

Friday, September 6, 2019

8:30 am to 10:00 am

Being Human in the 21st Century - Nate Hagens

The 20th century is unique in human history. Never before was the population scale and human experience so different than the centuries before it. The 21st century is shaping up to be different again, and is proving itself to be even more than we expected. The tailwinds of cheap resources, cheap credit, negligible impact on the environment and culturally diverse and (mostly) peaceful global society have turned into headwinds. We now face more costly resources, limits to financial expansion, heavy environmental impact on ecosystems and other species all amidst rising populism, angst, social movements and political opportunism. These challenges imply a haircut to our material living standards on the horizon. But despite these challenges and what they imply about our future, we are still one of the richest generations to live on this Earth. Happiness and fulfillment are – once basic needs are met – not increased by more energy and consumption. We find ourselves on the cusp of a cultural shift away from material abundance. How we steer the conversation and what sort of visions and leadership we promote will have an enormous bearing on future generations. While it is likely our societies will be ‘less wealthy’ materially than the past couple generations, there is a wide open opportunity on how we respond on spiritual, community and well-being levels. This challenge must be guided by teachers and leaders and examples of being intrinsically motivated as opposed to externally validated. Dr. Hagen lays the groundwork of what has changed, and invites participants to consider how they want to influence the future.

Dr. Nate Hagens is unique in our world of “specialization” because he believes in order to address any of the challenges we face globally, we must start from a comprehensive understanding of the whole picture. He is an impressive synthesizer of a framework for our future that integrates multiple disciplines: neuroscience, biology, psychology, ecology, energy, and economics.

His background is just as diverse, from working on Wall Street for 10 years, to teaching at the University of Minnesota. He has a Master’s Degree with Honors in Finance, from the University of Chicago and a PhD. in Natural Resources from the University of Vermont. He created a powerful and innovative honors course at the University of Minnesota called Reality 101 – A Survey of the Human Predicament. His goal with this course is to give young people a cohesive description of the future of the global economy and about themselves as individuals, so they can be powerful, informed advocates for their own future.

Dr. Hagens was the lead editor of The Oil Drum, one of the most positive and well-respected websites on global energy supplies and its sustainability and has appeared on PBS, BBC, ABC and NPR. He co-created with Jeff Bridges the recently released environmental documentary, Living the Future’s Past. Dr. Hagens message is positive and focuses on how we can be both informed and engaged as we address the constraints and opportunities - after the peak of global economic growth. He pierces together numerous cultural assumptions about our future

and why we aren't collectively responding to it, including why we are overly socially conscious, why we are driven by 'wanting' as opposed to 'having', and why we are averse to acting ahead of time.

A strong believer in intrinsic motivation he hopes to inspire people to wake up and take action on whatever aspect of the future matters to them. It's not about telling people what to care about; it's about helping people feel empowered to act. Together he believes we can make a tremendous difference in shaping the future of our world.

10:00 am to 10:30 am – Break/Vending

10:30 am to 11:30 am

A. Who gives a R.A.T.S.S...& Why??... – Jean Still

Our current World of Instant Gratification,- has created a "Tick & Flick" Lifestyle;- "Love & Belonging" is demoted,- "Power" is promoted, grabbing attention, "Freedom" is without commitment, and "Fun" a style of quick thrills. This Leads to Soul-searching emotions of "meaningless"/"loneliness", crushing Quality responses, destroying Creativity, onto "hopelessness", and "Isolation".

Participants will:

1. Identify different styles of relationships.
2. Examine the Needs Profile Analysis.
3. Discuss the Millennial decade and the destruction of technology addiction and the effect on the "old brain."

B. John Mieras – Carving your Initials One Effective Choice at a Time.

When we carve someone's initials into a tree, we aim to show our closeness in relationship. That closeness takes many effective choices to arrive at a place where public demonstration is warranted. How do we get there? Chance or luck... possibly...or maybe we can benefit from our understanding of Choice Theory.

Participants will:

1. Have fun through experimental learning.
2. Learn the influence Choice Theory can have in our relationships.
3. Learn two new teaching techniques to demonstrate the influence Choice Theory can have in our lives.

C. Creating Peace through CT/RT – Judith Klefman

If you want to live in a less violent world, this is a workshop for you. Using Choice Theory, we'll look at and discuss some of the root causes of violence and how we, knowing CT/RT, can show ourselves and others different ways to resolve problems.

