
THE COMPONENTS OF

THE GLOBAL CHANGE INCUBATOR

WHAT/WHY/HOW

In depth exploration of:

GENERAL THEORY OF CHANGE

VIRTUAL LEARNING MODULES

SHADOWING

1ON1 MENTORING

CURRICULA WALKTHROUGH

YOUR PROJECT

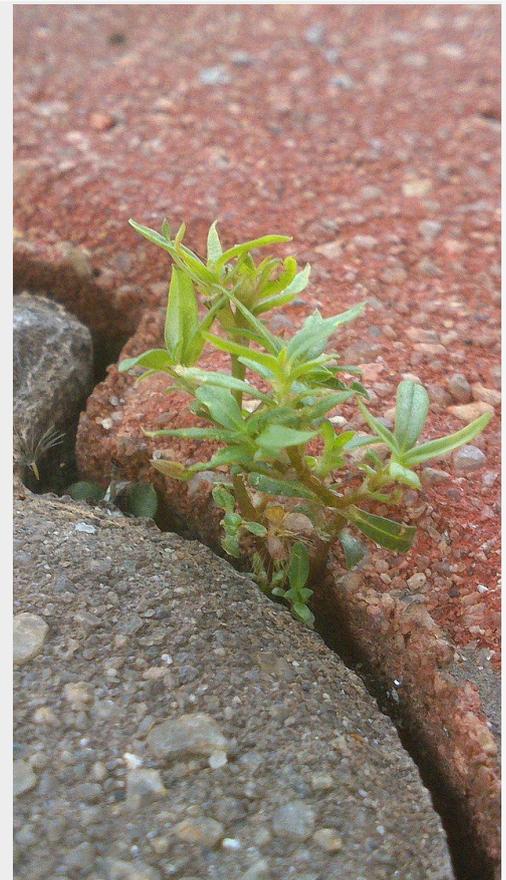
THE INCUBATOR THEORY OF CHANGE

When we shift, the world shifts. If we want a different world we have to begin by looking at the minds, the states of consciousness, and thought systems that have created the world to date. This incubator is designed to help you see that for yourself - and for the people and communities you interact with. Instead of "dealing" with the problems of the world, we go straight to the source,

by helping people see how to solve them in the mind. When we are able to see through the destructive, divisive, and often illusionary thoughts, beliefs, concepts, and dogmas we hold on to, resilience and health emerge. Change doesn't have to be forced, it is about reconnecting to our health, creativity and new ideas. Everything we need for a better world is already there, beyond the noise of our minds.

GOALS AND OBJECTIVES OF YOUR PARTICIPATION

1. To uncover and unleash the energy, innovation and inspiration that is currently laying dormant inside you.
2. For you to discover how to do the same with other people, regardless of the environment, situation, or background. To be able to 'help anyone, anywhere. To know how to affect positive change in the world.
3. For you to bring a project or a series of projects to life - to hatch your idea into the world, and in the process help other people.



THE MODULES

WHAT

The modules are the learning foundation of the Global Change Incubator.

They are intentionally structured in a gradual manner - taking you from the very basic foundations of the human mind, resilience, and innovation all the way to how that could solve global issues. It will be a mix of

- Lessons and dialogue
- Activities and collaboration
- Project work
- Q&A
- Reflections and exploration
- Examples and case studies

WHY

Our current module design is to ensure that we both have enough time together in each of the modules (2.5 days) but also enough time in between meetings to apply and experiment with what you have been learning . Having uninterrupted time together is critical to allow your mind the space to "get out of your normal," see something new, and create fresh and innovative solutions.

HOW

We will meet for 4 full 2.5-day modules (in March, April, July, October) + 1 final presentation + celebration day (in December).

M1: WHY THE MIND?

In this module, we will be exploring the internal foundations of societal change, and how to bring that understanding to your organization or mission. A building is only as strong and sustainable as its foundation - and learning about the mind is the most fundamental and powerful foundation for creating change. This module will include lessons, activities, examples and discussions all designed to highlight the power of the mind, our thoughts, and our internal capacity to change our own life and the lives of others.

