

INSTITUT FÜR
**PRAKTISCHE
EMERGENZ**

IDG Impuls-Workshop

19. Februar 2025

I P E

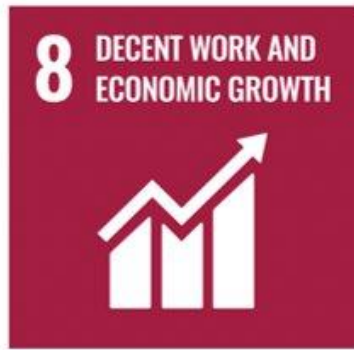


The Way out is in.

Tich NathThanh



INNER DEVELOPMENT GOALS



Die essenziellen Fragen

Es ist klar, was zu tun ist, um unsere Lebensgrundlage zu sichern. Wir haben das Wissen, die Ressourcen und die Fähigkeiten.

**Was fehlt also? Was braucht es, um die komplexen Herausforderungen unserer Zeit zu bewältigen?
Als Individuum? Als Gruppe?**

**Schlussfolgerung der IDG Initiatoren &
auch einiger anderer Bewegungen:**

**Äußere Entwicklung geht nur
durch innere Entwicklung.**

Initiating Partners



EKSKÄRET

Academic Partners



LUCSUS
CENTRE FOR SUSTAINABILITY
STUDIES



1 Being — Relationship to Self

2 Thinking — Cognitive Skills

3 Relating — Caring for Others and the World

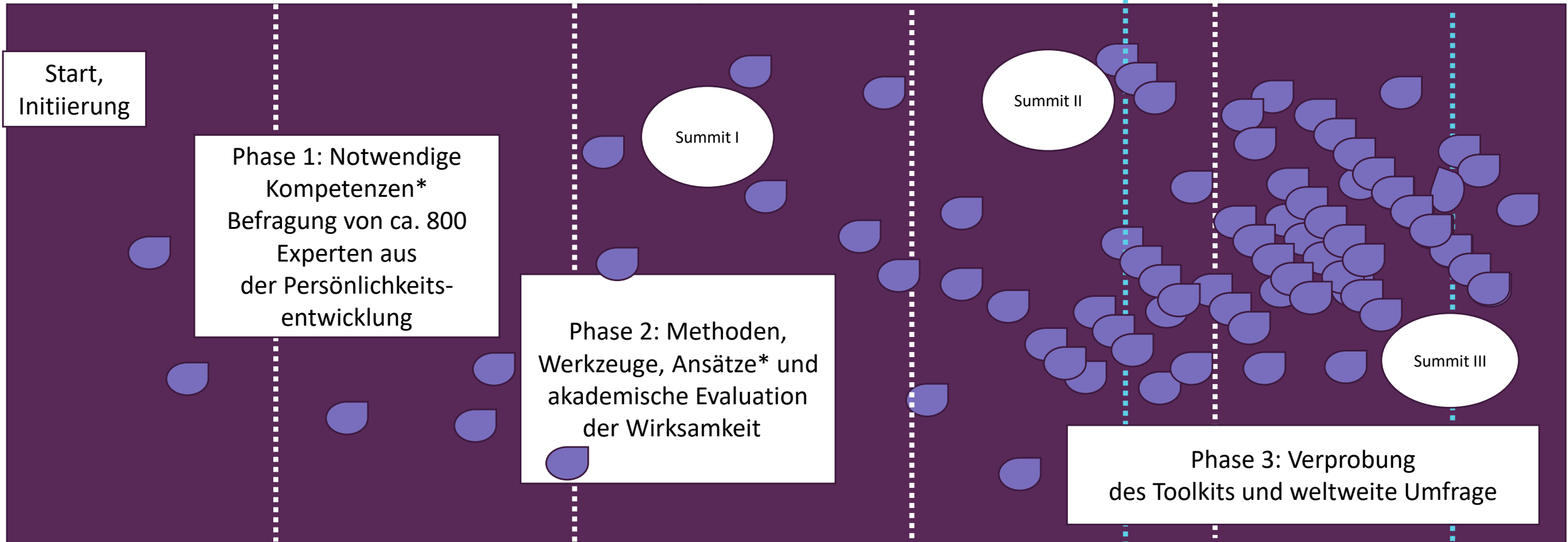
4 Collaborating — Social Skills

