

ISB Workshop

28 & 29 March 2019 / Berlin / DE



Re-Framing Sustainability

How to Transform Relationships and Society within a Decade

21 March 2019

Dear participants,

In about a week, on 28 & 29 March 2019, we will be meeting in Berlin/Germany for our Workshop 'Re-Framing Sustainability. How to Transform Relationships and Society within a Decade?'.

Today, we want to share last details and the programme with you.

We very much look forward to seeing you in Berlin next week.

Best regards

Dr. Daniel Sieben / Alexander Beck

Network Partners



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For whom?

The newly designed workshop “Re-Framing Sustainability” brings together people of different backgrounds who want to deepen their understanding of sustainable relationships including them-selves, each other and nature. Together we will discover how this ‘inner framework’ influences our personal and professional interactions with the ‘outside world’. We encourage all co-workers having relationships with customers (internal and external) within the members of the Institute for Social Banking and linked partner organisations. We also welcome members of NGOs, universities and other individuals who want to explore sustainability from a multidimensional point of view.

Benefits

Until now, there has effectively been no real sustainable development, global CO2-emissions are still rising and need to decrease quickly. Therefore, by transforming our relationships as our basis, we will explore how to create and collectively lead a turnaround as society towards a global sustainable development.

Questions we raise:

- In which new ways do we have to perceive and understand sustainability in order to overcome existing boundaries and limitations?
- Which dimensions of sustainability do we miss in recent definitions? How could a multidimensional framework for sustainability look like?
- How can we improve our interpersonal communication in order to share a common ground for sustainability e.g. with our customers?

How can sustainability become an integral part of our daily mindset in order to create real personal and societal change?

Method

Participants are invited to

- a) bring own questions on the central themes,
- b) shortly present on how they perceive sustainability in their organisations and personally,

Insights from an expert in the field,
Facilitated discussion and dialogue,
Self-reflection and meditation,
Creative and mindful exploration of the topic,
Interactive session “Transform Society in a Decade”.

Time and place

28 to 29 March at Institute for Social Banking / Optionsraum 3, Wilhelmine-Gemberg-Weg 14, 10179 Berlin, Germany.

Accommodation in Berlin to be organized by the participants.

The Workshop starts on 28 March, 2 p.m. and ends on 29 March, 4 p.m.

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This Workshop is supported by Mindfulife, Climate Alliance, Bionales, wirundjetzt, Best Economy and Menschbank

Organisers

Dr. Daniel Sieben and Alexander Beck, Institute for Social Banking (www.social-banking.org)

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Programme

Can be subject to minor changes.

28 March 2019		
13:30	Arrivals & Coffee	
14:00	Welcome & Get to know each other	
14:30	<p>Exploring the outer System and turning the Perspective from Outside to Inside</p> <p><i>Market equilibrium & Dynamic; Triple Bottom Line of Sustainability: Social & Ecological Divide; homo oeconomicus: Triple Divide</i></p> <p>What are the underlying views & assumptions of the world and the human being? What is missing? What is needed as a human being and for Sustainable Development?</p>	Developing a joint understanding together as individuals and as a group
16:00	Coffee Break	
16:30	<p>Introduction into the inner Sides of Sustainability</p> <p>Subjective Dimension of Mind: Spiritual Divide</p> <p>Intersubjective Dimension of Communication: Social Divide</p> <p>Objective Dimension of Action: Ecological Divide</p>	<p>Personality: Iceberg Model</p> <p>Conflict Mind vs. Matter</p> <p>Conflict Me vs. Others Empowering Communication Exercises I</p> <p>Conflict Economy vs. Ecology</p>
18:00	Break	
18:30	Group Sharing and Reflection	
19:00	Joint Dinner	optional

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29 March 2019		
08:45	Warming Up & Guided Meditation	
09:15	Intersubjective Dimension of Communication: Social Divide	Empowering Communication Exercises II, Reflection and Sharing
10:45	Coffee Break	
11:15	Deep Transformation of Relationships: Exploring the Bottom What are we avoiding by merely looking at the outer world? What is happening within? What is it we are looking away from and what we do not want to see?	Seeing & Understanding the Roots of Crisis: Spiritual Divide leading to Fear of Loss, Guilt, Trauma and Powerlessness
12:15	Meditating for Climate (optional) Supporting Fridays For Future	Outside with Guests
12:45	Lunch Break	Silent (optional)
13:30	Developing and Sharing a new Sustainable Vision for Society and how to apply it in daily Life	Bringing the pieces together: Individual Reflection and Group Exercise Creating new Possibilities
15:00	Coffee Break	
15:30	Final Sharing and Feedback	
16:00	End of official programme	

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Facilitators



Relationship Manager for Energy & Climate at Triodos Bank, Frankfurt

Daniel Sieben studied economics and focused on Ecological Economics which is aligned with eco-systems. Simultaneously to his studies his interest in spirituality awakened. Insight meditation has become his daily practice and in his PhD about a Sustainable Change of Consciousness and Behaviour he made a fusion of western science and eastern spirituality developing a new model and understanding of sustainability. It has been refined through experiences in community living, transformation seminars, sustainable banking, introspection and learning from life itself.



Programme Coordinator & Communication Manager at the Institute for Social Banking

Alexander Beck holds a master's degree in Social Sciences. For several years, he was responsible for advising clients in asset management at GLS Bank in Berlin. He also has a background in communications and training. He organised and held workshops for co-workers at the association of cooperatives in Germany. Shifting the public perception of banking and finance and education people in responsible investments is one of his goals in training and communicating ethical finance.

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