M2: FROM MICRO TO MACRO

This module illuminates how your personal understanding of the mind is linked to individual, community, systemic and global change. We call this process "zooming in and zooming out". How does the mind affect your life? Your relationships? Your community? Your country? Society itself? By looking closely at specific examples, while also observing universal patterns we ensure the most holistic and sustainable process for creating change.

M3: HOW TO FACILITATE CHANGE

In this module, we look at the skills to lead and facilitate change for any problem at any scale. We will do this by going through case studies, doing live demos and sharing examples of specific curricula used in different contexts.

Now that your foundation is strong, it's time to experiment with seeing how to put that knowledge into practice, locally and globally. Our goal is to help you feel like you can facilitate change with anyone, anywhere, in any context.

M4: RE-IMAGING THE WORLD

In the final module, we both close loose threads and open up our minds to a new world. In other words, this module is about new beginnings and not an end. We will explore how humanity has the potential to reinvent itself and the systems that drive our world. By entering an infinite loop of learning, creativity, and innovation we can keep re-imagining and re-creating the world.

This will also prepare you for finishing your project(s) that will be presented on the final presentation-day in December.

SHADOWING

WHAT

To foster insights and powerful learning experiences by seeing firsthand how transformation happens in schools, prison systems, with parents, youth, organizations and communities.

Shadowing allows for your mind to integrate what you're learning in the modules in a live environment.

Shadowing also allows you to observe the inner workings of running a non profit and creating impact based on the foundation of the mind you're learning about in the incubator. This will inspire new ideas, creativity and "a-ha moments" that you can directly implement in your own work.

WHY

When we observe something live it takes theory into practice. The model of shadowing/apprenticing and live observation is the best way to learn about how to work with people.

Time and time again we get the question: How do you work with X? Or what do you do when dealing with Y? Shadowing creates a space for those questions to be answered in a real and impactful way.

HOW

In the initial call with your lead mentor, we will brainstorm what would be the most valuable shadowing experience for you - and based on that we will create opportunities for you during the 9 month period that's tailor-made to your progress.

It's important to note that while you might really want to shadow work in a business, it's possible that the most impactful thing would be to shadow work in schools or prisons, and vice versa.

1ON1 MENTORING

WHAT

1on1 mentoring are 60-minute sessions dedicated to you.

While the incubator is designed to support your work, we can't do anything with what we can't see. 1on1 mentoring is the best way to highlight blindspots and go deeper into your personal understanding of your own life, mind and reality.

The sessions can either be open, or you can have a specific direction you want to go. Remember: These sessions are for YOU, so bring everything you have in order to get the most out of this opportunity.

WHY

1on1 mentoring is the absolute best way to tailor-make your experience and understand where to go next. Groups and self-learning is at the core of the program, but the 1on1 leverages all the learning and helps integrate everything.

This is a key part to ensure optimal progress both for your own insights, but also in your own work.

HOW

You will be assigned a 'lead mentor' that will follow you through the whole process. Together you will schedule a minimum of 10 sessions together - and if it makes sense, we can have guest-mentors do some sessions with you as well.

PS

CURRICULUM: INSIGHT TO WELLBEING

WHAT

The Insight to Well-Being curriculum is designed for individual practitioners and organizations to share an understanding of the mind and human experience for the purpose of reducing risk factors, uncovering resilience and promoting emotional and psychological well-being for adults and youth impacted by the criminal justice system, those struggling with addiction and other social service needs.

This curriculum is taught through a compilation of sessions that speak to the potential, ability, and resilience inside every human.

WHY

Mass incarceration is one of the biggest societal problems facing The United States and many other countries right now. In total, there are 2.3 million people in the nation's prisons and jails. And the probability of recidivism is staggeringly high.

Locking people up poses significant economic, social, and racial costs, especially for children and families.

