

# Doors to be Opened?

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**As the Inner Development Goals are now leaping from Stockholm into the world, the interest for inner development is growing fast.**

**Coaches have opportunities to open many new doors in the world of business and leadership.**

# Sustainable Development Goals (SDGs)

- Created in 2015 gave us a comprehensive plan for a sustainable world by 2030.
- A great vision but disappointing lack of progress.
- This was the starting point for the 'Inner Development Goals' initiative.





# INNER DEVELOPMENT GOALS

Transformational Skills for Sustainable Development

Non-profit organization for inner development.  
In 2021 the first IDGs report was published.

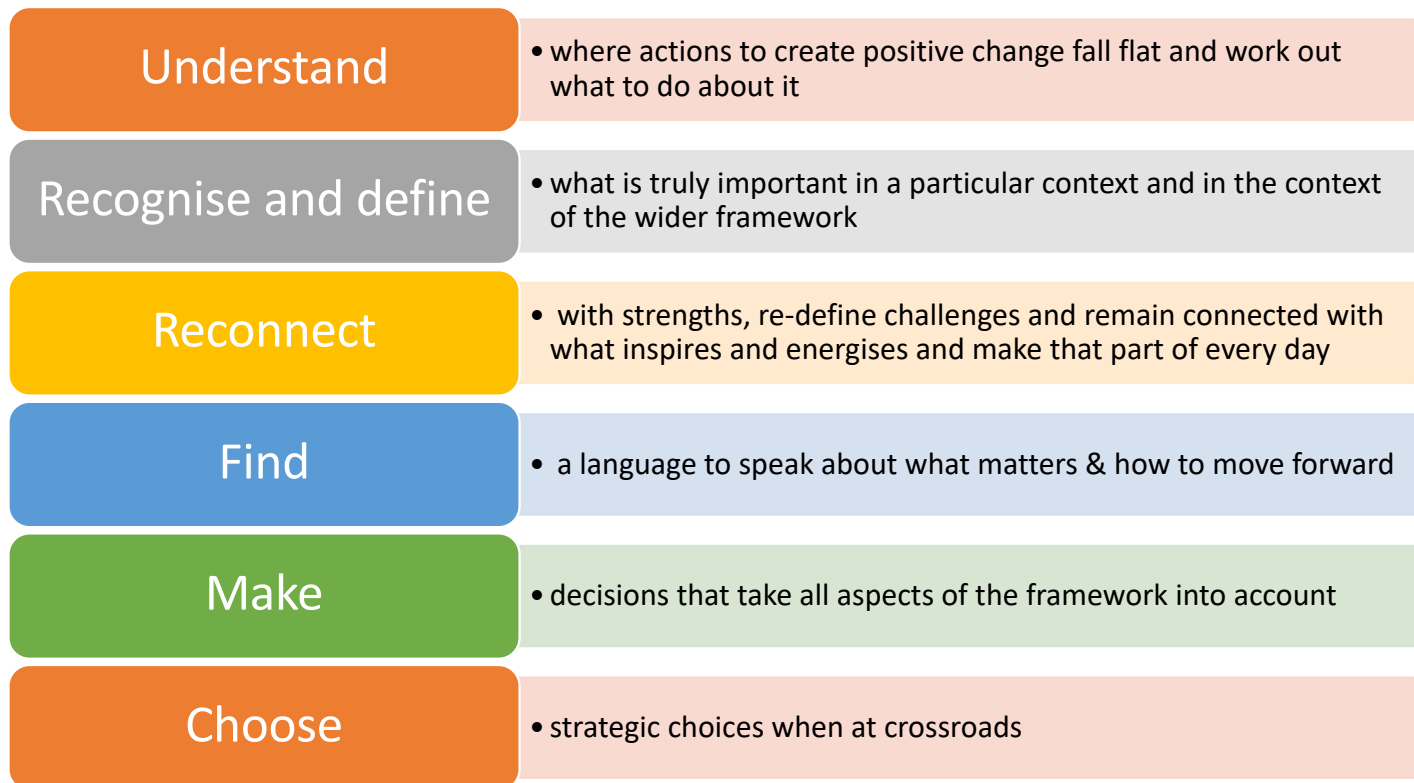
The report represents the results of the two online surveys based on input from 1000+ participants.

