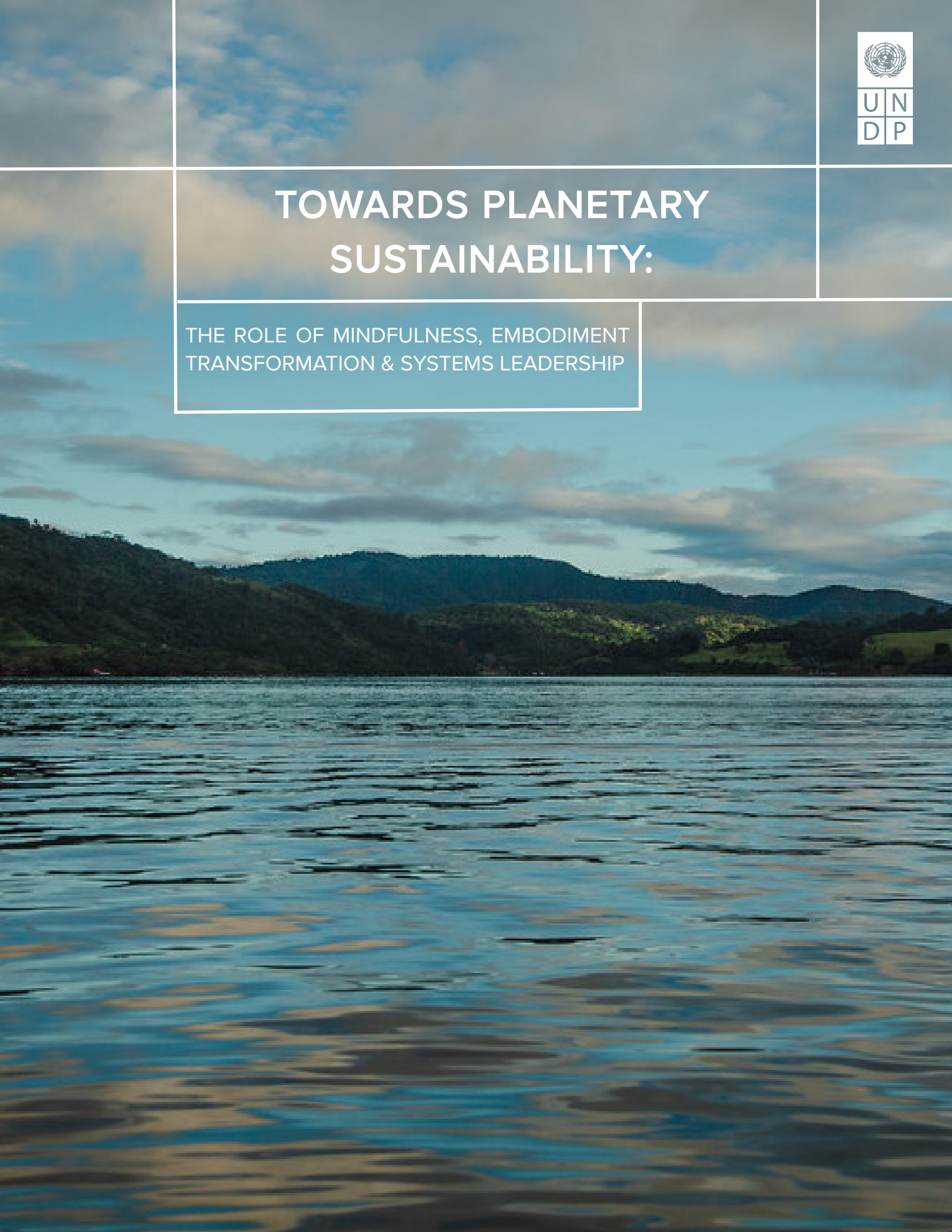




UN
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TOWARDS PLANETARY SUSTAINABILITY:

