



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

Goals of the Inner Green Deal Journey`s

Linking inner development with outer sustainable action



UNDERSTAND INNER-OUTER

- ✓ 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



CONNECT TO YOURSELF, OTHERS AND NATURE

- ✓ 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 INNER 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



Inner Green Deal Journey

mindfulness-based sustainable transformation/ 2hrs each session



Inner Development Goals



Nature Walks

Handprint Project

○ Session 1
Getting Started

*Our shared
Breathing
Space*

○ Session 2
The Awake Mind

*Gratitude
for body and
environment*

○ Session 3
Emotions matter

*Self-compassion
for serving the
world*

○ Session 4
My Calling, Role & Contribution
Environmental Compassion

○ 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*

○ Session 5
Self Efficacy & Systems Thinking, Sensing &
Feeling
Open Awareness , Sensing into the system



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



Thank You!

Inner Green Deal Resources

In collaboration with Lund University

Podcast

Podcast Season 3 Episode 5

The path to inner and outer development
with Jan Artem Henriksson of the Inner Development Goals



Podcast Season 1 Episode 6

What role do mindsets play in sustainability and climate action?

Prof Christine Wamsler
Lund University



Podcast Season 4 Episode 4

Learning from our rivers
Li An Phoa
Drinkable Rivers



Podcast Season 4 Episode 10

Shaping Tomorrow: Regenerative Cultures and Systemic Change
with Daniel Christian Wahl





[LINK](#)

White Paper

The Human Dimension of the Green Deal

How to Overcome Polarisation and Facilitate Culture & System Change






[LINK](#)

Research

The role of leadership in the Green Deal
https://doi.org/10.1007/s11367-021-00588-6

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

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Abstract
Research shows that today's societal crises are rooted in a lack of connection to ourselves, others and nature. At the same time, there is an emerging body of knowledge showing the human potential to take effective action to address them at the individual, through certain methods, and through, for instance, block methods. However, so far, however, been rarely applied, or aligned to the context of sustainability leadership and education. Critical qualitative analyses and empirical evidence from a world body to understand it, and how, related interventions can support sustainability education across scales are costly. Taking the present study address this gap, it contains global leadership programs that aim to address these development and academic needs through the Sustainable Development Goals. More specifically, it systematizes the qualitative impacts and learnings from a Climate Leadership Program for policy and development (e.g., the European Commission) that provided the basis for co-developing similar programs for the United Nations Development Program, the Sustainable Development Goals, and the Inner Green Deal. This findings demonstrate how sustainability leadership and education can become a vehicle for mainstreaming of certain practices and in place. They highlight the importance of addressing the ontological, epistemological and praxic dimensions of human-system transformation to empower participants to challenge unsustainable social conditions and enable them to systematically mainstream the consideration of inner potential and capacities into existing cultural, institutional and structures. Our findings address knowledge on the complex inter-connections between individuals, the inner development and their flourishing, and on a possible future learning institutions could achieve or aim for.

Keywords Behavioral change · Climate anxiety · Change climate · Climate policy · Climate policy implementation · Change climate · Inner development · Inner leadership · IGD · IGDCT · Mindfulness · Nature connection · Paradigms · Well-being

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Springer



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CENTRE FOR SUSTAINABILITY STUDIES

[LINK](#)

You want to participate in the next open Inner Green Deal Journey, *mindfulness-based sustainable transformation?*

Program starting on April 30th, 2025

[Mindfulness-Based Sustainable Transformation - Inner Green Deal](#)

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

Please contact:
info@innergreendeal.com



Thank you for your kind attention.
If you want to contact or have further questions?:
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