5 Acting — Driving Change



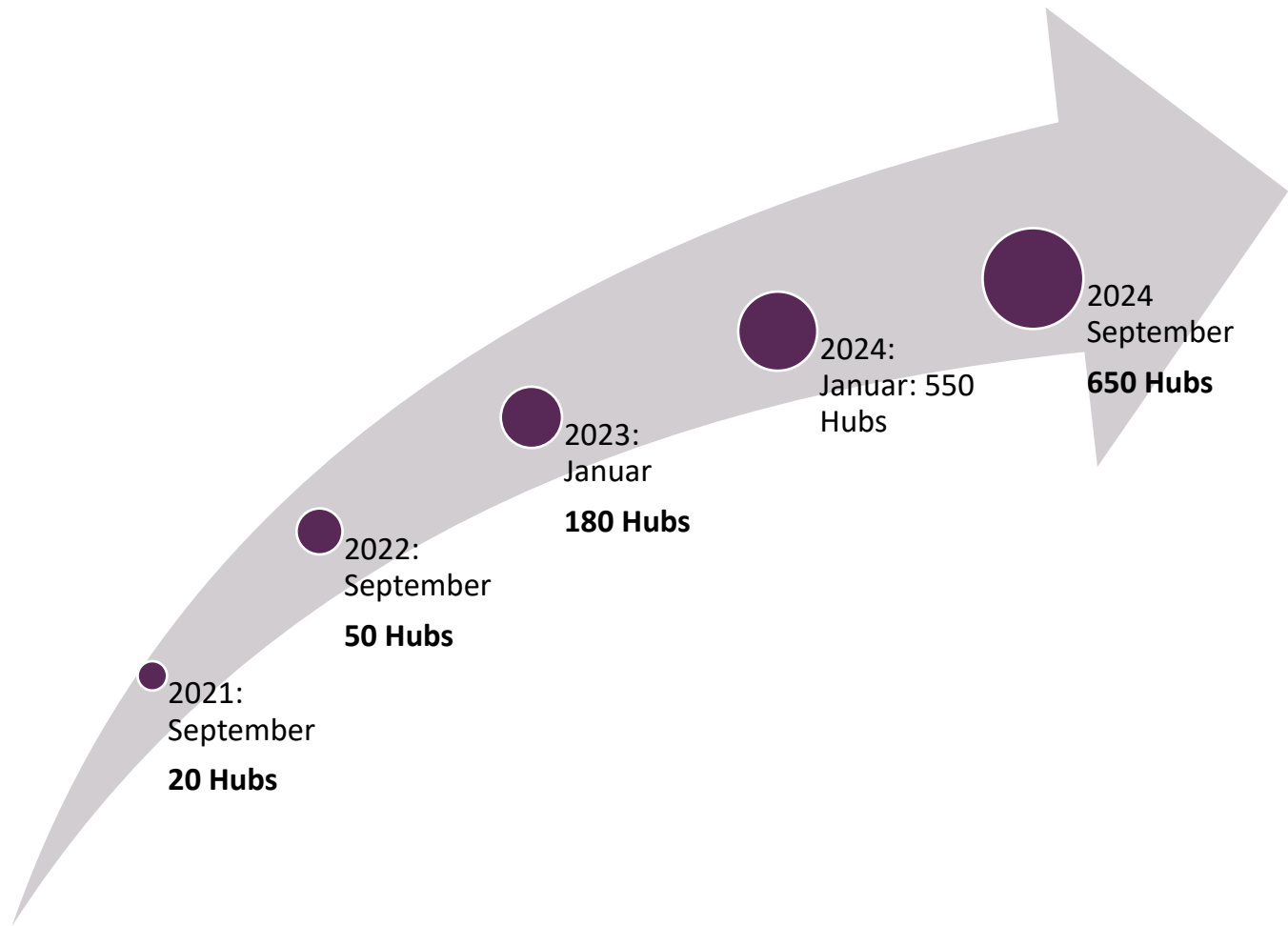
Entwicklungsphasen der IDGs

2020 2021 2022 2023 2024



*durch Crowd-Sourcing

Schnelle virale Multiplikation



Wachsende, weltweite Community

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Search 01/01/23

Events from Jan 1st

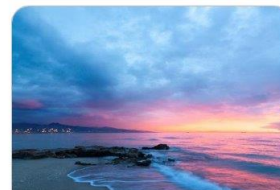


Wed Jan 11th 8:00am - 9:30am

IDG Practitioners' Network: Supporting each other in using the IDG Framework

To support each other in using the IDG Framework, we'll engage in a group coaching process to help each other through challenges we face in ...

[IDG-Practitioners-Network](#)
[Support-applying-the-IDGs](#)
[Challenges](#) [Action-Learning](#)

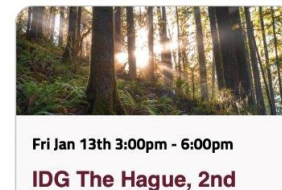


Wed Jan 11th 5:30pm - 7:00pm

IDG Practitioners' Network: Action Learning - Creating prototypes to put the IDGs into Action!

