

Transformative Skills für Nachhaltigkeit - IDG (Inner Development Goals) im Hochschulkontext

IDGs 4 SDGs

Inneres Wachstum als Schlüssel
für nachhaltige Entwicklung?

Prof. Ralph Buchner

HM Hochschule
München
University of
Applied Sciences



INNER DEVELOPMENT GOALS

THE IDG SUMMIT 2023

CONNECTING THE DOTS

From inner growth to outer change.

Immerse yourself in a revealing and transformative 2-day journey

11 - 12 October | Stockholm Cirkus Arena, Sweden & Online



FREDRIK
"BENKE"
RYDMAN
MANUS, REGI
OCH KOREOGRAF
URPREMIÄR
15 SEPTEMBER
1
THE ONE

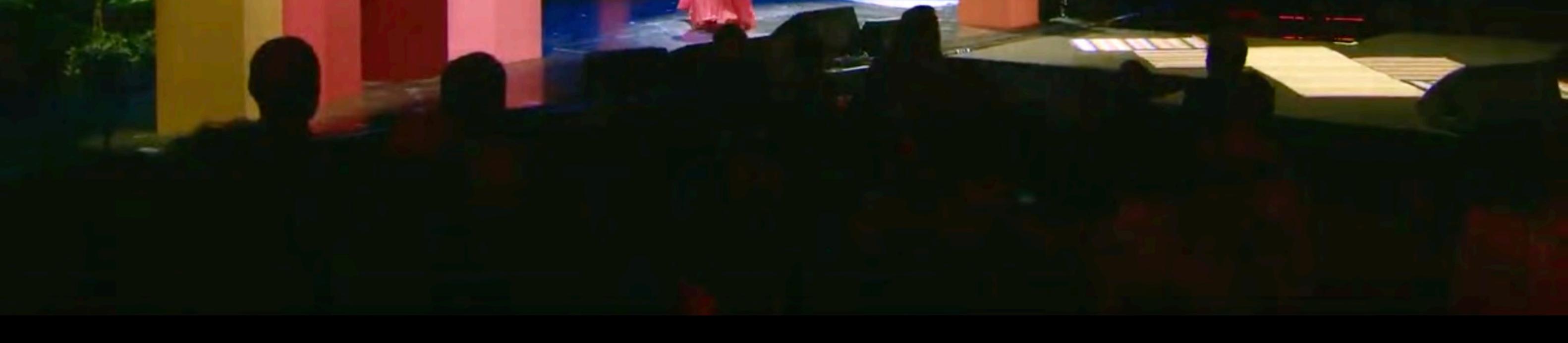




From inner
Growth to
Outer Change

IDG Summit Connecting 2023 The Dots

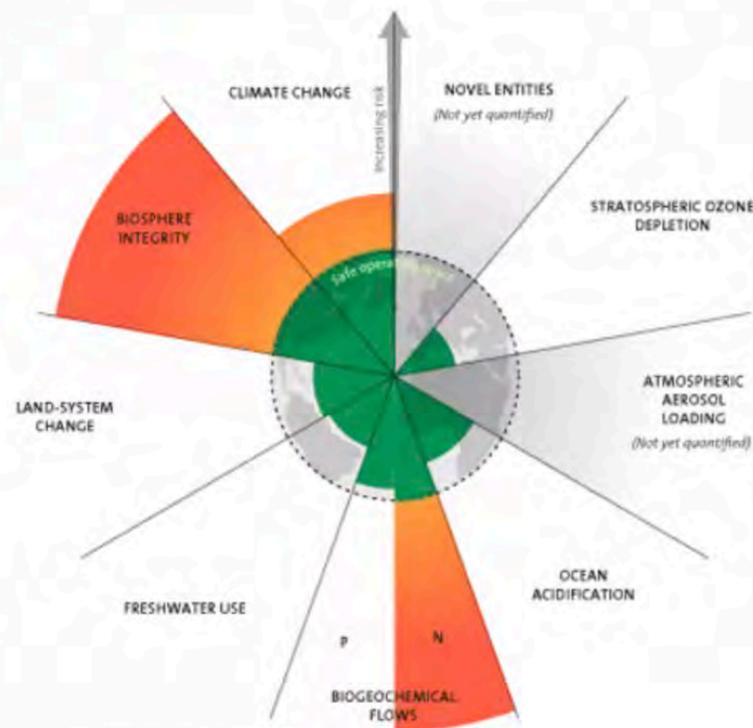
11-12 Okt
Kholm
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PLANETARE ÜBERLASTUNG