THE ROLE OF MINDFULNESS, EMBODIMENT
TRANSFORMATION & SYSTEMS LEADERSHIP



We are very pleased to offer this series of online events for the Nature Climate and Energy team, Bureau for Policy and Programming Support (BPPS) running from July to October 2020

Background

The world is full of incredible nature and a unique place to support humanity. Unfortunately, the earth is facing difficult times with climate change accelerating, loss of nature continuing and poverty still rampant. The reality is that while there are solutions for society to become sustainable - we can stop deforestation, we can produce more food - the problem is that people who make the decisions don't want to bring about change because the way the current system is, works for them, for the economics, for their social stature, for their position of power and privilege. If those of us interested in change can increase our ability to understand, connect and coordinate with these decision makers and help them feel more and see anew, they could connect with humanity as part of a collective whole, more than their individual self needs, and we can have a bigger impact on the world.

Traditional and conventional approaches for convincing people have not been effective as we are using language, arguments and tools that are part of the system that created the problems, with a focus on individual needs, rather than collective. Now is the time to shift the discourse and help individuals connect with their humanity, society and our planet. This means bringing emotional awareness, better ways of relating and systems leadership into the conversation and into practice.

Society needs to take better care of our planet, and this can only be a collective effort. If individuals are more caring and connected, then society can change and improve its relationship with the planet. Transformation starts with the individual, brings together communities, and changes system when people can coordinate around a strong purpose. The recent uprisings around the world to stop racism are an example of this. So in addition to all the efforts so far to change how our societal systems value our planet, we see that now is the time and the opportunity to introduce new ways of seeing, thinking and feeling so individuals can act with more power in society, with more awareness, care, and commitment towards themselves, colleagues, partners and decision-makers influencing the future of our planet.

Only when we can better cultivate constructive thoughts and emotions and challenge our unhelpful mental patterns and embodied habits, can we engage differently and cocreate with others. As sustainability leaders, we need to become more present in the moment, more compassionate, on purpose, flexible, more bold, more emotionally aware and less stressed, frustrated and protective of our agendas. It is these ways of being that will allow us to cocreate a new more positive future for us and our planet. They will increase the efficacy of the technical solutions we have promoted without sufficient success for decades.

With new approaches anchored in an expanded human perception and individual transformation on purpose, maybe we can help decision makers see and experience different ways. By connecting deeper with themselves, and with others, they can make different decisions. Key to this is the practice of mindfulness, embodied transformation and systems leadership.

With this understanding on where we are at in the world, we are offering an introductory online series from experts in their fields. This is an opportunity to open a space for us to be inspired by, absorb and internalize new approaches to thinking, feeling, being and acting.

SESSION 1 - July & August 2020

- Lead by renowned Buddhist monk and author Gelong Thubten, this global thought leader will share the philosophy and practical application of mindfulness, to help bring about new approaches to planetary sustainability.
- There will be practical guidance on how best to integrate mindfulness practices into one's daily life and work.

SESSION 2 - Sept 2020

- This introduction to the power of embodied transformation will give participants the opportunity to practice, and to discover how our bodies are key to inspiring trust and galvanizing people into purposeful action.
- Participants will gain an understanding of how working with the body can truly help us transform individually, and how it significantly shifts how we connect with others, building team capacity quickly and increasing our ability to collaborate, coordinate, inquire and have impact.
- Facilitated by Staci. K Haines, Director of Methodology at the Strozzi Institute. The Strozzi Institute has developed and delivered innovative programs in leadership development and team building for over 30 years in diverse environments including Fortune 100 companies, nonprofits, start-ups and the government sector with additional expertise in movement building for social and environmental justice sectors.