- They research, collect and communicate science-based skills and qualities that help us to live purposeful, sustainable, and productive lives.
- A framework of skills essential to the work of reaching the Sustainable Development Goals.
- Open source and free for all to use.
- [www.innerdevelopmentgoals.org](http://www.innerdevelopmentgoals.org)

# The Five Dimensions



# In coaching we can work with IDGs to help clients:

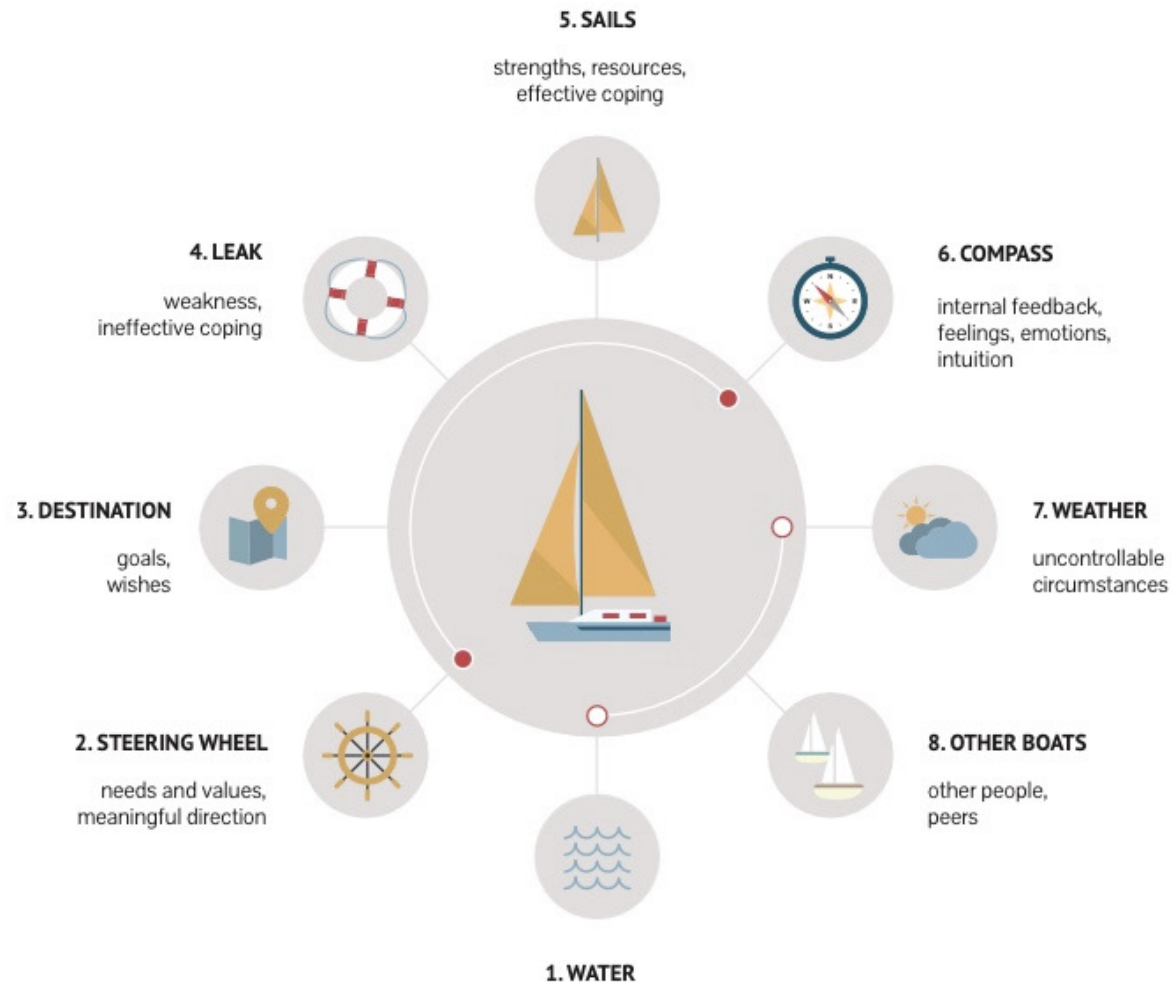




# Fractal nature of the IDG Framework

- Working with one area opens up the others
- Moving between areas to open up the others
- Exploring them as a whole system





What is the most important priority for your boat right now?

