

INNER DEVELOPMENT GOALS

Transformational Skills for Sustainable Development

 **JANNINE
BARRON**
BUSINESS MENTOR
AND STRATEGIST


**BETTER
BUSINESS
NETWORK**



OUR PURPOSE TODAY

WHAT WE WILL COVER

- 1. What are the IDGs**
- 2. Why we need them for impact**
- 3. Discussion Questions**
- 4. Inner Reflection: Experiencing an IDG today.**



Being At The Cottage

The pursuit of something extraordinary

beingatthecottage.com



Wilma Allan

REGENERATIVE BUSINESS is a new paradigm approach to business.

- As a mentor, I take a holistic view of the business and business owner by caring for their inner and outer world.
- Nature Centred approach to affirm our interconnection with all species and gives value to our intuition.
- Resulting in decisions that place planet, people on equal or higher value than profit
- Resulting in a contented business owner proud of the impact they seek and have.



JANNINE
BARRON
BUSINESS MENTOR
AND STRATEGIST

REGENERATIVE BUSINESS
MENTOR



So I am very excited about this development of
the Inner Development Goals
as this uniting of inner and outer worlds
is a game changer!

"We're so engaged in doing things to achieve purposes of outer value that we forget the inner value, the rapture that is associated with being alive is what it is all about"

Joseph Campbell

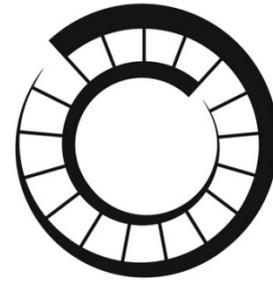
COMPLIMENTARY

To accelerate the Sustainable Development Goals



SDG ACTION for a small business

- Carbon Footprint
- B Impact Assessment
- SDG Action Manager
- Mindful Commerce Sustainability Framework
- 1% For the Planet/ B1G1/
- Planet Mark/ B Corp +++++
- Suppliers Check: Internet, Energy, Mobile, Fuel Cards, Packaging



INNER DEVELOPMENT GOALS

Transformational Skills for Sustainable Development

Science Based

Cultivating our inner life and developing and deepening our relationship to our thoughts, feelings and body help us be present, intentional and non-reactive when we face complexity.