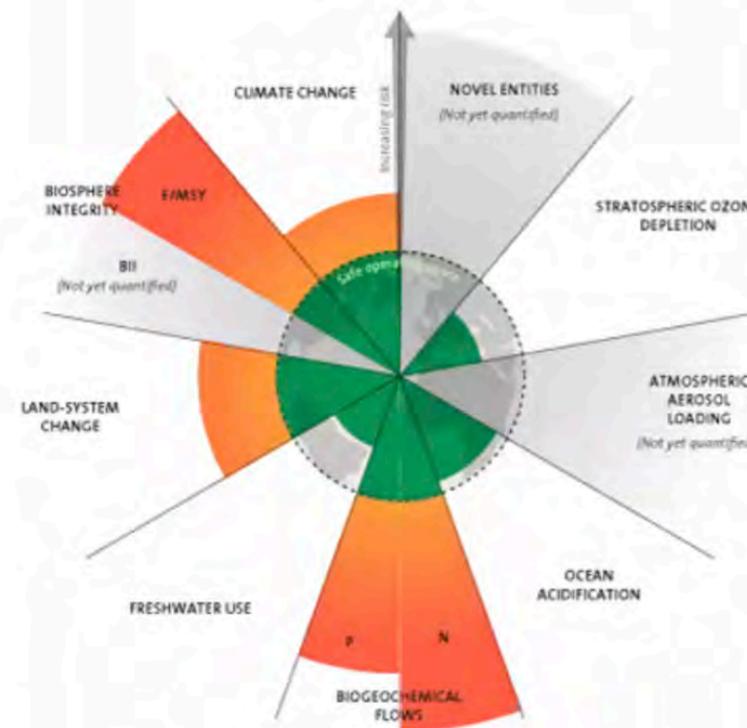


2009



3 boundaries crossed

2015



4 boundaries crossed

2023



6 boundaries crossed



Peter Senge: »The SDGs are lovely and useless.«



Wir machen keinen wirklichen Fortschritt mit den SDGs.
Es ist, als ob die Welt nach Norden geht und die sagen, gehe nach Süden.

Inneres Wachstum und Reife führt zu äußerem gesellschaftlichem Wandel

Innere Entwicklung ist der größte Hebel für nachhaltige Entwicklung

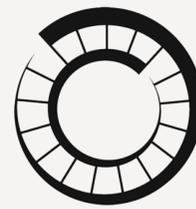


INNER DEVELOPMENT GOALS

Transformational Skills for Sustainable Development

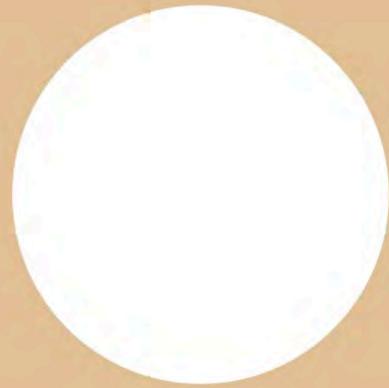
23 Ziele in 5 Dimensionen:

Being
Thinking
Relating
Collaborating
Acting



INNER DEVELOPMENT GOALS

Transformational Skills for Sustainable Development



1 Sein

Beziehung zu sich selbst

Innerer Kompass

Integrität und Authentizität

Offenheit und Lernbereitschaft

Selbsterkenntnis

Präsenz



2 Denken

Kognitive Fähigkeiten

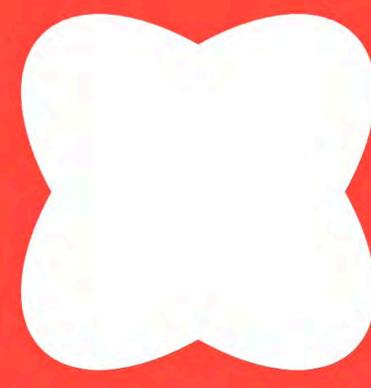
Kritisches Denken

Bewusstsein für Komplexität

Perspektivische Fähigkeiten

Sinnstiftung

Langfristige Orientierung und Visionen



3 Verbinden

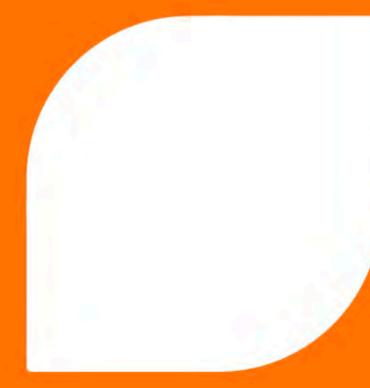
Fürsorge für andere und die Welt

Wertschätzung

Verbundenheit

Bescheidenheit

Empathie und Mitgefühl



4 Zusammenarbeiten

Soziale Kompetenzen

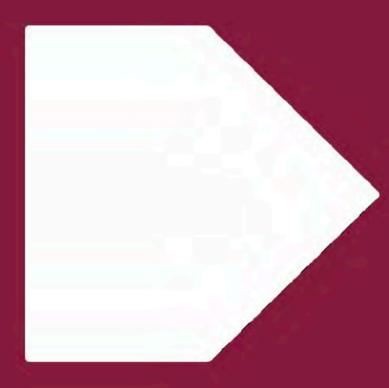
Kommunikationsfähigkeiten

Fähigkeiten zur Co-Kreation

Inklusive Haltung und interkulturelle Kompetenz

Vertrauen

Mobilisierungsfähigkeiten



5 Handeln

Wandel vorantreiben

Mut

Kreativität

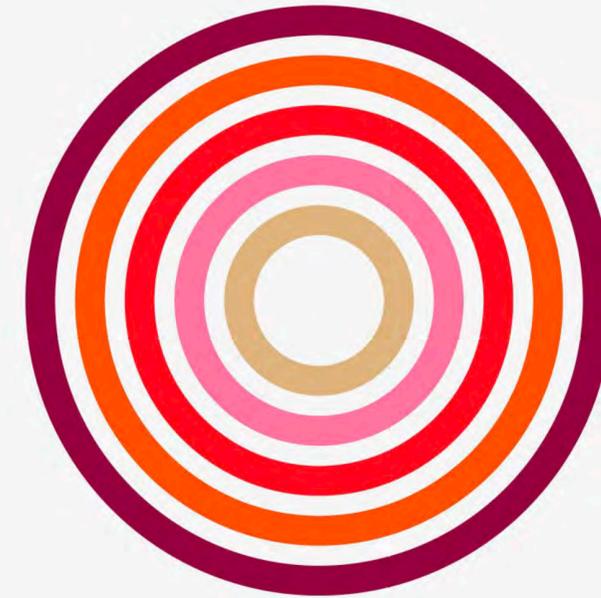
Optimismus

Beharrlichkeit

Two essential frameworks:



SUSTAINABLE DEVELOPMENT GOALS



INNER DEVELOPMENT GOALS



SDG – WHAT

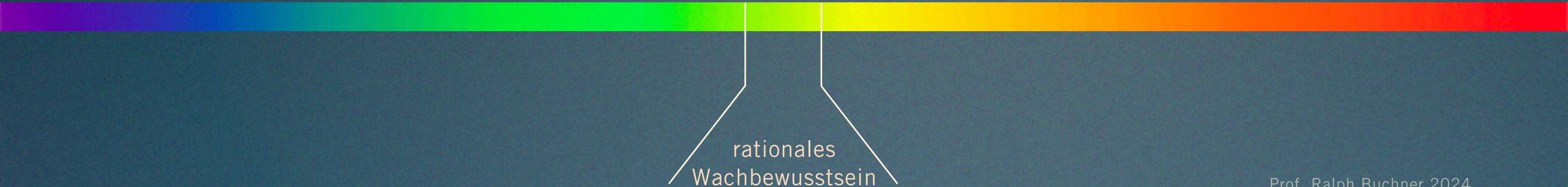
Our external challenges

IDG – HOW

Our internal capacities

Verhalten → Ergebnisse

Werte Haltungen
Weltbild
Bewusstsein



rationales
Wachbewusstsein



Change starts within

Welcome to the Inner Development Goals Toolkit!

This is an emerging library of tools to explore the [Inner Development Goals](#) (IDGs) in practice, and help people and organisations accelerate progress towards the [UN Sustainable Development Goals](#) (SDGs).

This is the public beta version of the IDG Toolkit. It is primarily based on the [IDG Phase 2 Research Report](#), and research from [29k](#). Please [share your feedback](#) and [suggest new tools](#).