We will continue toward our goal to create and test "prototypes" or experiments that put the IDGs into action! Do you have a theme around ...

[IDG-Practitioners-Network](#)
[IDGs-in-Action](#) [Learning-by-Doing](#)



Fri Jan 13th 3:00pm - 6:00pm

IDG The Hague, 2nd event 13 January 2023

Together People need people, more than ever in this time of transition to a new era with Covid, war in the Ukraine, climate change etc. To ...



Wed Jan 25th 4:00pm - 7:00pm

1st IDG HUB Hungary Event

We are happy to invite you to the first local and public IDG Hub event in Hungary, Budapest! We are so excited to kick-off the hub ...

[HUB55 Cafe & Bar](#)



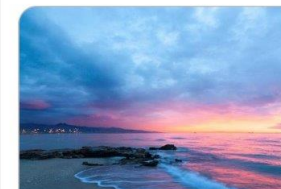
Wed Jan 18th 6:00pm - 9:00pm

Meetup IDG Hub Munich

The IDG Hub Munich meets again! We experiment with the IDGs, 2 of our Husters have prepared a mini workshop. We will be sharing snacks ...

[Institut für praktische Emergenz](#)

[meetup](#) [idghub](#) [hub](#) [munich](#)



Wed Feb 1st 5:30pm - 7:00pm

Tue Jan 24th 3:30am - 5:00am

IDG Gathering - Peace in oneself, peace in the world with self-compassion

The first IDG Gathering of 2023 is just around the corner. This time we focus on a skill most of us need to work on: Self-compassion. We ...

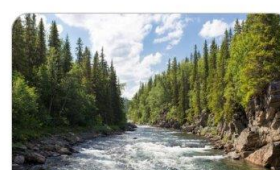


Thu Jan 26th 12:30pm - 2:00pm

Launch IDGs Green Hub!

Are you working on green issues and are curious to connect, learn and collaborate with others within the IDG community? Then join us for ...

[Green](#) [Hub](#) [Climate](#) [IDGs](#)



Was sagen die Institutionen?

- UNDP (United Nations Development Programme) als Unterstützer der IDGs
- EU: Das europäische Parlament empfiehlt die IDGs als wichtiges Rahmenwerk, um die Nachhaltigkeitsziele zu erreichen (www.europarl.europa.eu)

Schlussfolgerung: Das Thema wird zunehmend offiziell anerkannt und diskutiert. Es bewegt sich aus einer Nische ins Rampenlicht und trifft den Zeitgeist.

IDGs – Inhalte des Modells



1 Being

Relationship to Self

Inner Compass

Integrity and
Authenticity

Openness and
Learning Mindset

Self-awareness

Presence



2 Thinking

Cognitive Skills

Critical Thinking

Complexity
Awareness

Perspective Skills

Sense-making

Long-term
Orientation and
Visioning



3 Relating

Caring for Others
and the World

Appreciation

Connectedness

Humility

Empathy and
Compassion



4 Collaborating

Social Skills

Communication
Skills

Co-Creation Skills

Inclusive Mindset
And Intercultural
Competence

Trust

Mobilisation Skills



5 Acting

Driving Change

Courage

Creativity

Optimism

Perseverance

1.

Being — Relationship to Self

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

Having a deeply felt sense of responsibility and commitment to values and purposes relating to the good of the whole.

Integrity and Authenticity

A commitment and ability to act with sincerity, honesty and integrity.

Openness and Learning mindset

Having a basic mindset of curiosity and a willingness to be vulnerable and embrace change and grow.

Self-awareness

Ability to be in reflective contact with own thoughts, feelings and desires; having a realistic self-image and ability to regulate oneself.

Presence

Ability to be in the here and now, without judgement and in a state of open-ended presence.

2.

Thinking – Cognitive Skills

Developing our cognitive skills by taking different perspectives, evaluating information and making sense of the world as an interconnected whole is essential for wise decision-making.

Critical thinking

Skills in critically reviewing the validity of views, evidence and plans.

Complexity awareness

Understanding of and skills in working with complex and systemic conditions and causalities.

Perspective skills

Skills in seeking, understanding and actively making use of insights from contrasting perspectives.

Sense-making

Skills in seeing patterns, structuring the unknown and being able to consciously create stories.

Long-term orientation and Visioning

Long-term orientation and ability to formulate and sustain commitment to visions relating to the larger context.

3.

