

Creating our Future

WISDOM TOGETHER

Who is needed in our future economy
or
Which economic system do we want?

Employment History



BERTELSMANN

Bertelsmann
Corporate

RTL
GROUP

Penguin
Random
House

G+J

BMG

arvato
BERTELSMANN

Bertelsmann
Printing Group

Bertelsmann
Education Group

BI Bertelsmann
Investments



Today's Biggest Challenges

Ecological Divide
Self-Nature

Social Divide
Self-Others

Spiritual Divide
Self-Self



Looks familiar?



The 10 most critical problems in the world, according to millennials



Drucker: “We are living in an age of discontinuity”



VUCA – the new buzz word in companies



The new/old myth - Technology

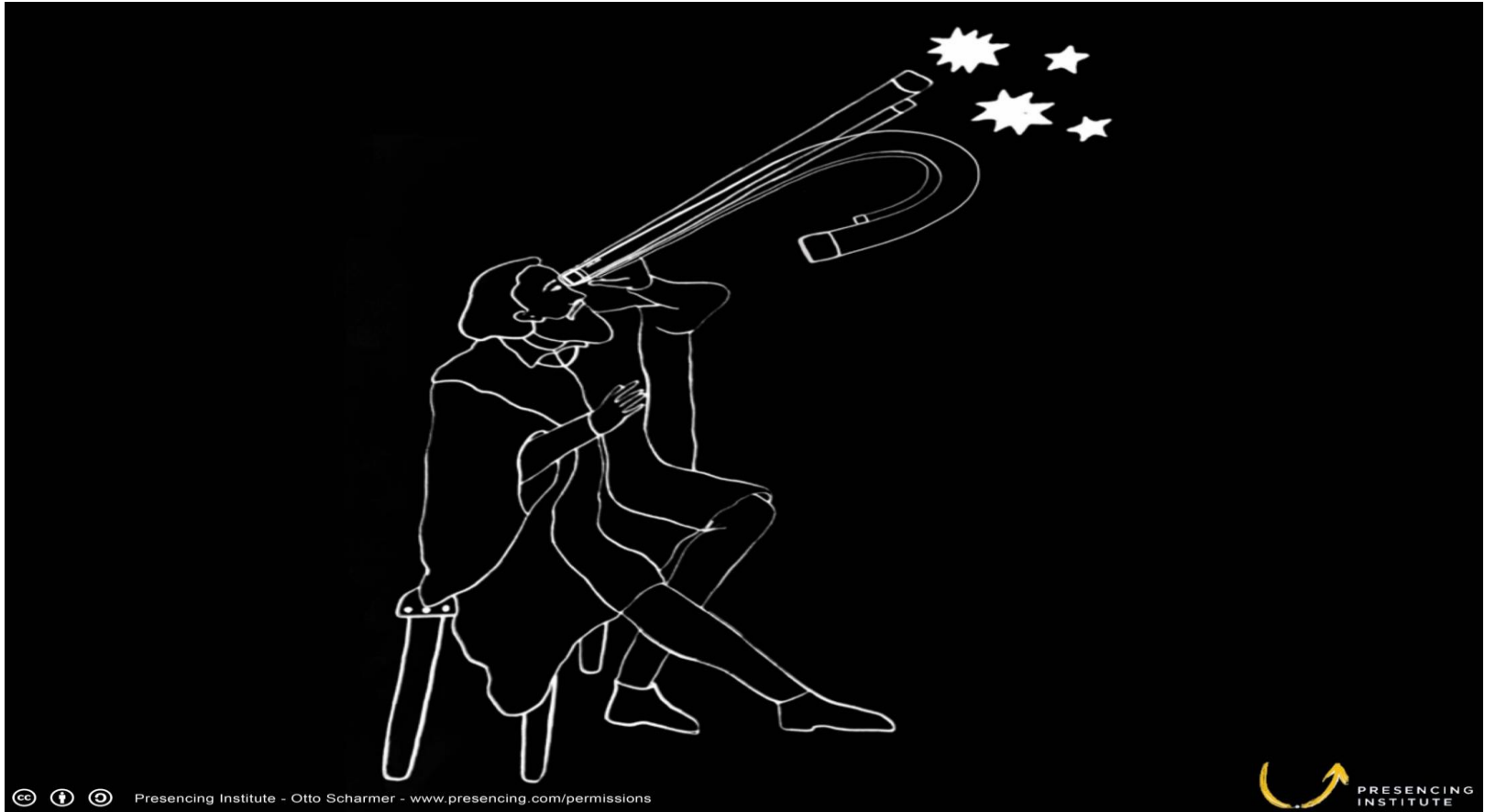


Will Humans be needed in the Future?

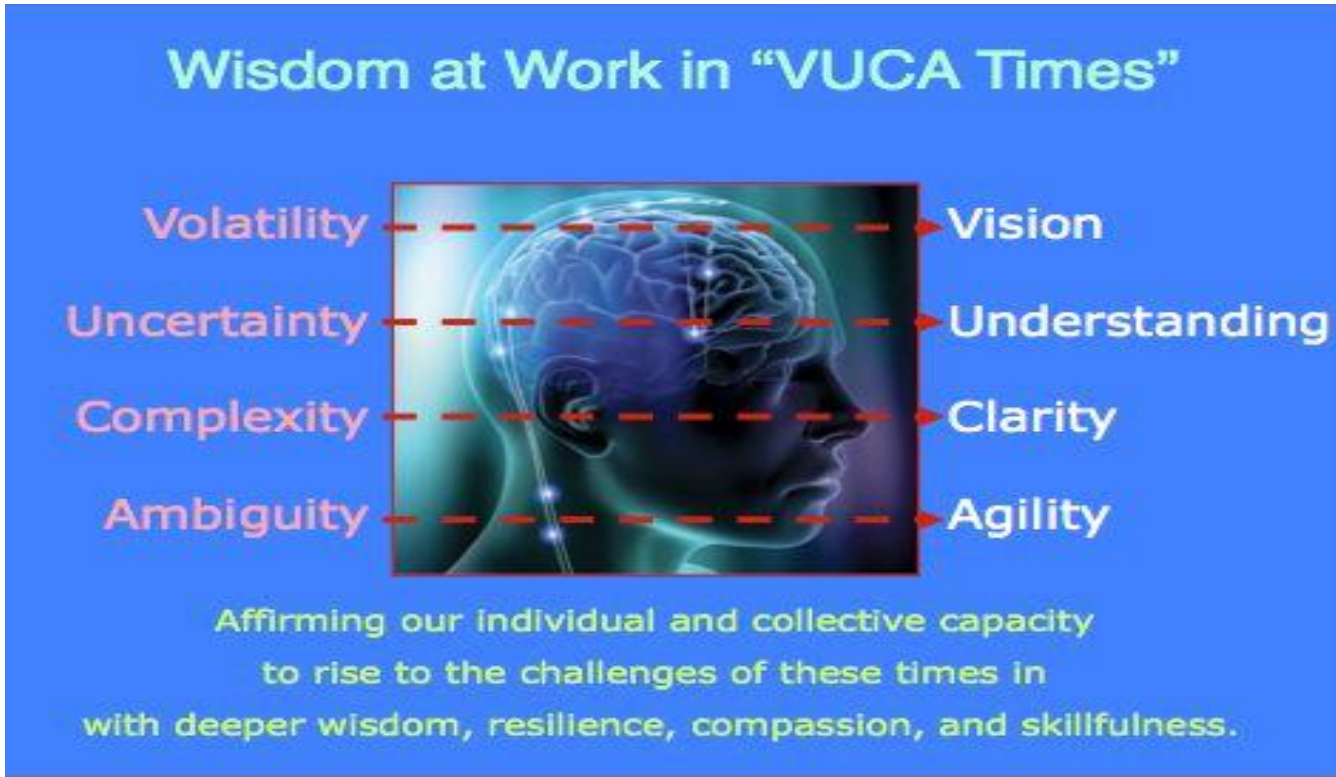


The competition between technology and human beings has started already.

