

# Self. Society. World.

## The Changemakers Annual Residential Sep 24-29 2023

### Learning Framework

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#### Ambitions

This Residential invites you to consider the relationship between yourself, how you are in your immediate society - your mindsets, behaviours, perceptions, skills - and influencing levers for change in the wider world. As in all Changemakers programmes this week is oriented around honing your ability to ask better questions, build better tools, and apply these in your experiences. So some of the learning you're doing might not necessarily appear obvious at first.

The residential has been designed to offer tastes of the topics and attributes listed below, and to give a sense of the direction you might take in developing any or all of them. It is designed to 'layer up' your knowledge and many topics will be threaded throughout the week - in plenaries and smaller sessions, readings, coaching circles, daily reflections & self-led exercises. Above all we hope you will find new insights, connections and knowledge!

If you find a more structured approach useful, this table connects each topic listed in the residential programme's remit with the elements in which it will most likely be a focus.

Topics	Principal areas for encounter
Art and social change, case study	Field Trip; Creative Tools
Change Models: Policy & Culture	Plenaries V & VII; field trip; evening conversation
Collaboration	Coaching circles; field trip; catalyst fund showcase day
Compassionate mind-sets	Plenary I; coaching circles; 1:1 mentoring; daily meditation
Creativity and mindful practices	Plenary I; daily reflections & prompts; creativity tools
Embodied resilience	Daily meditation; plenaries IV, VIII
Deep listening	Plenary II; coaching circles; daily reflections & prompts
Difficult conversations	Plenary IV; coaching circles
Futures literacy	Plenaries I & V; reading list
Habit building	Tools 1; daily reflections & prompts
How power works	Plenary V; tools 1; evening guest conversation; field trip
Inner development goals, case study	Plenary II; coaching circles
Innovation & Innovation Loops	Plenary VI; showcase day; online knowledge space; innovator in residence; catalyst fund showcase day

Metacognition	Plenary II; tools 1
Motivation	Plenary II; coaching circles; 1:1 coaching; innovator in residence
Presentation & Public Speaking	Plenary III; Tools 2
Regenerative Futures	Plenary V; Tools 2; online knowledge space; daily reflections & prompts
Rhetoric and charisma	Tools 2; Plenary III
Self-awareness	Plenaries I & II; daily reflections & prompts; coaching circles; 1:1 coaching
Systems & design thinking	Plenary V; Tools 1; online knowledge space
The powerful effects of imagination	Plenaries I & V; evening guest conversations; coaching circles
Value & ethics in the embattled present	Plenaries II & VII; tools 2; daily reflections & prompts; coaching circles