[Learn more](#)

1. Choose skills to practice ⓘ

[Being](#) Thinking Relating Collaborating Acting

Choose all

Inner Compass

Integrity and Authenticity

Openness and Learning Mindset

Self-awareness

Presence

Choose all

Inner Compass

Integrity and Authenticity

Openness and Learning Mindset

Self-awareness

Presence

 Filters

Showing 19 of 19 tools

[Reset](#)

2. Explore relevant tools

Compassion Training

Facilitated Method Self-directed

Compassion training can help build empathy and compassion, described as an ability to relate to others, oneself and nature with kindness and the intention to address related suffering. It can help the practitioner increase their well-being and have a higher quality of relations, as well improve...

 Appreciation Connectedness Humility Presence +9
 

Meet Yourself at 90

Exercise Self-directed

Meet Yourself at 90 is a guided exercise that helps you be present with your hopes, dreams, priorities, and values by envisioning yourself at your 90 year old birthday party. It can help the practitioner increase awareness of what is important to you, and identify if there are things you'd like to...

 Self-awareness Long-term Orientation and Visioning Presence
 Perspective Skills +5
 

Imagination Activism and the Symbiosis Meditation

Exercise Self-directed

Imagination activism is a new kind of activism that pairs imagination exercises with calls to action in community to enact the better world we envision. It can help the practitioner create connections to the

ACT (Acceptance and Commitment Therapy/Training)

Facilitated Free Method

Acceptance commitment therapy / training (ACT) is a psychotherapeutic intervention that mediates improvements in individuals' psychological flexibility. It can help the practitioner increase psychological



BEING

Relationship to Self

THINKING

Cognitive Skills

RELATING

Caring for Others and the World

COLLABORATING

Social Skills

ACTING

Driving Change

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

The student is able to display and act responsible and committed to inner values and purposes relating to the good of the whole.

- ☰ Poetic Motivations
- ☰ Purposeful Storytelling



Integrity and Authenticity

The student is able to act authentically with sincerity, honesty and integrity.



Openness and Learning Mindset

The student is able to display openness and curiosity by a willingness to be vulnerable and embrace change and growth.

- ☰ Exchanging Perspectives
- ☰ Intersession on Inner Development
- ☰ Positive Gossiping



Self-awareness

The student is able to reflect on own thoughts, feelings, desires, self-image and ability to regulate oneself.

- ☰ The Superhero in Me
- ☰ Body Awareness



Presence

The student is able to be in the here and now, without judgement and in a state of open-ended presence.

- ☰ Inside-Outside Presence

[View all tools](#)



Poetic Motivations

Using poetry to reveal and share deep motivations for change

BEING | Inner Compass

Overview

[Learning Activity](#)[Assessment](#)[Key Advice](#)[References](#)

By drafting a poem about their identity and values, students use their creativity and learn to articulate what is close to their hearts. They become aware of their intrinsic motivation for change and share their motivations in a group.

This activity not only facilitates personal reflection but also inspires a collective exploration of how individual values align with and contribute to societal change.

Learning outcome

- ✓ The student is able to identify and express their inner values and intrinsic motivation for change

 10 - 25

 Individual & group workshop

 15 mins preparation

 1 - 1.5 hrs execution

 Printed 'I poem' template

Related Tools

 [Purposeful Storytelling](#)

[in Share your experiences](#)

 [Download PDF](#)

[Return to Toolbox](#)

With this creative activity, students identify and express their intrinsic motivation for change by writing a poem about their identity, values and feelings.

