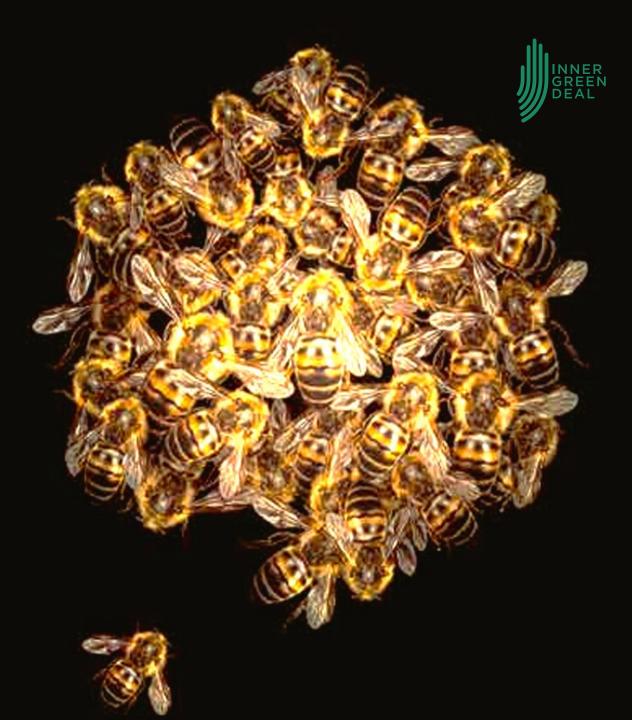
mindfulness-based sustainable transformation

Liane Stephan

#### "We need to have a much bigger lens-we need to be protecting entire ecosystems of biological life...

- We are because the earth is.
- We are because the trees are.
- We are because the oceans are.
- We are because the honeybees are."

Charles Eisenstein





# The Inner Green Deal



## Inner

Transformation starts from within ourselves and from within the communities and the organisations that we are part of.

## Green

Re-connecting with nature is reconnecting with ourselves and with others fostering a green and just society.

# Deal

Committing fully to regenerative change through collaboration and community building.

**INNER GREEN DEAL JOURNEYS** Mindfulness-based sustainable transformation 6-8 module programs for inner-outer development 6

# Goals of the Inner Green Deal Journey`s



Linking inner development with outer sustainable action



UNDERSTAND

- Understanding how mindfulness-based interventions can bridge the knowing-doing gap for a regenerative future
- Deep understanding of individual and collective habits, and mindset changes for systemic shifts.
- ✓ Identifying the root cause of the current predicament



- ✓ Re-connect with yourself, others & nature
- Discover your calling and role in sustainable transformation
- Connect with like-minded changemakers from across the world
- Link the dot's within the Ecosystems

### **CULTIVATE** NNER CAPACITIES

- Recognizing inner capacities, worldviews, and values as key for systems change.
- ✓ Cultivating inner capacities like compassion, courage, agency or awareness...
- ✓ Overcoming biases and blockages
- Embracing eco-anxiety and building resilience.
- Integrating the IDGs in life and work

#### COLLABORATE ON SUSTAINABILITY INITIATIVES

- Practicing compassionate & radical collaboration
- Launching concrete projects (Handprint Approach vs. Footprint Approach)
- Learning storytelling to inspire ecosystem members to shift their ways of being, relating, thinking, and acting

## Inner Green Deal Journey



Nature Walks & Explorations Biomimicry

individual, collective & systems change

Systems Thinking, Sensing and Feeling Systemic Action System Dynamics Science Informed Behavioural Science Neuroscience Psychology Ecology

> Wisdom-Tradition Rooted Contemplative Practices Indigenous Traditions Mindfulness/MBSR

## Inner Green Deal Journey

mindfulness-based sustainable transformation/2hrs each session



Session 1 **Getting Started** Our shared

Space

Session 2

The Awake Mind Gratitude

Session 3

**Emotions matter** Self-compassion

My Calling, Role & Contribution

Environmental Compassion

#### **Inner Development Goals**





• Session 4



**Nature Walks** Handprint Project

- - Session 5

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Self Efficacy & Systems Thinking, Sensing &

Feeling Open Awareness, Sensing into the system

 Session 8 Integration

Meditative Journeyreflection

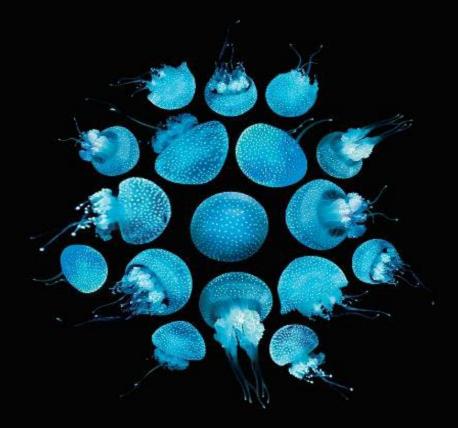
• Session 7

Storytelling & Acting

Warrior Practice – Acting with Presence and Tenderness Session 6

Collaboration within Ecosystems Deep listening to the inner and outer





## Surveys

Qualitative data collection and analysis based on

- surveys (pre/post);
- participatory observation
- group discussions (in class and on learning platform)
- Reflections on modules
- Interviews