1 Being — Relationship to Self

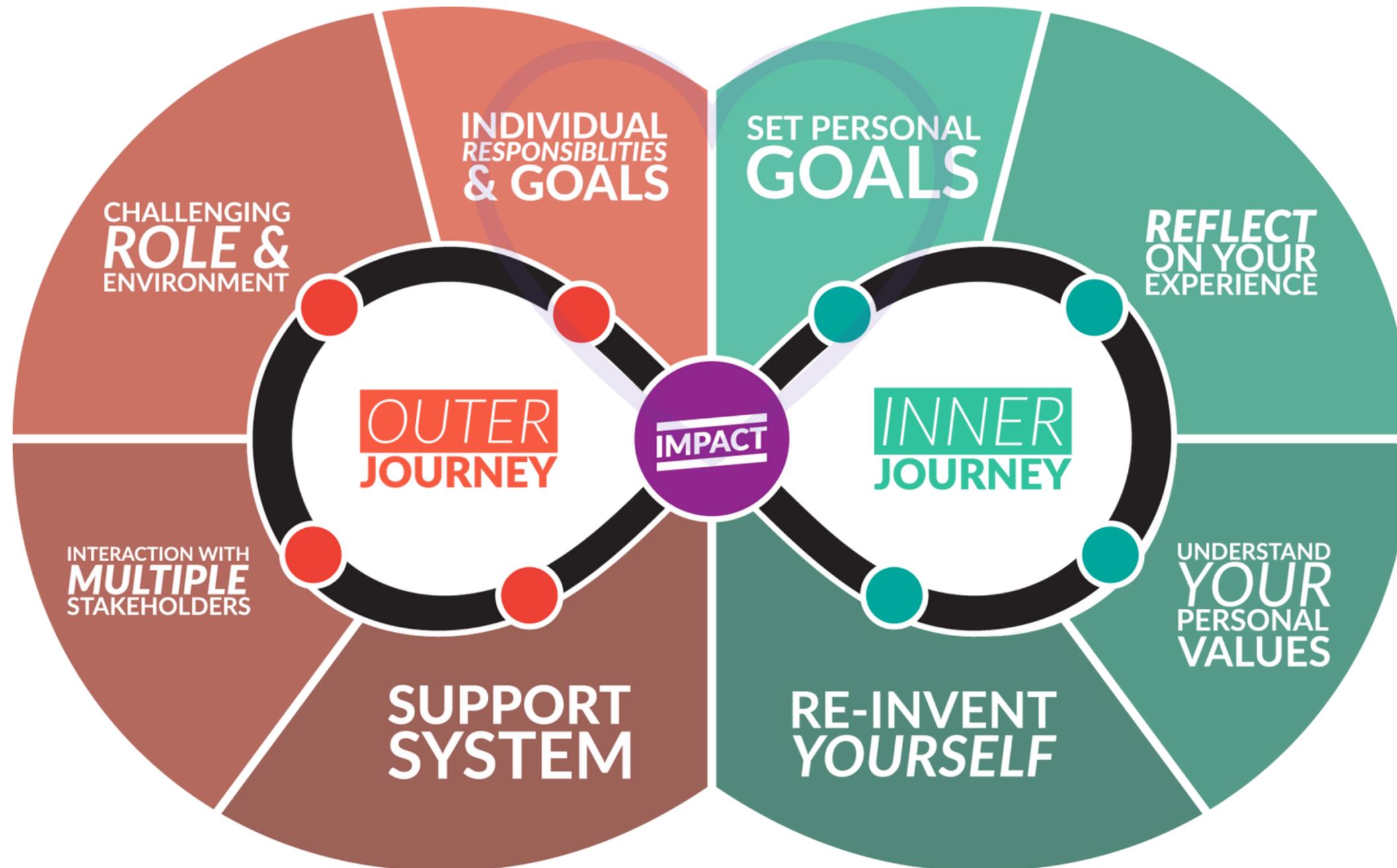
2 Thinking — Cognitive Skills

3 Relating — Caring for Others and the World

4 Collaborating — Social Skills

5 Acting — Driving Change

Can you notice the infinity and heart symbol?



THE H.E.A.R.T. METHOD - Jannine Barron

Show IDG Presentation

Inner Development Nodes that I use

- Accuracy
- Acknowledgement
- Adventure
- Authenticity
- Beauty
- Calm
- Collaboration
- Community
- Compassion
- Confidence
- Connectedness
- Contentment
- Contribution
- Generosity
- Gentleness
- Growth
- Happiness
- Harmony
- Health
- Honesty
- Humour
- Idealism
- Independence
- Integrity
- Joy
- Kindness
- Learning
- Love
- Loyalty
- Orderliness
- Participation
- Partnership
- Passion
- Patience
- Peace
- Recognition
- Respect
- Self-Esteem
- Service
- Simplicity
- Spirituality
- Spontaneity
- Strength
- Tact
- Gratitude
- Tolerance
- Tradition
- Trust
- Understanding
- Unity
- Vitality



How are we to be effective change agents at work?

What inner resources and communication skills do we need so that we can be present and skilful under stress, act courageously, and bring out the best in ourselves and others?

We dedicate ourselves to inner development and the training we need, all in the context of a supportive community.

how do we truly put people first?

To promotes human flourishing at every level.
inside of each of us, in our workplaces, and in our society.

Film Presentation



DISCUSSION QUESTIONS

1. We cannot reach the Sustainable Development Goals if we don't work with our inner development.
2. The top environmental problems are selfishness, greed and apathy and to deal with those, we need a spiritual and cultural transformation.
3. How can you strengthen and revise your competence measurement?
4. How can you get into training?

EXERCISE COURTESY OF WILMA ALLEN

PART 1

Write down 3 frustrating things that continually show up for you. A repeating pattern in a relationship, or somewhere in your life where you're never quite getting what you want.



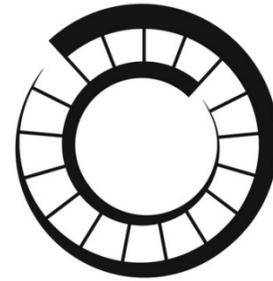
EXERCISE COURTESY OF WILMA ALLEN

PART 2

Now, see if you can identify the instruction you've been giving your subconscious mind over and over. It has to have been following the instruction, which is why you keep getting the result.



FIND OUR MORE



INNER DEVELOPMENT GOALS
Transformational Skills for Sustainable Development

<https://www.innerdevelopmentgoals.org/>

<https://www.consciousbusinessplatform.com/>

THE B EXPERIENCE 2022

THE GROWTH EXPERIENCE 2023

<https://linktr.ee/janninebarron>



**JANNINE
BARRON**
BUSINESS MENTOR
AND STRATEGIST



Introduction to Regenerative Business

FOR SMALL BUSINESS OWNERS

www.JANNINEBARRON.com

PART 1 - OCTOBER 13 - 1PM - JANNINE BARRON

PART 2 - OCTOBER 20 - 1PM - Jannine, JK & Russ Avery

A special presentation by the Better Business Network