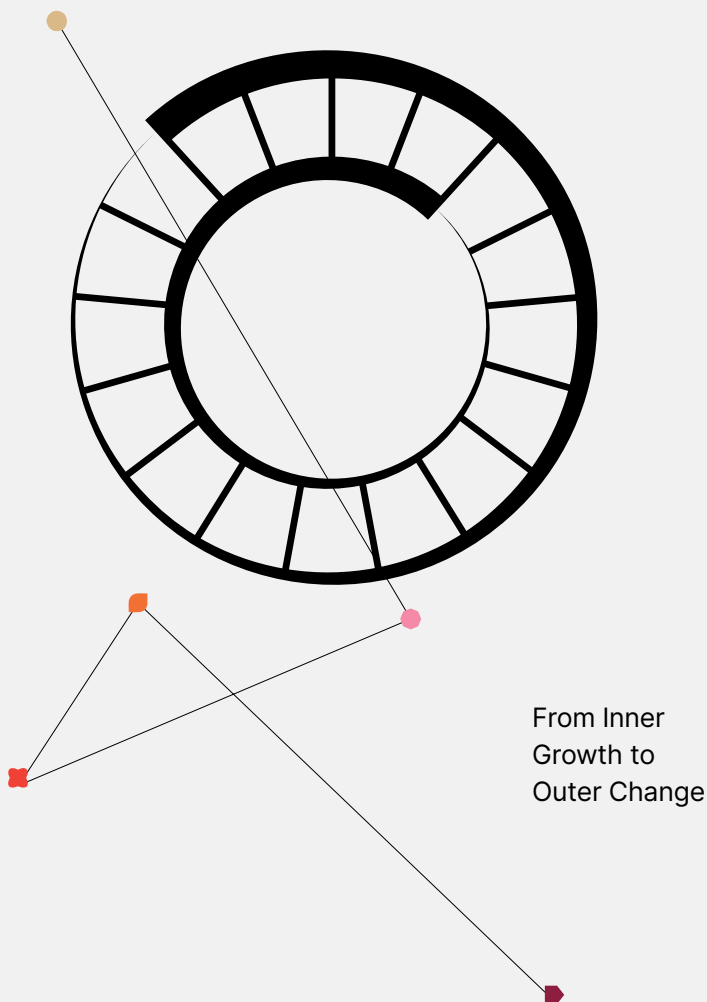


11th – 12th Oct, Stockholm & Online

IDG Summit 2023

Connecting the Dots



The Inner Development Goals Summit 2023

Welcome to the IDG Summit 2023!

As we unfold the next days, we invite you to immerse yourself in this nurturing atmosphere, bustling with abundant opportunities for profound inner growth and connection.

Day 1 will be filled with inspirations centred around our theme, 'Connecting the Dots'. What IDG skills resonate with you most? How can you connect to each other? And in what ways can we connect the power of inner development with the challenges we face as humanity? Also, be the first to see the reveal of the 23 official IDG skills symbols, and throughout the day, delve inside and embody the IDG skills across our five dimensions: Being, Thinking, Relating, Collaborating, and Acting.

On day 2, we've got five tracks of deep-dive workshops providing you with practical tools and innovative methods. Tailored for integration into your personal life, organisations, and communities, these workshops are your gateway to bringing the IDGs to life.

On Day 3, it's time to relax. Join us in our optional open space for some well-deserved decompression and reflection.

We are on the path of living into the IDGs together.
Thank you for joining us on this unprecedented journey!

Overview

- Oct 11:** **Inspiration**, Cirkus, Djurgårdssläätten 43-45,
115 21, Stockholm, Sweden
- Oct 12:** **Deep-Dive**, several venues - See tracks (page 9 - 19)
- Oct 13:** **Afterglow**, Epicenter, Mäster Samuelsgatan 36,
111 57 Stockholm, Sweden

The entire program will be live-streamed.
(Including online versions of the five dimensions spaces.)

Program status: latest version, never final

Day 1 — Wed, Oct 11th Inspiration

Get inspired by our speakers' stories,
artistic performances and interactions
with fellow participants whilst exploring
our 5 IDG Dimension spaces in the breaks.



Cirkus — Main Stage, 11 Oct.