1. Water- This is the context, or environment in which we move and its constantly changing, shifting. It is made up of our homes, relationships, work, stuff, people, location, culture etc. Consider those elements of the water that are affecting your journey moving forward
2. Steering wheel : This represents your personal values, the answer to the question What is important to me in this life? How do I need to steer this wheel well to help me move forward? ( E.g. Being Creative, brave etc.) Draw that: What way of steering the wheel would be unhelpful for me?
3. Destination What is my destination? Where do I want to reach and how do I know that I have arrived? (Draw first) How does that affect the direction I have taken with the steering wheel: Notice the connections..
4. Leaks: What leaks on the boat do I need to pay attention to, that could stop me, or slow me down, or divert me from my valued destination? How do I start to pay attention to my hull for leaks, or address these?
5. Sails: These are my wonderful strengths that can be set to full sail , developed more fully, consciously (with others' help) to reach my destination. These are mindsets, behaviours, ways of feeling that are energising, enthuse me through any rough water...
6. Compass. This navigational instrument orientates us and provides a direction with respect to our environment. What do I need to attend to on this journey, what do I need to recognise and even attend to on this journey? Where do I get that feedback?
7. Weather. This is the unexpected, the uncontrolled events that may affect our journey. How do I need to prepare for the unexpected. What attitude, behaviours, actions are necessary? Who, what else can help me?
8. Other boats: Other resources, including and even especially other collaborators along the way, including our social network. Which resources do I need to connect with? What about those who can challenge me, offer a more critical eye regarding the direction in which I am sailing, or even not approve of my direction of travel at all? Who and what can help me stay on course and help me remember what is truly important on this journey?