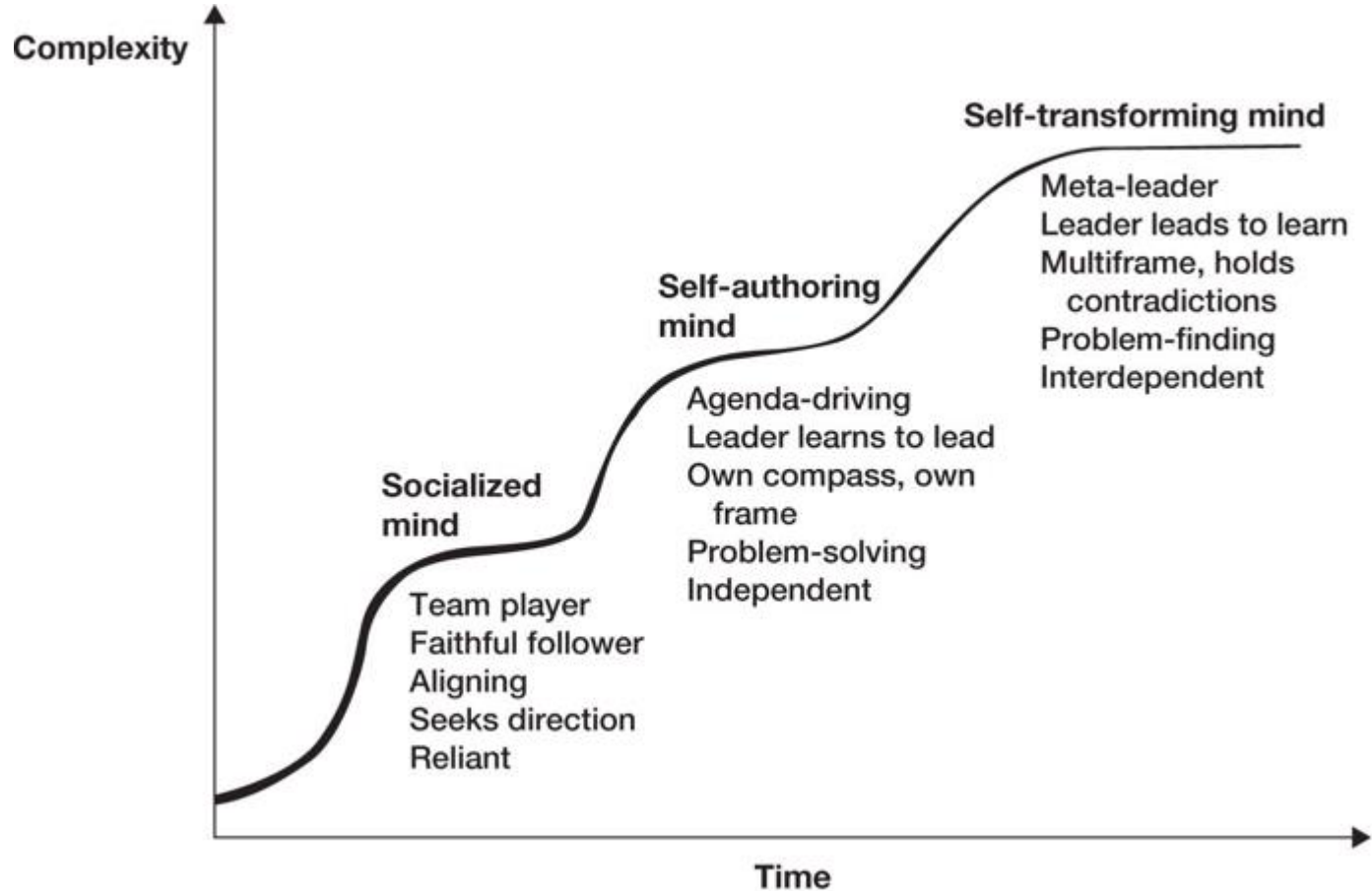
We need to tap into our own potential



Deeper Wisdom on individual level

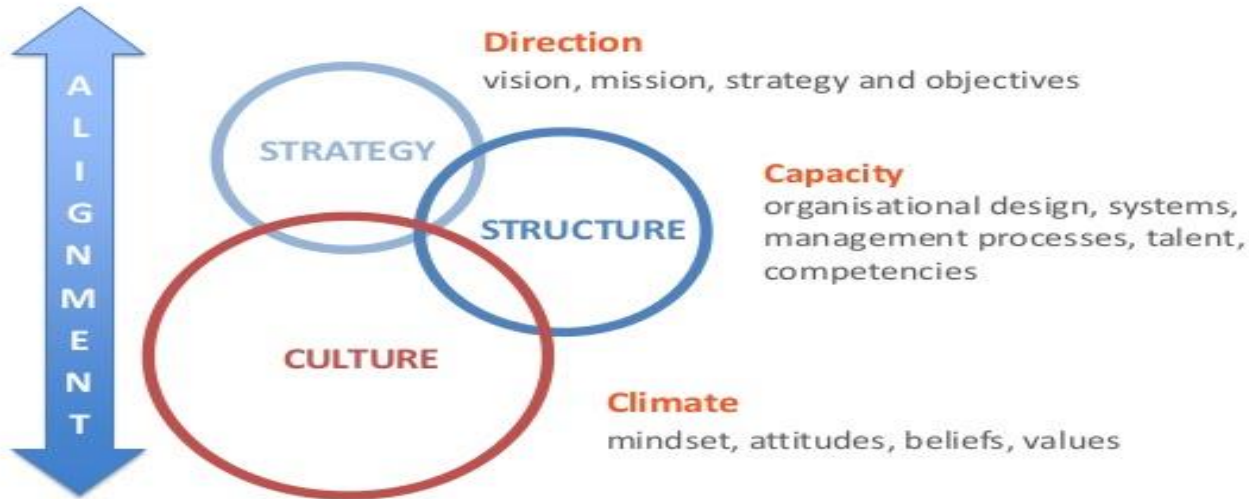


