

How to Initiate, Perform, and Develop Processes and Methods for Sustainable Wellbeing in a Relational Universe

Avraham Cohen (City University of Seattle in Vancouver) &
Heesoon Bai (Simon Fraser University) &

Abstract

In this workshop, we provide an opportunity to experience a process that supports sustainable wellbeing while simultaneously learning about the process. We will spend time reflecting on the 10 points of human truth as they manifest in our daily personal, familial, and institutional lives. Through various skillful methods of leadership, group/community facilitation, inner work, deep democracy, and personal and community growth and development, we will explore and experience how the 10 points can be better served and enacted. Here, 'better' means 'more in line with sustainable wellbeing'. A key feature of this workshop is a development of '2-hour community' that our conference session affords. This 2-hour community is a microcosm of human lives that have all the elements of 10-point humanity. How we work with this microcosm will show us, in close-up and at a small scale, of how we may work with our humanity in our daily lives at home, school, and workplace.