Relating — Caring for Others and the World

Appreciating, caring for and feeling connected to others, such as neighbors, future generations or the biosphere, helps us create more just and sustainable systems and societies for everyone.

Appreciation

Relating to others and to the world with a basic sense of appreciation, gratitude and joy.

Connectedness

Having a keen sense of being connected with and/or being a part of a larger whole, such as a community, humanity or global ecosystem.

Humility

Being able to act in accordance with the needs of the situation without concern for one's own importance.

Empathy and Compassion

Ability to relate to others, oneself and nature with kindness, empathy and compassion and address related suffering.

4.

Collaborating – Social Skills

To make progress on shared concerns, we need to develop our abilities to include, hold space and communicate with stakeholders with different values, skills and competencies.

Communication skills

Ability to really listen to others, to foster genuine dialogue, to advocate own views skillfully, to manage conflicts constructively and to adapt communication to diverse groups.

Co-creation skills

Skills and motivation to build, develop and facilitate collaborative relationships with diverse stake-holders, characterized by psychological safety and genuine co-creation.

Inclusive mindset and intercultural competence

Willingness and competence to embrace diversity and include people and collectives with different views and backgrounds.

Trust

Ability to show trust and to create and maintain trusting relationships.

Mobilization skills

Skills in inspiring and mobilizing others to engage in shared purposes.

5.

Acting – Driving change

Qualities such as courage and optimism help us acquire true agency, break old patterns, generate original ideas and act with persistence in uncertain times.

Courage

Ability to stand up for values, make decisions, take decisive action and, if need be, challenge and disrupt existing structures and views.

Creativity

Ability to generate and develop original ideas, innovate and being willing to disrupt conventional patterns.

Optimism

Ability to sustain and communicate a sense of hope, positive attitude and confidence in the possibility of meaningful change.

Perseverance

Ability to sustain engagement and remain determined and patient even when efforts take a long time to bear fruit.

Der Mehrwert aus unserer Sicht

Der Mehrwert im Kern

- ✓ Kommunikationsvehikel – eine gemeinsame “Sprache”, die hilft, dass Menschen aus Nachhaltigkeit und innerer Entwicklung auf einen Nenner kommen.
- ✓ Attraktor, um Menschen aus verschiedenen Bereichen und Silos zusammenzubringen.
- ✓ "Trojanisches Überraschungsei" – Durch die Einführung des Themas innere Entwicklung findet eine Haltungsänderung statt

Möglichkeiten für Interessierte

- ✓ Als Einzelperson: **IDG Hub** (z.B. unserer in München oder auf der offiziellen Website nach regionalen Hubs suchen)
- ✓ Selbst einen **Hub starten**, z. B. zu einem spezifischen Thema bei Interesse gerne melden, wir helfen gerne: welcome@emergenz-institut.de
- ✓ Mitarbeit auf der globalen Ebene (wir unterstützen z. B. beim Aufbau der weltweiten Community)
- ✓ Nutzung des Toolkits z.B. fürs eigene Team (idgs.tools)
- ✓ **Folgen auf LinkedIn, Instagram** etc. (@Inner Development Goals / @innerdevgoals)
- ✓ Auf Anfrage **Impuls-Workshops** zu den IDGs vom IPE
- ✓ Auf Anfrage **IDG-Learning Journey** in die Teams bringen über die EQU:WIN Academy
- ✓ Ressourcen, Videos, Folien etc. auf der offiziellen Website zur freien Verfügung

Methoden und Hinweise zum Weiterlesen

- ✓ Renée Lertzman: Project Inside Out (Tools und Methoden für Change Maker)
- ✓ Gewaltfreie Kommunikation nach M. Rosenberg
- ✓ Liberating Structures für effektive Meetings
- ✓ Check-in Runden am Anfang von Meetings, um zu vermeiden, dass Teilnehmende unbewusst ihre Befindlichkeiten hineintragen, was wiederum zu Missverständnissen und Unstimmigkeiten führen kann
- ✓ Random Acts of Kindness
- ✓ In unserem IPE Newsletter geht es immer wieder um Haltung und Strategien: Zur [Anmeldung](#)
- ✓ Für mehr Methoden und Kniffe aber auch Tipps zum Eröffnen eines eigenen Hubs oder für die Entwicklung eines eigenen IDG Programms, gerne an uns wenden unter welcome@emergenz-institut.de oder rike.paetzold@emergenz-institut.de
- ✓ Bei unserem Partner EQUWIN Academy finden immer wieder Seminare zu den IDGs statt: [Academy-IDG | EQU:WIN](#)

Vielen Dank! 😊

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