Robert Kegan – The Evolving Self



Deeper wisdom on organizational level

Aligned Strategy – Structure – Culture = High Performance

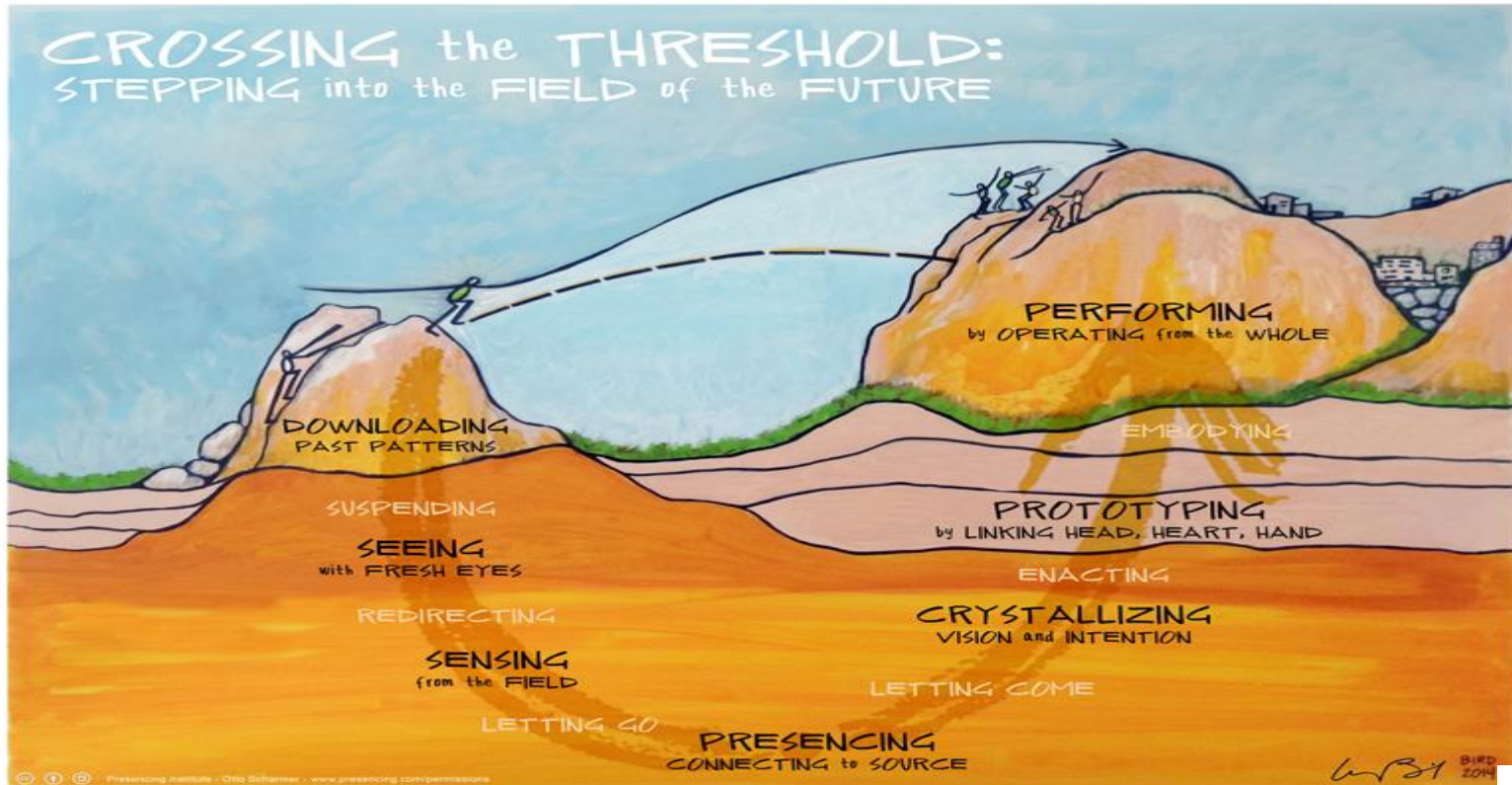


From vision to results

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Learning from the Emerging Future - U-Theory



