



**THE CONSCIOUS FOOD
SYSTEMS ALLIANCE**
BIOGRAPHIES OF BREATHING ROOM
MEMBERS

The Conscious Food Systems Alliance: Partner Biographies

| | |
|---|-----------|
| Grassroots Non-Governmental Organizations (NGOs) | 3 |
| Global Non-Governmental Organizations (NGOs) | 10 |
| Consciousness Practitioners | 14 |
| Private Sector | 22 |
| Donor | 23 |
| Government | 24 |
| Academia & Research | 25 |
| CoFSA Secretariat | 30 |

Grassroots Non-Governmental Organizations (NGOs)

Konkankoh Joshua

Affiliated organisation: GEN Africa



Konkankoh's is the Director of Better World Cameroon and founder of Bafut Ecovillage in Cameroon <https://www.betterworld-cameroon.com> his desire to create a better world is awe-inspiring. He is a storyteller, a guide to traditional transitioning of African villages to resilience, an educator in hybrid education, and a respected elder. Konkankoh teaches by example and sharing his knowledge about how to live in right relationship with self, others, and our natural world. African youth & women hold deep gratitude for the wisdom he embodies and brings to life through his consultancy work <https://www.indigenousandmodern.com> He

was initiated at a very early stage into the council of elders of his village and has been mentoring youth development and conducting rites of passage for young people using vital principles of Bafut customs that guide their inner development and functioning in today's complex society. In Europe, he uses African community building wisdom to facilitate the co-creation of intentional communities, learning ecosystems in civil society organizations and networking weaving.

In pursuit of global change, he advocates for professionals and young change makers working together for reimagining a future that is more creative and sustainable.

In CoFSA he envisages collaborations which create green jobs trainings, and Permaculture peace initiatives prototyping regenerative education: Upscaling and expanding African Ecovillages, Digitalizing Permaculture for refugees and Climate adaptation campaigns.

Linkedin: <https://www.linkedin.com/in/joshuakonkankoh/>

Pavel Cenkl

Affiliated organisation: Dartington Trust / Schumacher College



Dr Pavel Cenkl is Head of Schumacher College and Director of Learning at Dartington Trust in Devon, England, where he has worked since 2019 to support an evolving learning community founded at the intersection of arts, ecology and social justice. Pavel has written and presented widely in the areas of curriculum design, pedagogy, environmental humanities and ecology. He is also an endurance athlete and has completed numerous long-distance runs as part of his Climate Run project to draw attention to our relationship with the more-than-human world at the intersection of movement, ecology, and climate change. CoFSA's emphasis on consciousness is deeply aligned with the work of Schumacher College and

Dartington Trust and particularly in the expansion of learning across Regenerative Food and Farming. His most recent book, with Satish Kumar, is [Transformative Learning: Reflections on 30 Years of Head, Heart, and Hands at Schumacher College \(2021\)](#).

Linkedin: <https://www.linkedin.com/in/pavelcenkl/>

Teresa Corção

Affiliated organisation: Instituto Maniva



My name is Teresa, I am a Brazilian woman born in Rio de Janeiro in 1955 in a family of six siblings. I have two independent and wonderful daughters from whom I learn everyday about a world without prejudice. In 1981 I joined my sister who had opened a large restaurant downtown Rio. Due to the COVID 19 I was forced to close the business and make a deep dive in my other job as a Food Activist and Ecochef, founder of Instituto Maniva. My degree in Design was always a tool to see things in systemic ways. Since I joined the Slow Food movement, I realized the role of a chef was much wider than just to cook. I started to see in which ways I could be a bridge in the food system. Small holder farmers are essential to keep the sustainability of societies and also to keep food culture and the connection with the earth around us. This consciousness brought me an urge to visit those rural

communities and learn their needs. By doing that I realized their invisibility was also about the products and recipes that kept the ancestral knowledge for generations. Today, my role as an Ecochef and NGO militant is to show all those human treasures to the next generations and to people in general. We do that by making workshops, events, food trips and classes to discover identity foods, the economic, social, cultural and emotional importance to the people related to that. My interest in CoFSA first of all is to connect to people who are similar to me but also to share our experiences in a way we can change people's consciousness in their eating habits.