09:00 Welcome
Opening Artist: Soon to be revealed
Katharina Moser, Director, IDG Summit & Master of Ceremony

Opening
Soon to be revealed

The IDG Story — From Inner Development To Inner Development Goals
Erik Fernholm, Co-Founder, 29k Foundation & IDG

Connecting The Dots: The IDG Being Skills
Teodor Wolgers, Pianist & Composer

Getting Over Ourselves: How We Hinder Our Own Inner Development
Jennifer Garvey Berger, Co-founder and CEO of Cultivating leadership

10:30 Integration & Inspiration — Break

11:15 Connecting The Dots: The IDG Thinking Skills
Rosanna Rippel, Spoken Words Artist

Expanding Identity from Me to MWe
Dan Siegel, Clinical Professor of Psychiatry, UCLA School of Medicine; Executive Director Mindsight Institute

Lessons from the Trenches: Connecting Mind and Heart on Our Journey towards the SDGs
Carole Wainaina, Social Artist, Transformation Partner & Former Assistant Secretary-General for Human Resources, United Nations

Conversation: How On Earth Can We Work Together? Developing The IDG Ecosystem
Pontus Holmgren, Coordinator, IDG Hubs & Networks
Anila Denaj, Minister of Agriculture, Albania
Laurel Patterson, Director of SDG portfolio, Global Policy Network, UNDP
Yuri Belfali, Head of Division, Early Childhood and Schools Directorate for Education and Skill, OECD
Moderated by Åsa Jaraskog, Director, IDG Global Collaboration

Connecting The Dots: The IDG Relating Skills
Sangeeta Isvaran, Performer; Founder, Katradi - Wind Dancers Trust

13:00 Integration, Inspiration & Food — Break

14:30 Connecting The Dots: The IDG Collaborating Skills
Aithan Shapira, Senior Lecturer, MIT & Founder, TILT

The Truth of Collaboration
Caroline Casey, Founder & CEO, The Valuable 500

Conversation: Living the IDGs in the Corporate World

Designing for the Intelligence of the Heart: Balancing Algorithms & Intuition
Nipun Mehta, Founder, ServiceSpace

Questioning The IDGs: Co-Creating The Idea, We Call The "IDGs"

16:00 Integration & Inspiration — Break

16:45 Connecting The Dots: The IDG Acting Skills
Anna Saskia Stickler, **Jonas Alich** & **Carlotta Risitano**, Cirkus Cirkör

An Invitation to Guide Change in the World
Renée Lertzman, Psychologist & Founder, Project InsideOut

Imagination Activism to Create Systemic Shifts
Phoebe Tickell, Founder & Executive Director, Moral Imaginations

Outlook
Jan Artem Henriksson, IDG Executive Director

Closing
Katharina Moser, Director, IDG Summit & Master of Ceremony

18:00 Open Evening
Exploration time for 5 Dimension Spaces, Buffet & Mingling

Accompanied by: **DJ IAwake**

Cirkus — Digital Stage, 11 Oct

On-site Screening: Room „Nya Cirkus“, Cirkus

12:45 – Mindfulness, Sustainability, and the Need for a Quantum Leap in Collective Embodied Awareness and Enaction

13:45 Conversation & Meditation with **Jon Kabat-Zinn**, Prof. Emeritus, University of Massachusetts Medical School & Founder, Center for Mindfulness in Medicine, Health Care, and Society

18.30 – Unlocking Future Possibilities: A Social Body Scan

20:00 **Otto Scharmer**, Co-founder & Chair, Presencing Institute, Senior Lecturer at MIT

Antoinette Klatzky, Senior Faculty, Presencing Institute

Thomas Hübl, Founder, The Pocket Project & Fellow Researcher, Wyss Institute, Harvard University
Manish Srivastava, Director of Social Presencing Theater, Presencing Institute



Dimension Space: **Thinking**

Cirkus — Entrance & Lobby Area

Spend your breaks in our **THINKING** area located in the lobby - a space designed for deep and meaningful conversations.

Engage in discussions sparked by the thoughts and ideas presented by our speakers, browse through a selection of insightful reads in the hanging library or share your reflections on the ups and downs of working with inner development at our “Lamentation Wall”.

Most importantly, we invite you to contribute your thoughts on our One-Question Global Survey, a crucial tool in evolving the IDG framework to it's next level.



Dimension Space: **Being**

Cirkus — Festvåningen, 1st Floor

Hosted by: Gunnar Michanek, Minds Unlimited

Unplug from the event frenzy. Step into a tranquil, warmly lit space throughout the day to delve into the depths of your **BEING**. Get comfortable on one of the cushions and give yourself time to reflect.