“We need Leaders for the World” Larry Page

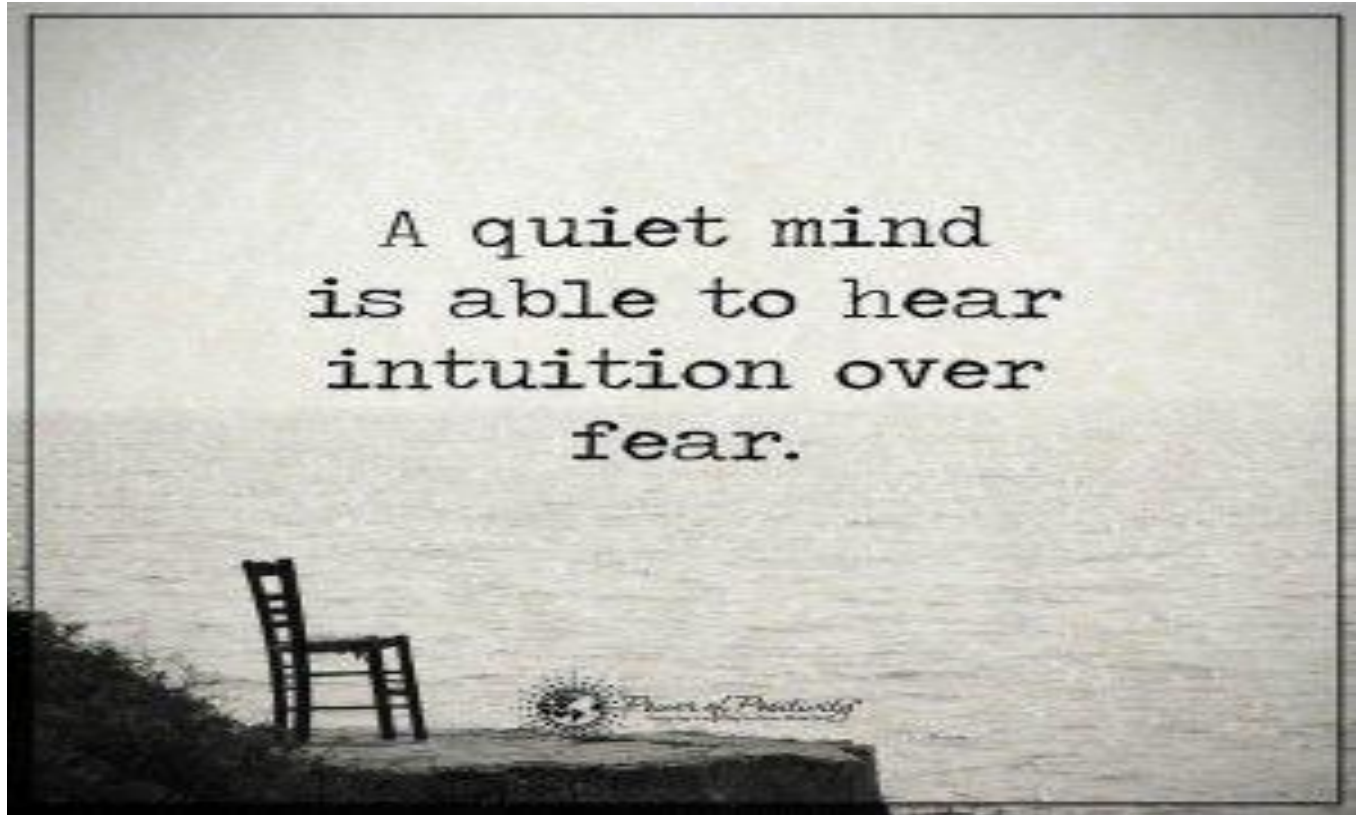


No matter how deep a study you make. What you really have to rely on is your own intuition and when it comes down to it, you really don't know what's going to happen until you do it.

— *Konosuke Matsushita* —

AZ QUOTES

Where mindfulness and intuition comes together



Neuroscience – Mindfulness for compassion and cooperation



The ReSource Project

Plasticity of the Human Brain:

A longitudinal Study on Effects of Compassion Training

Supervision:

Prof. Dr Tania Singer
Director of the Department
of Social Neuroscience
Max Planck Institute



**European
Research
Council**

Plasticity of the Social Brain or How to Train Prosocial Preferences

- Attention
- Interoceptive Awareness

The Core Exercises



Attention of Breath



Body Scan

- Meta-Cognition
- Perspective-taking on Self
- Perspective-taking on Others

The Core Exercises



Observing Thoughts



Perspective Dyad: Describe daily Situations from a different Inner Part

- Care / Compassion / Gratitude
- Prosocial Motivation
- Dealing with difficult Emotions

The Core Exercises



Loving-kindness Meditation



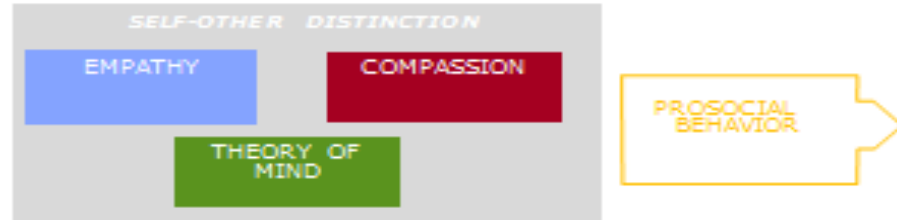
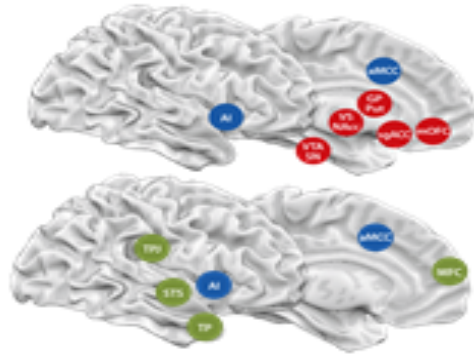
Affect Dyad:
Daily Difficulties
& Thankfulness