### STRENGTHENING of inner dimensions Results from IGD programs (sum of moderate + significant increases)



| IDG Dimensions   | Teacher Training<br>(1-year) | IGD Journey open<br>(8 week program) | UNDP-CoFSA<br>(6-modules) |
|--|------------------------------|--------------------------------------|---------------------------|
| <b>BEING</b> Qualities<br>(Values, Autheticity, Openness, Self-Awareness, Presence)                              | <b>96</b> %                  | 93%                                  | <b>92</b> %               |
| THINKING QUALITIES<br>(Critical Thinking, Perspective Skills, Sense Making, Long-Term<br>Orientation and Vision) | <b>76</b> %                  | <b>79</b> %                          | <b>76</b> %               |
| <b>RELATING</b> QUALITIES<br>(Appreciation, Connectedness, Humility, Empathy & Compassion)                       | <b>92</b> %                  | 93%                                  | 90%                       |
| <b>COLLABORATING</b> Qualities<br>(Appreciation, Connectedness, Humility, Empathy & Compassion)                  | 88%                          | 86%                                  | <b>78</b> %               |
| ACTING Qualities<br>(Courage, Creativity, Optimism, Perseverance)  | 88%                          | <b>71</b> %                          | <b>75</b> %               |
|  |                              |                                      |                           |



## Thank You!

## **Inner Green Deal Resources**

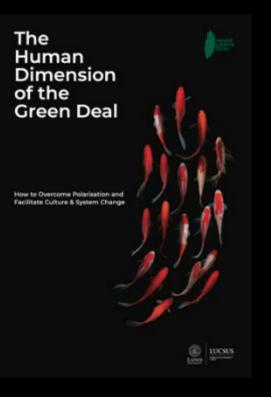
In collaboration with Lund University

### Podcast



#### White Paper

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### Research

#### Climatic Change (2004) 12714 Migrat/Malang/12/1071/12/0404 02/3 (53016-5

#### Revolutionising sustainability leadership and education: addressing the human dimension to support flourishing, culture and system transformation

#### Christine Wansler<sup>1</sup> 🗭 - Custes Osberg<sup>1</sup> 📮 - Arcen Jenes<sup>1</sup> - Liane Stephen<sup>1</sup>

Received: 1 Jane 2020 ( Acopted: 1 Neveraley 1920 / Published online: 19 Secondary 2020 ) D Taylor Backs 2029

#### Alistract

Respect shows that today's sociaral crises are recard in a lack of connection to ourselves. others and nature. At the same time, there is an increasing body of knowledge showing that humany possest instancepticities for connection that can be crompthered through certainmethods, and throughout our lifetimes. Such methods have, so far, hervever, been muchanolisi, or adapted to the context of costainability leadership and education. Critical coalilative analyses and empirical evidence that would help to understand it, and how, related interventions can support sustainability outcomes across scales are sastly larking. The present study addressen this gap. It combines global leadership programs that atm to normal-inner development and accelerate work towards the Statisticable Development Gasle. Morespecifically, it systematizes the qualitative impacts and learnings from a Climate Leadesship Pregram for policy and decision makes (e.g. the European Commission) that provided the basis for co-developing doubler programs for the United Nations Development. Program, the Low Development Goals Initiative, and the Inner Green Deal. The findingsdemonstrate how austainability leadership and education can become a vehicle for transformilies, if certain principles are in place. They inguight the importance of addressing the entalpoinal, epistemological and pushs dimensions of inter-outer transformation to response participants to chatterage associatable social gravitynes and enable there to systemptically mainstream the consideration of inner potential and capacities into existing caltures, mechanisms and structures. Our indingy advance knowledge on the complex intersection between custainability, inner development and transformation, and set a preaedent fast other intining institutions could follow or learn from.

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**LUCSUS** 

CENTRE FOR SUSTAINABILITY STUDIES You want to participate in the next open Inner Green Deal Journey, *mindfulnessbased sustainable transformation*?

Program starting on April 30<sup>th</sup>, 2025

Mindfulness-Based Sustainable Transformation - Inner Green Deal



INNER GREEN DEAL

You want to become an Inner Green Deal Journey Facilitator? Our second oneyear cohort will start in September 2025!

Please contact: info@innergreendeal.com

March 7, 2025 Liane Stephan \_ Inner Green Deal NGO





Thank you for your kind attention. If you want to contact or have further questions?: Liane.Stephan@innergreendeal.com