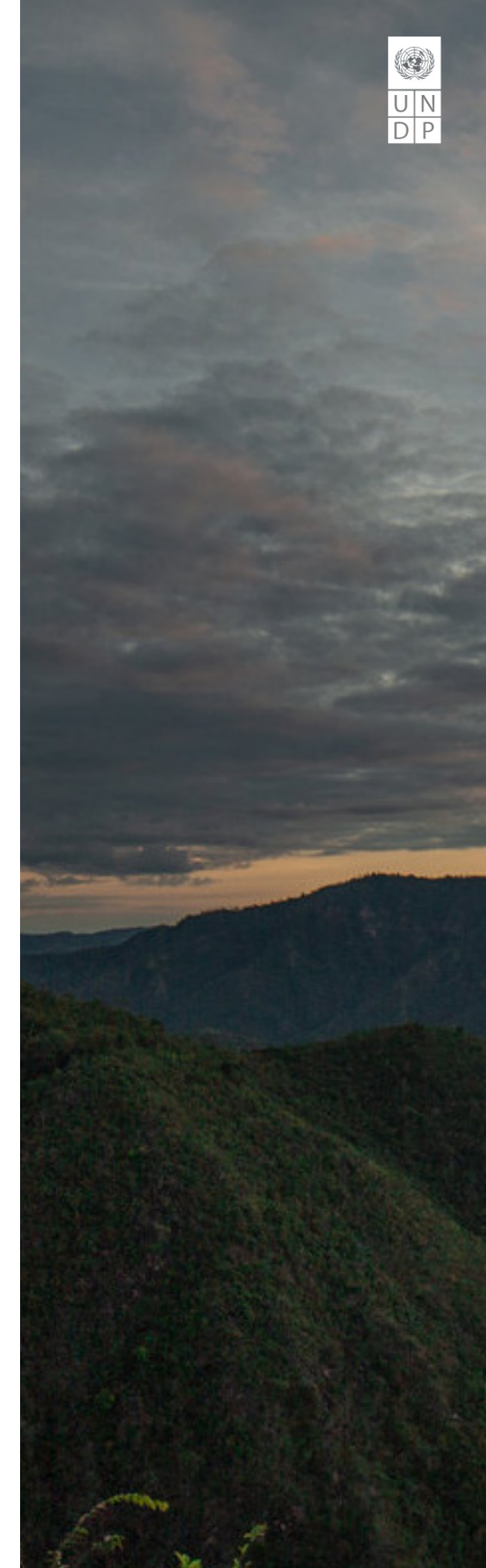
SESSION 3 - October 2020

- Participants will develop awareness and insight into systems leadership as an enabler of multi-stakeholder collaboration initiatives. They will gain perspectives on Systems Intelligence as the next leadership essential after Emotional Intelligence.
- Participants will explore how mindfully grounding in the natural intelligence of the body - head, heart and gut - empowers systems intelligence.
- This will be led by Leadership Coefficient, who specialises in programmes that grow capability in systems thinking in leadership in order to deepen collaboration.

SESSION 4 - Nov 2020

- Participants will experience mindfulness and compassion practices that support the mind and nervous system to rest and settle – an important capacity that helps development and humanitarian professionals to show up as their best selves and stay engaged long term without burning out.
- Participants will explore the connection between individual states of mind and body, and the work they do every day in their programs and institutions. The impact of self-awareness and inner work on broader organizational and social systems.
- The session will be facilitated by Jane Chun, Program Director at the Compassion Institute. CI originates from the Stanford Neurosciences Institute and is a leader in compassion advocacy and education.

To register for the series please contact aleksandra.atallah@undp.org



SESSION 1

Gelong Thubten

The Role of Mindfulness.

9-11 am Panama Time. Thursday 30 July 2020.

Lead by renowned Buddhist monk and author Gelong Thubten, this global thought leader will share the philosophy and practical application of mindfulness, to help bring about new approaches to planetary sustainability.

By participating in this session you will get to practice with Gelong Thubten live, and take away practice guidance on how to best integrate mindfulness practices into one's daily life and work.

Mindfulness practice is a non-religious form of meditation training. It can greatly reduce stress, as well as enhance mental focus and motivation. It helps to improve communication skills and relationships through building a sense of compassion, as well as promoting clear listening and understanding of other people's points of view. Practising mindfulness can help us to become more in charge of our own thoughts and emotions, thus becoming less reactive and more wisely responsive even in the most delicate and stressful situations.

