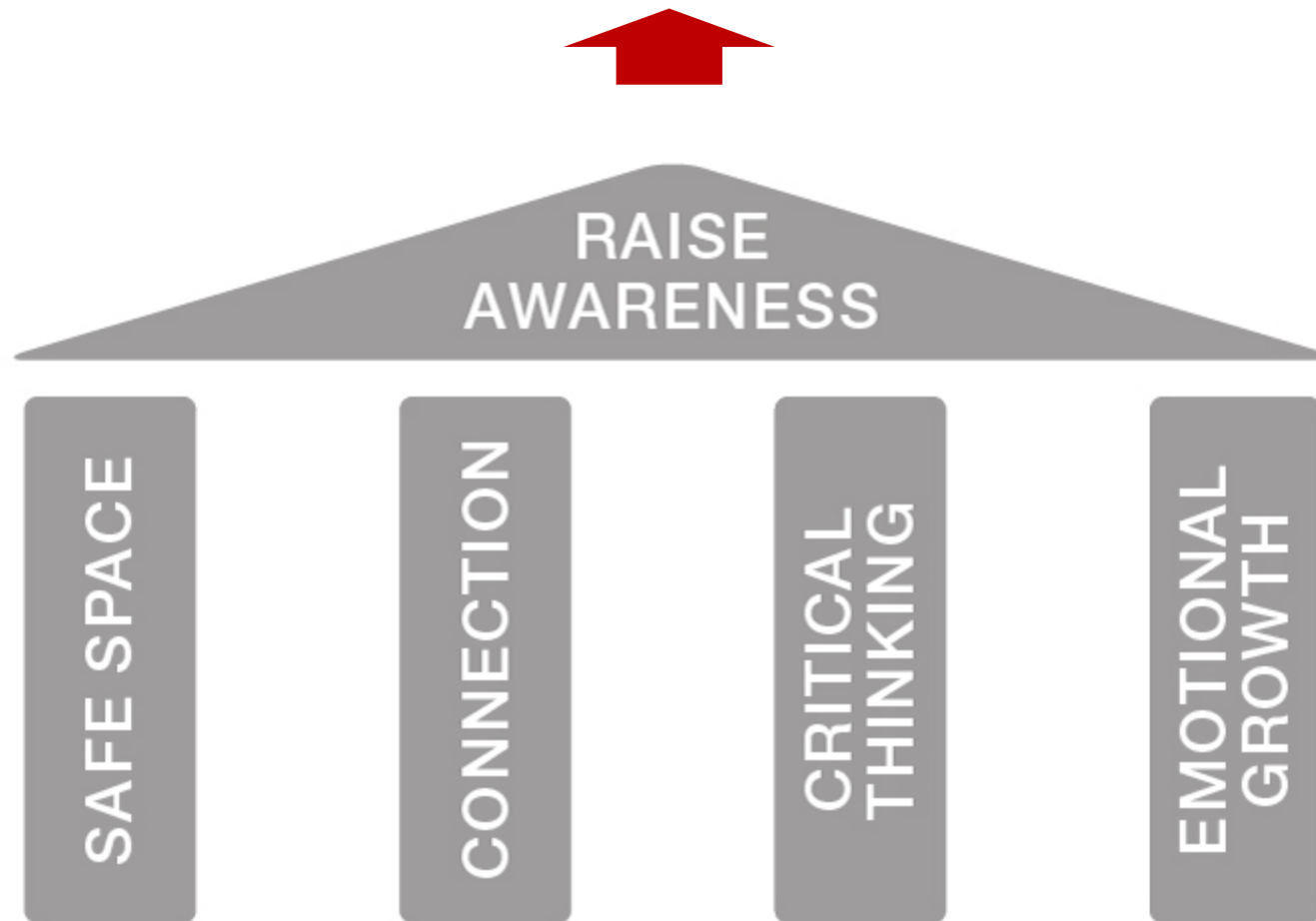


**THINKING
BOX**

A world that works for everyone



The Nordic Secret: Personal development to build strong democracies

- 'In uncertainty we turn to an outside authority' –agree?
 - Religion, authoritarian leadership?
- Only way to build democracy is bottom up – agree?
 - Empower a large part of the population (10%+)
 - To find their 'inner compass'
 - 'Become active and conscious co-creators of the new social order'
- Retreat centres?
 - state financed not state run (4-6 mths)
 - Tools for civic movements and activism
- Inner growth – how do you do this?
 - Individually and collectively?
- What are the implications to us today?



Julian Treasure: 5 ways to listen better

- When do you forget to listen?
- Better listening
 - What has to happen for you to listen fully - What works?
 - How would you listen if you listened to someone as if for the first time?
- Insights on the 5 ways?
- What will you try out to listen better?

5 ways to listen better

Silence (3 mins)

The Mixer

- How many different channels can you hear?

Savouring (mundane) sounds

Listening positions

- Active/passive
- Reductive/expansive
- Critical/empathetic

RASA

- Receive (pay attention)
- Appreciate (little noises)
- Summarise (so)
- Ask (questions)