Listen to soft melodies or join one of our guided meditation sessions offered during the day. Just be.



Dimension Space: **Relating**

Cirkus — Downstairs Lobby

Hosted by: Mirjam Luthe & Galia Tyano Ronen, IDG Self-Compassion Hub
In collaboration with **Eva Damsgaard**, Developer, IDG Game

Whether you attend the summit with colleagues, friends or by yourself - this space is designed for forging new connections. Embrace a sense of playfulness with the brand-new IDG game, or immerse yourself in facilitated activities and games that foster compassion and nurture the fine art of **RELATING** to others.



Dimension Space: **Collaborating**

Cirkus — Front Parking Lot

Hosted by: Janina Tessarek, Martin Cserba & Lisa Hildebrand, IDG Gardeners

Step outside the Cirkus and enter the **COLLABORATING** space of the Inner Development Garden. Envisioned as a fertiliser for the global IDG movement, this space encourages connection and cross-pollination around community-sourced projects.

Explore a diverse array of IDG-centric projects shared by individuals like you in the lead-up to the summit. Use these initiatives as seeds for collaborative brainstorming, working together to identify needs and forge potential partnerships. Swing by and cultivate your inner IDG Gardener!



Dimension Space: **Acting**

Hasselbacken — Hazelius Room, 2nd Floor

Hosted by: Li Tadaa, Queer Dancer & Somatic Practitioner
(If you like, bring comfortable clothes (leggings & T-shirt))

Move from your head into your body when entering the **ACTING** space and explore the transformative power of movement. Start your day with a grounding exercise, drop in and out of embodiment exercises during the breaks or join us for guided somatic explorations to integrate the day's experiences.

Guided sessions: 8:15-8:45 Drop in & out: Arrive in your body // 10:30-11:15 Drop in & out // 13:00-13:45 Drop in & out // 13:45-14:15 **Acting or Reenacting? A somatic exploration** // 16:00-16:45 Drop in & out // 18:30-19:15 **Let your hair down Connecting Beyond Brain to Brain** with Sangeeta Isvaran // 19:15-20:15 **From Being To Acting An Embodied Journey Through the IDGs**

Day 2 — Oct 12th **Deep-Dive**

It's time to dive deep. Choose one of five program tracks for the day and immerse fully into interactive workshops aiming to equip you with tools and methods on how to develop, train and work with the IDGs in your respective field.



IMPORTANT: Track registrations open on **25 Sept.**, and you must register for a track **BEFORE 11 Oct. 20:00** via the summit online platform.

You have been invited to the online platform via email. As an on-site participant, you can only choose one track and will stay with it for the entire day. All tracks will be live-streamed.

Track 1 — IDGs in The Corporate World

Venue: **Fotografiska**, Stadsgårdshamnen 22
Hosted by: **Katharina Moser**, Director, IDG Summit & Master of Ceremony
Accompanied by: **Mama Tjutju & Dimitrij von Martens**

In today's fast-paced business world, cultivating inner growth is no longer optional; it has become a strategic imperative. We want to explore practical tools organisations can use to empower their leaders and employees to embark on a journey of self-discovery and personal development and to gauge the profound impact this can have on corporate success.

09:00 – 12:30 Morning Session

Unlocking Leadership Mindtraps. Getting out of the way of our own selves (WS)

Jennifer Garvey Berger, Co-founder & CEO, Cultivating Leadership
In times when uncertainty, complexity, and ambiguity are raging, we need a new form of leadership for a new era. In this interactive session, Harvard PhD Jennifer turns our attention to one of the biggest obstacles in becoming better leaders: ourselves. Together, we will explore the trappiest mind traps we fall into, how we can recognise them and how we can begin climbing out of them.

Reflecting on our immunity to change (Input) (digital)

Bob Kegan, Psychologist & Professor of Practice Emeritus, Harvard Graduate School of Education

13:45 – 17:00 Afternoon Session

Closing the Sustainability Skills Gap: Embedding the IDGs into Corporate Practice (WS)

Rodney Irwin, COO, World Business Council for Sustainable Development (WBCSD)
James Gomme, Director, Education and Knowledge Management, WBCSD
Ruth Thomas, Director, Equity Action, WBCSD

The private sector has a critical role to play in the transformations needed to realise a more sustainable future. As many companies make bold commitments to fundamentally transform the way to do business, there is an urgent need to equip their leaders with the skills required to do so. We will explore how the private sector can leverage the IDGs to develop these skills and use them on a day-to-day basis.