Today many see mindfulness as mental fitness training for leaders and complex problem solvers. It is something to be practised at home but also on a moment to moment basis throughout the day, thus integrating its power into everything we do. Notable benefits range from enhanced creativity, reduced stress, more focus, greater influence, increased compassion and the ability to generate more trust. Neuroscientists have shown that mindfulness can literally rewire our brains and helps us think outside of the box. Given the mounting evidence, it's easy to see why leaders around the world are looking to practices of mindfulness as a way to help them realize their goals and overcome some of the world's most pressing challenges.

Speaker

Gelong Thubten is a world pioneer in the mindfulness movement. He became a Buddhist monk 26 years ago, and his training has included spending over 6 years in strict, isolated meditation retreats. He has been trained by some of the world's greatest masters of meditation. He specialises in teaching mindfulness internationally, in businesses, hospitals, schools, universities, prisons and addiction counselling centres, and he gives keynote speeches at major events around the world, most recently with UNDP at the Good Growth Conference in Lima, Peru. He has been teaching for over 20 years. He works with major clients such as: Google, LinkedIn, Lloyds Bank, Barclays Bank, Deutsche Bank, Siemens, Deloitte, Accenture and Clifford Chance. He designs and delivers mindfulness training programmes to medical students, provides training to government departments and has lectured at Oxford University. He is a Sunday Times bestselling author with his recent book 'A Monk's Guide to Happiness – Meditation in the 21st Century', and he is regarded today as one of the UK's most influential meditation teachers.

More information can be found at www.gelongthubten.com

Schedule

00:00 – 00:10 Welcome & Introduction

00:10 – 01:10 Introduction and guided practice to Mindfulness

01:10 – 01:40 Q&A / Participatory Discussion

01:40 – 02:00 Final Reflections & Closing

SESSION 2

Staci K. Haines

The Power of Embodiment in transforming self, teams, communities, and systems.

9am Panama Time. Wednesday 16 September 2020.

This introduction to the power of embodied transformation will give participants the opportunity to practice, and to discover how our bodies are key to inspiring trust and galvanizing people into purposeful action.

Participants will gain an understanding of how working with the body can truly help us transform individually, and how it significantly shifts how we connect with others, building team capacity quickly and increasing our ability to collaborate, coordinate, inquire and have impact

KEY TOPICS

- The power of embodied transformation
- How the body is key to relating and coordinating better with others.
- Working in and with collective bodies to have an impact and transform systems.

Facilitated by Staci. K Haines.

Staci K. Haines is a national leader in the field of Somatics, specializing in intersecting personal and social change. She has worked extensively with organizational leaders, including corporate executives, non-profits, and social entrepreneurs. She is a senior teacher at Strozzi Institute and the Director of Methodology, having studied and worked with [Strozzi Institute](#) since 1995.

Staci is the co-founder of generative somatics, a multiracial social justice organization bringing somatics to social and environmental justice leaders, organizations, and alliances. She is also the originator of Somatics and Trauma, and leads courses teaching psychologists, social change leaders, and other practitioners to effectively transform the impact of individual and social trauma and violence. Author of *The Politics of Trauma: Somatics, Healing and Social Justice* (North Atlantic Press 2019) and *Healing Sex: A Mind Body Approach to Healing Sexual Trauma* (Cleis 1999, 2007). Lastly, Staci is the founder of generationFIVE, a community leadership organization whose mission is to end the sexual abuse of children within five generations.

Somatics (aka embodied leadership)

A holistic change theory and leadership practice that understands both personal and collective transformation from a radically different paradigm. Somatics understands both the individual and collective as a combination of biological, evolutionary, emotional, and psychological aspects, shaped by social and historical norms and adaptive to a wide array of both resilient and oppressive forces. All of this gets embodied through both resilience and survival strategies, and social and cultural practices become “shapes” or embodied worldviews, habits, ways of relating, automatic actions and non-action. What we embody becomes familiar, “normal,” and habitual, even “feels” right...even when what we embody may not match up with our values or vision. Then, what we embody connects to our identity and how we see ourselves.