Training is needed

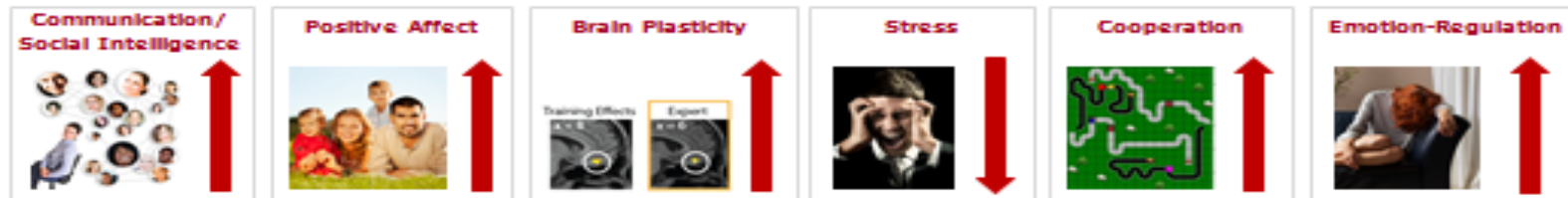


Compassion Training Effects

Dissecting the Social Brain and its Networks



Compassion Training Effects – Summary





At Google, the root causes of wellbeing fall along three dimensions:

Individual

- Everyone has different well-being/work-life balance preferences
- Ultimately, the individual is responsible for making the decisions that affect his/her own well-being

Team

- Norms set by team behavior (e.g., initial pace of work, leadership example) may affect an individual's ability to control his/her preferences for well-being
- Clear, precise communication is key on the team level
- We often work together with a team on our toughest challenges

Organization

- Individuals and teams both take their cues from the culture norms
- Culture norms are usually set by senior leaders

For those who needs Data

Innovation

Percent who rated the innovation theme ([see items here](#)) favorably:



Source: Googlegeist survey, 2014

Culture

Percent who rated the culture theme ([see items here](#)) favorably:



Source: Googlegeist survey, 2014

Retention

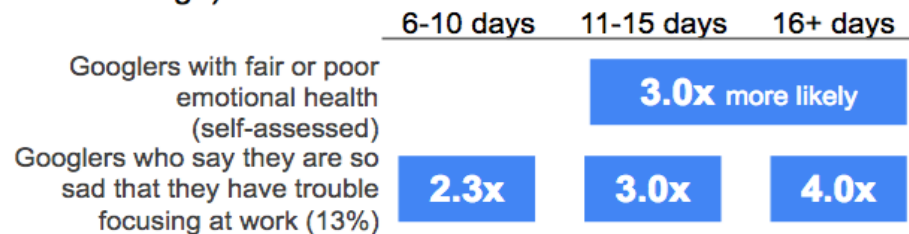
Percent who rated the retention theme ([see items here](#)) favorably:



Source: Googlegeist survey, 2014

Productivity / High quality work

Likelihood of missing days due to illness or injury (compared to the average):



Source: Well-being survey, 2012

Wisdom Together - What we do

Inspire
Wisdom Conferences
and Experiences

Science and
Common Knowledge

Support
DataNetwork
Studies, surveys,
elearning

Awakin
Wisdom
Academy
Mind, Heart, Body
and Hand

Values of
Individuals
and Society



Media and
Interconnection

Politics and
Economics

Change
Wisdom Consult
coaching & consulting

Network
Wisdom Partners

So far - conference Stockholm, Munich, Oslo



How can we elevate people and organizations through conscious leadership?

An extraordinary two day gathering that combines conference, workshops and wisdom practices in and around SALT Arena in Oslo.

October 20th - 21st, SALT Arena, Bjørvika



What we are working on

Intelligent library for Transformation



Worldwide community learning connection



Retreats and workshops – the important heart to heart connection