HOW

The Insight to Well-Being Curriculum is available via a dynamic membership platform. Each session covers topics and issues that are relevant to people impacted by the criminal justice system.

Participants gain a better understanding of themselves and others, develop vital social and emotional skills, access their creative intelligence, and cultivate their personal potential.

CURRICULUM: SPARK CURRICULUM

WHAT

The SPARK Mentoring Programs are evidence-based curricula that Speak to the Potential, Ability, and Resilience inside every Kid and are available as 4 stand alone curricula specifically designed for young children (5-8), children (8-10), middle school children (10-13) and high school teens (13-22).

Each of the SPARK Programs consist of:

1. social and emotional curricula
2. virtual activities for facilitators
3. one to one mentoring
4. community service project
5. parental materials and support
6. an evaluation component.

SPARK's research revealed positive changes in student's:

- mental well-being
- impulse control
- communication, decision-making, and problem-solving skills,
- resilience (compassion for others) and resilience (bounce back) in tough circumstances.

SPARK has also met rigorous CASEL standards and is included in their guide. Additionally, the pre-teen program was recently published in *Psychology in the Schools*. SPARK has 2 additional pending publications in peer reviewed journals.

WHY

Depression is the 4th leading cause of illness and disability among adolescents aged 15-19 years & 15th for those aged 10-14 years.

Half of all mental health conditions start by age 14.

Suicide is the 3rd leading cause of death in 15-19-year olds.

Anxiety is the 9th leading cause for illness in adolescents aged 15-19 years and 6th for those aged 10-14 years.

Emotional disorders can profoundly affect areas like schoolwork and school attendance. Social withdrawal can exacerbate isolation and loneliness. At its worse, depression can lead to suicide.

HOW

The SPARK Mentoring programs have successfully been implemented by more than 100 certified trainers in twelve countries, in schools, jails, drug rehabilitation centers, and social service organizations.

Through the incubator, you have the option to obtain a liscense to all 4 SPARK programs and attend our training to become a certified SPARK facilitator.

CURRICULUM: ACCELERATING CHANGE

WHAT

Accelerating Change is an online course focused on how to make positive and sustainable change in yourself, your community, your organization, and the world!

It looks at the mind's capacity to create change from micro to macro, covering:

- Individual Change
- Community Change
- Organizational Change
- Systemic Change
- Global Change.

Modules:

- *Foundations of Accelerating Change*
- *The Human Mind and the World*
- *Any Problem on Any Scale*
- *How to Facilitate Change*
- *Stories, Case Studies and Examples*
- *Bringing it All Together*

WHY

It's hard to propel a rocket to outer space without a rocket engine. It's equally as difficult to make change happen, on any scale, when we don't have a deep grasp of how the mind is the engine that drives all change. It is our hope in offering this course that we can provide you with a personal jetpack that propels you forward by offering sustainable clarity, inspiration and the internal tools to make change happen faster.

HOW

The online course is 6 weeks long, with a new module released every week. You will get access to over 40 hours of learning, and become part of an ongoing network of participants that have taken the course.

During the program we offer a quarterly Q&A session to answer any questions you have during the process.

YOUR PROJECT/VISION/DREAM



WHY DO PROJECTS?

When learning about the mind and having personal insights about how change can happen anywhere at any scale - it's easy to stay in your head in the "theory" of it.

Having a project or something you want to change provides a container for you to learn, experiment, try things and put your own insights to the test.

It's always better to learn how to swim while in the pool, and working on your project ensures you're engaged and get practical insights and progress from this program. That way your learning integrates, and also ripples out to the wider world.

IMPLEMENTATION

The Project is chosen by you. We will not decide, or have any skin in the game for what you want to achieve or whom you want to help.

Your project could be ONE big project you're working on or several small ones. It could be completely new or something you've been working on for years.

The incubator is designed to elevate whatever you want to do - so we will support you by stretching what you think is possible, providing opportunities for collaboration and networking, offering greater clarity and focus, and highlighting what is truest to your own dreams and goals.