Somatics is a path, a methodology, by which we can embody transformation, individually and collectively. Embodied transformation is foundational change that shows in our actions, ways of being, relating, and perceiving. Some clients tell us it’s like ‘mindfulness on steroids.’ It is transformation that sustains over time. Somatics is NOT adding a “body-based” exercise to psychotherapy or organizational settings, or solely “bringing your attention to your bodily sensations.” In the mainstream West we fundamentally live in a disembodied set of cultural practices, and the distinctions around body-based work can get rather sloppy. Anything that has to do with the body can get called “somatics.” Somatics pragmatically supports us to align our values and actions. It helps us to develop depth and the capacity to feel ourselves, each other, and life around us. Somatics builds in us the ability to act from strategy and empathy, and teaches us to be able to assess conditions and “what is” clearly. Somatics is a practice-able theory of change that can move us toward individual, team, and community purpose and performance. Somatics works through the body – and the body of a team - engaging us in our thinking, emotions, commitments, vision and action.

About the Strozzi Institute

Strozzi Institute is recognized for developing leaders that inspire trust and galvanize people into purposeful action. This work builds team capacity quickly and increases their ability to collaborate, coordinate, inquire and have impact. We have unique mastery in somatics and embodied leadership and have developed and delivered innovative programs in leadership development and team building for over 30 years in diverse environments including Fortune 100 companies, nonprofits, start-ups and the government sector with additional expertise in movement building for social and environmental justice sectors. Some of these organizations include, 1% for the Planet, Autodesk, Dropbox, EQ Office, Google, NASA, NATO, Global Women’s Leadership Network, and Twitter. We have a strong commitment to our clients and hold their visions and concerns as if they were our own.

SESSION 3

Jane Weber and Anna Leong

Systems Leadership: applying systems intelligence to drive impact and results in multi-stakeholder, complex systems.

October 2020.

Participants will develop awareness and insight into systems leadership as an enabler of multi-stakeholder collaboration initiatives. They will gain perspectives on Systems Intelligence as the next leadership essential after Emotional Intelligence. Participants will explore how mindfully grounding in the natural intelligence of the body - head, heart and gut - empowers systems intelligence.

Key Topics

- Systems thinking as a critical leadership mindset
- What systems leadership in action looks like
- The conditions for systems leadership to happen
- Being present and mindful to access the natural intelligence of the whole body to enhance systems intelligence
- How to bring the learning back to your work to create immediate impact

About Leadership Coefficient

Leadership Coefficient specialises in programmes that grow capability in systems thinking in leadership in order to deepen collaboration. We support diverse groups of stakeholders to work together towards common goals, harnessing the talents and insights of each leader from within and across organisational boundaries. We emphasise leading collectively, focusing on skills and behaviours that enable stakeholders to align around a shared purpose, collaborate, co-create and co-lead together. With increased awareness and visibility of system dynamics, leaders develop their collective capability to drive transformation results.

In our approach, systems intelligence embraces leadership embodiment, empowering leaders to become more present and mindful, able to access their whole body intelligence (head, heart, gut) in order to navigate complexity.

About your facilitator team

This webinar will be co-facilitated by Jane Weber and Anna Leong, executive leaders at Leadership Coefficient. Both are experienced consultants, facilitators and certified coaches with broad business backgrounds and international experience in senior corporate roles.

Jane Weber is the Founder and Director of Leadership Coefficient, a systems leadership development and executive coaching consultancy. Jane has developed a broad body of highly innovative and leading-edge work focused on bringing a systems approach to leadership.

Jane has held sales, management and HR leadership and learning roles for IBM in Asia Pacific and globally. She is an experienced business leader, facilitator, Certified Professional Co-Active Coach (CPCC) and certified Embodied Leadership Strengths Profile (ELSP) Practitioner. She has worked with executives and leadership teams across Asia Pacific, Europe and the USA.