Building Imagination Activism in Leadership (WS)

Phoebe Tickell, Founder & Executive Director, Moral Imaginations

Imagination is a superpower which can be harnessed as a competency for leadership. In this introduction to Imagination Activism, you will learn tools to increase purpose, ambition and regenerative leadership fit for the 21st century.

WS = Workshop
IN = Input
CON = Conversation

Track 2 — How on Earth Can We Work Together? Global Collaboration on the IDGs

Venue: **Fotografiska - Matsalen**, Stadsgårdshamnen 22
Hosted by: **Åsa Jarskog**, Director, IDG Global Collaboration
Accompanied by: **Olen Cesari, Aithan Shapira, Isvaran Sangeeta**

This track will foster a worldwide dialogue on IDG integration across sectors. From local citizens, hubs or youngsters to national governments and international organisations, we ask ourselves: How on earth can we work together on integrating the IDGs? Yet, this won't be just a discussion; we will also embody our learnings through the magic of art, music and dance.

09:00 – 12:00 Morning Session

Those who listen, change the world (IN)

Kjersti Fløgstad Nobel Peace Center

Guided Meditation

Olen Cesari Violinist & Åsa Jarskog, Director, IDG Global Collaboration

Panel: How on Earth Can We... Turn IDGs into an International Benchmark?

Laurel Patterson, Director of SDG portfolio, Global Policy Network, UNDP

Gary Belkin, Chair, COP2

Maria del Pilar Garrido Gonzales, Director for Development Cooperation, OECD

sabella Lövin, Former Minister of Climate, Sweden

Moderated by: Åsa Jarskog, Director, IDG Global Collaboration

How on Earth Can We... Make IDGs a Core Element of National Policies?

Anila Denaj, Minister of Agriculture, Albania

Gabriel Wikström, SDG Coordinator, Sweden

Sandra Pellegrom, SDG Coordinator, The Netherlands

Led by: Jamie Bristow, IDG Policy & Advocacy Advisor

13:00 – 17:00 Afternoon Session

How on Earth Can We... Create Networks of Organisations Already Working with IDGs?

Freddy Mutanguha, CEO, Aegis Trust & Director, Kigali Genocide Memorial, Rwanda

Danielle Jean-Pierre, Research & Partnerships Director, ALIARSE, Costa Rica

Jeroen Janss, Co-Founder Inner Green Deal

Christine Wamsler, Researcher & Professor of Sustainability Science; Founder & Director, Contemplative Sustainable Futures Program

Led by: Åsa Jarskog, Director, IDG Global Collaboration

How on Earth Can We... Take Along the Next Generation?

Yuri Belfali, Head of Division, Early Childhood & Schools, OECD

Ryder Delaloye, Associate Director, SEE Learning Program, Emory University

Kamel Lazaar, Founder, Kamel Lazaar Foundation

Led by: Åsa Jarskog, Director, IDG Global Collaboration

How on Earth Can We... Grow Our Community?

Pontus Holmgren, IDG Hubs Co-Coordinator

Arielle Goodman, IDG Hubs Co-Coordinator

Track 3 — Inner Mastery, Outer Impact: Leadership through IDGs

Venue: **Eric Ericsonhallen** (Church), Kyrkslingan 2-4, 111 49 Stockholm
Hosted by: **Eduardo P. Braun**, Leadership expert, People First Leadership
Accompanied by: **Teodor Wolgrens**

Unlock your leadership potential through the IDGs and embark on a journey of personal flourishing. Learn to turn your own 'wheel of awareness' and discover how this transformation empowers you to create profound external impact in the way you lead yourself and others.

09:00 – 12:30 Morning Session

Connecting the Inner Development Goals and the Sustainable Development Goals for team and leadership transformation. (WS)

Hannah Boman, Co-founder & Head of Operations, The New Division
Louise König, CEO, The New Division
Jocelyn Goh, Leadership & Team Coach

Would you like to challenge and speed up your team's potential to grow a sustainable leadership? Discover how to use the Sustainable Development Goals in combination with the Inner Development Goals to accelerate impact and societal change.

Love, Leadership, and Flourishing: Inner Development for Outer Engagement (WS)

Matthew T. Lee, Professor, Social Sciences & Humanities, Baylor University & Founding Director, Flourishing Network, Human Flourishing Program, Harvard
Christina Hinton, Research Associate, Human Flourishing Program, Harvard & Co-leader, Flourishing Network

How does love connect to leadership and what does it mean to truly flourish, as individuals and as communities? Starting with self-assessments for flourishing and love, we will look at case studies and go into an experiential activity grounded in rigorous social science and the wisdom of the humanities.