Participants will:

1. Identify at least three forms of violence.
2. Apply their knowledge of CT/RT to a better understanding of how/why violence seems to work.
3. Assess where they are on the “Violence Continuum” i.e. gain perspective on the role they play in the increase or decrease of violence
4. Create a Personal Peace Plan

11:30 AM to 11:40 AM – Break

11:40 am to 1:10 am

A. Conversation with Dr. Nate Hagens – The Who What Where and How – Nate Hagens

This session with Nate Hagens will be an opportunity to delve more deeply into the big picture and 8 Great Questions for Our Time. The eye-opening information on energy and sustainability will help people understand what are effective choices and options, and what are not.

Participants will:

1. List the blind spots we have and why they are important.
2. Discuss how our genetic needs are influencing us in ways we may not realize.
3. How understanding the “energy profile” will help in making choices.

B. Diversity Begins with You – Kim Olver

NBCC CE Qualified

Were you taught to avoid topics like politics and religion? Avoiding controversial topics for the sake of minimizing conflict is not the answer! Nothing will change unless people have these challenging conversations within a safe environment where everyone’s opinion is respected and true understanding, rather than judgement, is the goal.

Participants will:

1. Analyze the role of perception in understanding difference.
2. Determine your natural animal tendencies in challenging situations.
3. Compare and contrast the role of pros and cons of each animal tendency.
4. Break down the causes of discomfort in challenging conversations.
5. Evaluate the Diversity Stairway.
6. Formulate guidelines for moderating conversations about sensitive topics.
7. Defend similarities over differences.

B. Teaching Through Storytelling – Paul Iarrobino (sponsored by Judith Ashley Klefman)

Using examples from client's stories, participants will learn the power of storytelling. Paul will share common techniques used to help people get "unstuck" from old stories that no longer serve them and find their authentic "new" voice. He will demonstrate how storytelling techniques can be incorporated into different practices and settings.

Participants will:

1. Identify ideal conditions for creating a safe, therapeutic environment that allows clients to embrace a new story that leads them forward toward their goals.
2. Understand key techniques that lead to client's greater self-awareness and ability to create meaningful change.
3. Learn fundamental differences between how to build community so that individuals are able to work in a group within the realm of storytelling.

1:10 pm to 2:30 pm – Lunch

2:30 pm to 4:00 pm

A. Multi-Media Approach to Create a Need Satisfying Learning/Therapeutic Environment – Jim Coddington III

During this interactive workshop participants will learn how to utilize an assortment of educational and entertaining resources to create a need-satisfying environment for educational and therapeutic purposes. Popular games including Jeopardy and Hang Man, movie clips, YouTube videos and a hilarious monologue by Roseanne Roseannadanna of Saturday Night Live fame will be shared.

Participants will:

1. Learn creative ways to enhance learning and provide therapeutic benefits.
2. Develop skills to avoid burn out.
3. Gain confidence and be better equipped to serve those they work with.

B. Driving Miss Daisy – Nancy Herrick

NBCC CE Qualified

A presentation of mindfulness activities for children and adults to develop self-centering and focus. Methods for classroom use or family practices, the advantages of implementing mindfulness into one's life will be presented. Join this interactive workshop for adding personal calming or focus to your goals for the day. Mindful games are educational tools not therapy.

Participants will:

1. Gather activities for use and adaptation to students of all ages
2. Practice mindfulness activities for self-evaluation
3. Gain familiarity with the connecting and disconnecting habits
4. Learn the stairsteps to effective self-evaluation.

C. Expanding the Appreciation Mindset - Shifting from Consumption to Appreciation
– Jeff Brown & Lynn Sumida

Many people attempt to reach fulfillment and lasting joy through devouring material goods, resources, time, money and even relationships. To discover the joyous lives we all want to live, we must access deeper levels of appreciation, by taking radical ownership of our high levels of consumption so we can lower them.

Participants will:

1. Explore a consumption cycle and how do you recognize it.
2. Discuss an "Appreciation Mindset" and how to support yourself and others in building one.
3. Recognize how to be informed and not sink into states of helplessness, hopelessness or despair.

4: 00 pm – 5:30 pm – Regional Meetings



GIFCT has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5189. Programs that do not qualify for NBCC credit are clearly identified. WGI is solely responsible for all aspects of the programs.