Anna Leong is the Singapore Partner for Leadership Coefficient. She is an insightful and intuitive coach. She is a leadership guide, curator and connector with more than 35 years of experience in systems engineering, sales and human capital leadership gained from various roles in a multi-national information technology company.

Anna has a Bachelors in Business Administration from the National University of Singapore and a Masters in Business Administration from Warwick University. She is a Certified Professional Co-Active Coach (CPCC) with the Coaches Training Institute, an Accredited Certified Coach (ACC) with International Coach Federation and a certified Embodied Leadership Strengths Profile (ELSP) Practitioner.

More information can be found at leadershipcoefficient.com

GROW YOUR
LEADERSHIP,
TRANSFORM
YOUR CULTURE,
RAISE YOUR
PERFORMANCE

SESSION 4

Jane Chun

The Fierce Heart: Showing Up (and Resting) in Compassion in Times of Crisis.

November 2020.

While doing the work of social change, we can fall into the trap of seeing the problems as out there – focusing on the issues that need to be fixed while burning ourselves out in the process. But we all live and breathe systems and structures that condition us since birth, that shape our lives every day.

To collectively co-create deep social transformation, we must include ourselves in the process of change, and do the inner work necessary to heal our own wounds, rest (which is radical in and of itself), and understand our positionality within social structures as experienced within our bodies and minds relative to others. We must work at this inner level in order to cause less harm within our own communities and those we support, wake up to our own blind spots, liberate ourselves from systems and cultures of oppression, and take care of ourselves and each other without replicating the same patterns of oppression and harm.

This session will be experiential and interactive, involving contemplative practice and sharing. Please come prepared with a pen and paper to journal, and a comfortable space to lie down for one of the practices (this may be a sofa, yoga mat, blanket).

About Compassion Institute

The Compassion Institute (CI) is a global advocate for compassion education, programs, and research. Our work was initiated at the Stanford University School of Medicine Neurosciences Institute in 2009 to support human health, well-being, and interpersonal relationships within organizations and communities. Programs are developed by thought leaders and industry experts in compassion science and education, contemplative science, psychology, and social sciences.

Research has shown CI's flagship 8-week program – Compassion Cultivation Training (CCT) – can lead to:

Increased

- Happiness
- Calmness
- Acceptance of emotions
- Self-acceptance
- Job satisfaction
- Self-caring behavior
- Compassion for self and others
- Openness to receiving compassion from

Decreased

- Worry
- Anxiety
- Anger
- Mind wandering
- Emotional suppression
- Reports of chronic pain severity

Since 2017, CI has directed its efforts to support sectors critical to maintaining healthy societies, working with individuals, teams, and organizations to cultivate greater resilience and well-being and a compassionate orientation at work, to ultimately co-create cultures and systems of care.

About your facilitator

Jane Chun, PhD, is Program Director of Specialized Programs at Compassion Institute (CI), and is dual certified by Stanford Center for Compassion and Altruism Research and Education (CCARE) and CI as a compassion educator. She is managing the development and rollout of CI's programs in social change and healthcare.

She is passionate about the intersection of compassionate states of being and social and systems change. Jane has worked with non-profit and intergovernmental organizations including UNICEF, UNDP, IOM, and Search for Common Ground on topics ranging from climate and environmental change, human ecology, migration and displacement, sustainable development, and decision sciences. She has also conducted social policy research for various organizations such as The Brookings Institution and Oxford Refugee Studies Centre.

Jane has been an invited speaker and facilitator at UNDP, World Bank, Asian Development Bank, NYU Center for Human Rights and Global Justice, Task Force for Global Health, among others. She offers a cross-disciplinary perspective and approach in her work, and is committed to co-creating change together with organizations and individuals so that we can move toward a present and future we want, for ourselves and for the planet.

More information can be found at www.compassioninstitute.com

EXPLORE
THE POWER OF
COMPASSION AND
DISCOVER YOUR
FEARLESS HEART