—Debbie Gerritsen

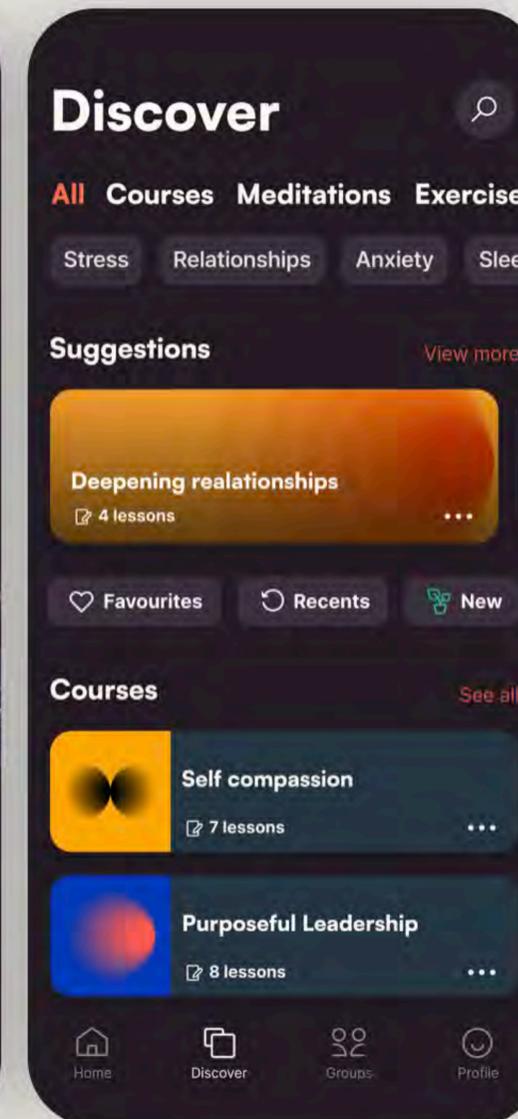
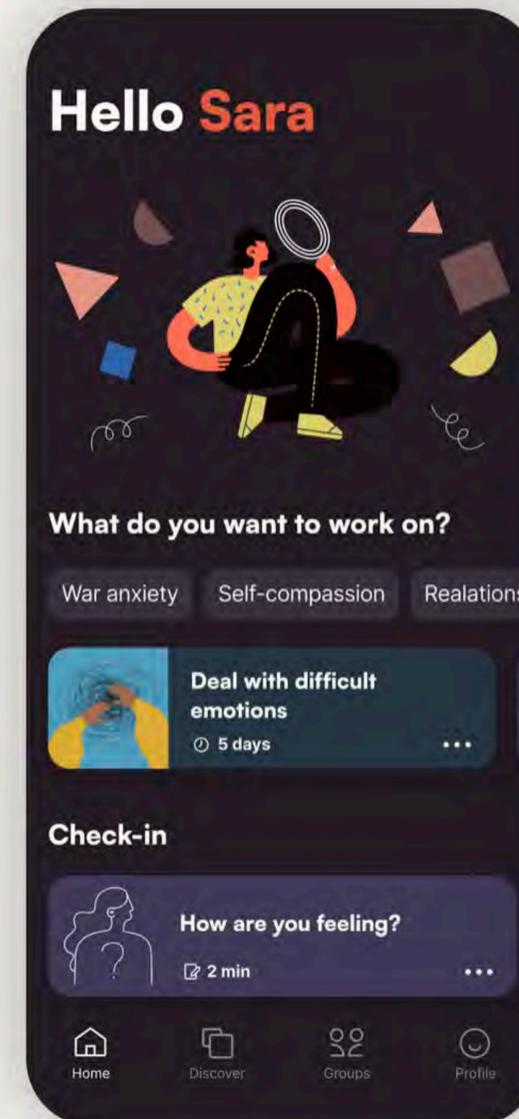
[Meet the Makers](#)

Start working on your Inner Development Goals now

Join the world's first non-profit open-source co-created tech platform that focuses on supporting the development of the IDG skills at scale.

Access **free** exercises, short or extended courses, daily prompts, meditations and connection with peers via chat, audio & video.

Developed by Psychologists.



1. Select the skills you want to practice

Being

Relationship to Self



Thinking

Cognitive Skills



Relating

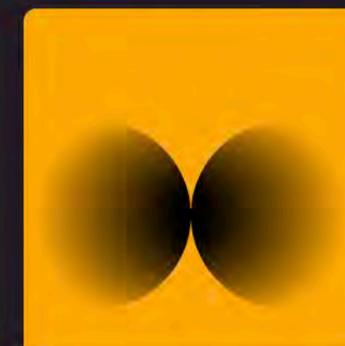
Caring for Others and the World



2. Find the most relevant content for you

Skills are further developed when sharing your learnings with a group.

Practice with a group



Self compassion

This course helps build your self compassion so you can enjoy life without being ruled by fear and self doubt. You will learn how to identify when you are overly critical of yourself, understand why you do it and how it affects you.

IDGs 4 SDGs

From inner growth to outer change

Inner Development Goals für nachhaltige Entwicklung

Prof. Ralph Buchner, Fakultät für Design

Prof. Dr. Georg Zollner, Fakultät für Betriebswirtschaft