13:45 – 17:00 Afternoon Session

Inner Activism for Outer Activism: How to Build Resilience Amongst Youth Leaders and Why This Is Essential. (WS)

Katie Hodgetts, The Resilience Project

Young activists and social entrepreneurs have a substantially higher risk for burnout than their peers. Learn from youth leader Katie how she has trained hundreds of peers to grow their inner resilience and what every leader, no matter their age, can take away from that.

Turning the Wheel of Awareness (WS)

Dan Siegel, Clinical Professor of Psychiatry, UCLA School of Medicine; Executive Director Mindsight Institute

Let yourself be led through this powerful practice that, when used regularly, strengthens the mind by integrating different levels of consciousness, empowering us to live more resilient and vital lives.

Track 4 — Make it Matter. Accelerating towards Sustainable Solutions through The IDGs

Venue: **Berghs**, Bobergsgatan 48
Hosted by: **Camilla Wallander**, CEO, Berghs School of Communication
Accompanied by: Soon to be revealed

If we want to create a more sustainable future for ourselves and the planet, we need to reconnect with the world we live in. In this track, you will explore your ability as a game-changer for a more sustainable future, use all your senses during a mindful lunch and step outside into nature to find new answers - or even yourself.

09:00 – 12:30 Morning Session

Setting the Scene

Patrik Hambraeus, Learning Developer, Berghs

Becoming Guides: A Playbook for Next-Level Changemaking (WS)

Renée Lertzman, Psychologist & Founder, Project InsideOut

Dive into vital skills, mindsets and ways of being for guiding deep transformations in our world. We will explore the playbook for change-making and the evidence-based, psychologically informed Guiding Principles for anyone seeking to be more effective in creating a sustainable future.

Mindful Lunch (WS)

Thomas Legrand, Lead Technical Advisor, Conscious Food Systems Alliance (CoFSA), UNDP

Mindful eating helps us connect deeply with our food and the Earth, supporting healthy and sustainable diets. Through this practice, we can cultivate our inner capacities that activate systemic change and regeneration.

13:45 – 17:00 Afternoon Session

How to Navigate a More Challenging World by Working More Closely with Nature (WS)

Andres Roberts, Founder, The Bio-Leadership Project

Young activists and social entrepreneurs have a substantially higher risk for burnout than their peers. Learn from youth leader Katie how she has trained hundreds of peers to grow their inner resilience and what every leader, no matter their age, can take away from that.

Track 5 — Tech & AI: Catalyst or Catastrophe for Inner Development?

Venue: **Epicenter, Disruption Hall**, Mäster Samuelsgatan 36
Hosted by: **Maria Modigh**, CEO, 29k Foundation
Erik Fernholm, Co-Founder, 29k Foundation & IDG
Pamela von Sabljar, Author & Educator
Accompanied by: Soon to be revealed

In an age of increasing existential threats and rising complexity, tech and AI seem to be driving the risks and opportunities for inner and outer transformation. We now have the power to determine the future of humanity. How do we ensure we also have the wisdom to make it a good one for all? And how can we apply tech and AI as a means to collectively develop the inner capacities we need to succeed?

09:00 – 12:30 Morning Session

Tech & AI: Biggest Risks or Opportunity of the 21st Century? (IN)
Indy Johar, Architect & Founder, Dark Matter Labs

Holding the Tension of an Existential Threat in our Bodies (IN)
Pamela von Sabljar, Author & Educator

Making spaces for development available to the many. Challenges & Learnings from the non-profit 29k (WS)
Maria Modigh, CEO, 29k Foundation
Erik Fernholm, Co-Founder, 29k Foundation & IDG

“Immunity to Change” to the Many (IN) (digital)
Bob Kegan, Psychologist & Professor of Practice Emeritus, Harvard Graduate School of Education

13:45 – 17:00 Afternoon Session

The right kind of wrong. The Science of Failing Well (IN) (digital)
Amy C. Edmondson, Novartis Professor of Leadership and Management, Harvard Business School

If AI will solve our problems from now on, how does it change human's space for experimentation - and ultimately, failure? What is the new position of the human moving forward? What do we need to get good at - but trial and error?