# Creative Tension & The Play of Paradox

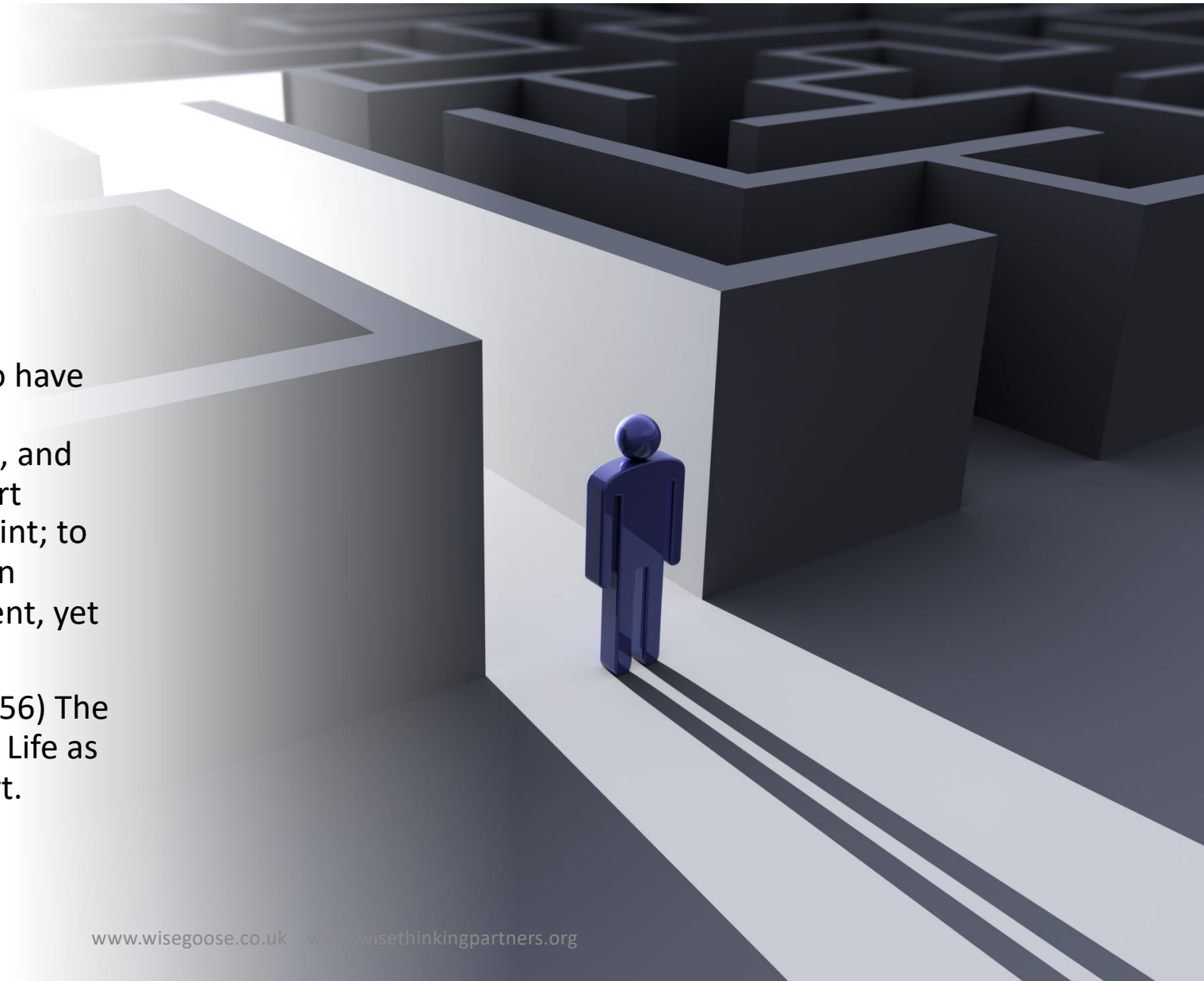
- Tensions can arise between the different dimensions e.g. focus on Self & others? Doing & Being?
- Creative tension, the play of paradox, is absolutely essential for life and growth.
- Paradox is part of the system but it's often not comfortable!



# The Way of Paradox

- “To be a person means to have learned the secret and paradoxical art: to go out, and yet remain within; to exert power yet exercise restraint; to transcend, and yet remain oneself; to be in movement, yet to be in total repose”

From Cyprian Smith (1987;56) *The Way of Paradox: Spiritual Life as Taught by Meister Eckhart*.



# PRO

(Adapted from Insight Dialogue Gregory Kramer)

**Pause:** slow down. Take a breath or two.

**Relax:** settle down, release habitual thoughts, loosen any tensed muscles. Remain present, accept, just as it is, whatever experience arises

Take turns to listen and speak:

**Open:** widen your field of awareness to include wider systems of which you are a part – family, friends, community, work groups, society. Transport system, global financial markets, food, plants, animals, water, air - vast exchanges of energy and information - the whole cosmos here in this moment. From this place ask yourself: what questions, feelings or thoughts does the IDG framework bring up for me?

Given this what would I like to say to the group and/or take away from the session?

**Share this with your partner/Listen deeply:** Allow space to really take in what's been said, the specific flavour of this moment

**As you listen Trust Emergence:** We don't know what we might say, or what someone else may say or do. We step into that not knowing with acceptance, and trust in the unfolding of things – see what comes next...

Respond to your partner

*Speak the Truth* of your experience in this moment out of the connections you share



A close-up photograph of several dandelion seed heads. The seeds are white and wispy, radiating from a central brown point. The background is a soft, out-of-focus green, suggesting foliage. The lighting is natural, highlighting the delicate structure of the seeds.

# One Breath

- BRIEFLY voice what thoughts, feelings, reflections you are leaving with
- Most people are able to share a question or reflection with just one breath, that is approximately 30 seconds.
- Try it!

# Contact....

Our next IDG hub meeting will take place on Tuesday 9th April online at 5:30pm GMT you can find us and register on LinkedIn

<http://www.wisethinkingpartners.org/>



**WISE THINKING  
PARTNERS**

Feel free to get in touch, I'd love to hear your IDG stories!

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