



Inner Development Action Day

Template and Invitation to Play



BACKGROUND

The Inner Development Action Day was developed and continues to be explored as part of the European Union co-funded Erasmus+ Project “**CADRA**” in partnership with the Inner Development Goals initiative.

The first Inner Development Action Day was held in October 2021 in Berlin, with over 100 participants.

<https://fraendi.org/cadra/>

WHAT IS AN INNER DEVELOPMENT ACTION DAY?

The day’s main intention is to create a **multisector place-based ecosystem of relationships** that supports **action towards regenerative futures** supported by practices that relate to the 5 categories of the Inner Development Goals framework.

The design of the day is informed by practices like the Art of Hosting, Theory U, Warm Data, Liberating Structures and more. Please weave in your ways and other ways as they work.

This is an invitation to play with the suggested flow so that it meets your practice and experience and the local & cultural realities you are in.



OUTLINE TEMPLATE OF THE INNER DEVELOPMENT ACTION DAY

The day should include two main focus areas:

1. An inner development experience - less talking about, more being in - that builds relationships between the people, networks and stakeholders that are present
2. A place based multi stakeholder conversation that makes a difference on how to collectively act for sustainable and regenerative futures in the bioregion of the hub.

Time suggestion: 6-8 hours

Outline:

- **Welcome, intro and get to know**
- **Exploring the need and build connection**
- **BREAK**
- **Connect with local reality AND/OR give input**
- **Explore actions**
- **Close and outlook**
- **Repeat regularly**

DETAILED OUTLINE SUGGESTIONS

Welcome, intro and get to know

Time

15 min - 1 hour

Intent

Depending on the participants it is important to introduce the IDGs and yourself more or less. Keep it simple.

Suggested Points to cover

- Presentation of the IDGs
- History, Intention, application
- Focus of the IDAD
- Who you are and how connected

Activities

- Presentation
- Small welcome activity

Exploring the need and build connection

Time

1-3 hours

Intent

Explore the topic and build connections and relationships, using inner development fostering methodologies.

Possible Activities

- Warm Data Lab
- Meditations
- Glass Bead Games or other practices that foster connection and exploration of humaneness
- Café formats like world café, knowledge café
- ...

Principle: Explore locally and culture based approaches and approaches that work(ed) for you. Host together.

BREAK at least 1 hour

Connect with local reality AND/OR input

Time

1-2 hours

Intent

Connect with the environment you are in and get to know what is needed.

AND/OR

In case you have a group not so familiar with the IDGs and/or SDGs this can be the space to run a workshop or multiple workshops to deepen knowledge - it should be related to the bioregion you are enlivening.

Points to cover

- Get clear on what the room needs and wants
- Have good questions prepared for exploration
- AND/OR
- Have local people present projects
- Have knowledge holders for practices around the IDGs/SDGs connection

Possible Activities

- Nature Walk
- City Tour
- AND/OR
- Pro Action Café
- Workshops
- ...

Explore action

Time

1-2 hours

Intent

Get concrete, bring your own initiatives, questions and ideas.

Points to cover

- Move into a more action oriented space
- Let the action come emerge, don't push
- Perception is also action

Activities

- Open Space - Frame it well towards actions and what you want to explore deeper
- Design for Wiser Action - In case you want to focus on concrete projects and initiatives
- "Real Action" - if there's something to be cleaned up, policies to be written, agreements to be made, people to be called and informed: do not hold back.
- ...

Close the event

Time

30 min - 1 hours

Intent

Honour the time you had together and hear all the voices in the room.
Close the circle well.

Points to cover

- Provide an outlook what else is planned in the hub
- Offer possibilities for others to connect and support the hub and the local IDG+SDG action together

Activities

- Circle
- Closing Methodologies

CONTACT

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<https://fraendi.org/cadra/>