Playing an Infinite Game (WS)
Nipun Mehta, Founder, ServiceSpace

Leading with examples of some of his online platforms that have activated more than half a million people to contribute small acts of kindness, Nipun will take us on a tour of how we can activate our intrinsic motivators leading to an exponential field of many-to-many networks.

Track 6 — Immunity to Change Workshop with Bob Kegan

Time: **Oct 12th, 13:30 - 16:00**
Venue: **Digital only, via Zoom**
Hosted by: Online host

Join us for a special online gem and explore your own immunity to change together with Bob Kegan. (As all sessions, this will also be recorded for participants to rewatch.)

IDG Summit 2023 — Closing Party

Berns, Stockholm



Round off your IDG Summit 2023 experience with an epic Closing Party in the magical halls of Berns: create some buzz on the dancefloor and enjoy another chance to connect deeply over food and conversations.

You need to register for the party via the online platform we sent via email.

Venue: **Berns**, Näckströmsgatan 8, 111 47 Stockholm

Line up: **DJ IAwake**
Club downstairs

DJ Caroline
Closed terrace

DJ Flores
Main ballroom

Louisiana Avenue
Main ballroom

Oct 10th — Oct 13th

Side Events

Before and after the main summit, there will be more chances to connect with fellow participants, discuss your own projects and ideas, reflect together or simply unwind and party. Please find here a selection of side events.



Unconference

A pre-summit unconference in Stockholm created by and for the community. What topic would you like to bring? Do you want to host a workshop around a tool, an idea or a project you have done in/with your hub? Let us know before or just come along.

Date & time: Oct 10th, 09.30 - 17.30 CET
Venue: **House Blivande**
Hosted By: House Blivande, IDG Hubs & Networks
Accompanied by:
Open to: All, Pre-registration required (Price 50€-90€)
Registration: <https://tickets.blivande.com/on/idg-unconference/>

Pre-Summit Event Mingle

Welcome to a meetup at one of the local Hubs in central Stockholm the evening before the Summit. Gather with like-minded change-makers from all across the community, mingle, and enjoy the music, drinks, and vibe.

Date & time: Oct 10th, 19:00-21:30 CET
Venue: **Coming soon**
Hosted By: IDG Stockholm Hubs
Accompanied by: Singer Songwriter Kim Gajraj
Open to: All, Pre-registration required
Registration: Pre-registration required, link coming soon

Afterglow: Integration, Connecting & Open Space

An optional day for all summit participants to connect, digest, and integrate new insights and connections. An Open Arena where anything can happen.

Date & time: Oct 13th, 9:00-16:00 (coffee/ tea from 8:30)
Venue: **Epicenter, The Terrace**, (Mäster Samuelsgatan 36) & Summit online platform.
Hosted By: **Pontus Holmgren**, IDG Hubs Co-Coordinator
Arielle Goodman, IDG Hubs Co-Coordinator
Accompanied by: Singer songwriter **Kim Gajraj**
Open to: All
Registration: free, no registration required

Afterparty at House Blivande

You are invited to a night of mystique and transformation at House Blivande, the vibrant home of Stockholm's Burning Man community. As the exhilarating finale of the IDG Summit, this party promises an unforgettable experience unlike any other. Including a semi-structured mingle, performances, and two dance floors.

Date & time: Oct 10th, 19:30-02:00 CET
Venue: House Blivande
Hosted By: House Blivande, IDG Hubs & Networks
Accompanied by: Teater X
Registration: Pre-registration required (Price € 22-45)
<https://tickets.blivande.com/on/idg-afterhours>

Reconnecting with Nature

A special reflection experience. In the introductory part I, you will get an invitation to go out into nature and connect with your own ecosystem the days after the summit. Sunday evening, we meet to share stories and explore how to sustain a culture that cares and works with nature.

Date & time: Friday, 13 Oct & Sunday, 15 Oct, exact times tbc
Venue: **Online via Zoom**
Registration: Free, no registration required
Hosted By: **Andres Roberts**, Founder, The Bio-Leadership Project
Jennifer Menke, Founder & Executive Director, Regenerative Earth

Side events will be on-site only

Primary Hashtags

#IDG23 #IDGSummit23 #ConnectingTheDots
#InnerDevelopmentGoals #InnerGrowthForOuterChange

 @InnerDevelopmentGoals

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 @InnerDevelopmentGoals

 @InnerGoals



Which 3 IDG skills do you want to focus on most in your work or private life?

What methods and tools are you taking away to work on them?

List three concrete steps you commit to taking after the IDG summit.