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Katie Weintraub

Affiliated organisation: Instituto Sinal do Vale



Katie is the Partnerships and Programs Coordinator at Sinal do Vale, a global learning center for the transition to a sustainable future, located in the Atlantic Rainforest 50 km outside of Rio de Janeiro. SINAL is guardian of 200 hectares of land and prototypes solutions for the regeneration of food systems, forests, soils, and communities. Katie coordinates SINAL's institutional, government, and university partnerships, working closely with director Thais Corral in the development of multi-stakeholder strategies and synergies for community and ecosystem regeneration.

Katie also supports the curriculum design of international and local educational programs focused on leadership, personal development, and ecosystem restoration. She is the project manager responsible for Madre Frutos, a social enterprise incubated and developed at SINAL that collects, processes, and commercializes green jackfruit as a healthy, environmentally responsible alternative to meat. The project promotes income generation opportunities for smallholder farmers, control of an exotic species in the Atlantic Forest, and food security and nutrition for periphery Rio de Janeiro communities.

Katie graduated with a degree in Government and Global Health and Health Policy at Harvard University and has a masters degree in Sustainable Development Practice from the Universidade Federal Rural de Rio de Janeiro. She came to Brazil after college to explore her love of Latin America and fell in love with the country and her work at Sinal do Vale. What was most eyeopening to her at SINAL, and what kept her "hooked," was the collective leadership approach and the consciousness and inner work that is a core of SINAL. Thais Corral has decades of experience in this area and she founded SINAL to be a platform for change-agents to learn the inner and outer skills needed for transformative change in their communities.

What most interests Katie (as a representative of Sinal do Vale) is connecting meaningfully with international partners that are aligned with her work, as well as the development of concrete prototypes that can take place on SINAL's campus.

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Gretchen Ki Steidle

Affiliated organisation: Global Grassroots



Gretchen Ki Steidle is the founder and President of Global Grassroots, a mindfulness-based social venture incubator for women in East Africa. She is also founder of Circles for Conscious Change, LLC, which works with social entrepreneurs, non-profits, and corporations on the use of mindfulness as a design tool for social innovation. Gretchen is author of *Leading from Within: Conscious Social Change and Mindfulness for Social Innovation* (2017 MIT Press), and is currently focused on studying the scientific evidence for the linkages between inner work and social change. She holds an MBA from the Tuck School of Business at Dartmouth College

and a BA in Foreign Affairs from the University of Virginia, where she attended as a Jefferson Scholar. She is also a certified Integrative Breathwork Practitioner and Breath-Body-Mind™ Practitioner, which she has utilized for trauma-healing in Haiti, Rwanda, US, and Uganda among natural disaster and violence survivors. Gretchen regularly lectures and offers experiential training programs facilitating deep inner work among change agents and the use of mindfulness for leadership and in social change solutions design. Gretchen brings to the Breathing Room a passion for building a movement where inner development is integrated into the core design and program delivery of social transformation work and international development. She is committed to contributing to communities of practice, learning from the wisdom of others, convening through conscious process, facilitating personal transformation, and identifying avenues to influence systemic change.

Linkedin: <https://www.linkedin.com/in/gretchen-steidle-31b38b19/>

Andrew Schwartz

Affiliated organisation: Center for Earth Ethics



I'm Andrew Schwartz M.Div Director, Sustainability and Global Affairs at Center for Earth Ethics

How consciousness is part of your work and your personal journey?

What does it mean to be conscious in a world that profits from distraction? That begs you don't look at anything too deeply or for too long? My journey has been one of becoming. Of

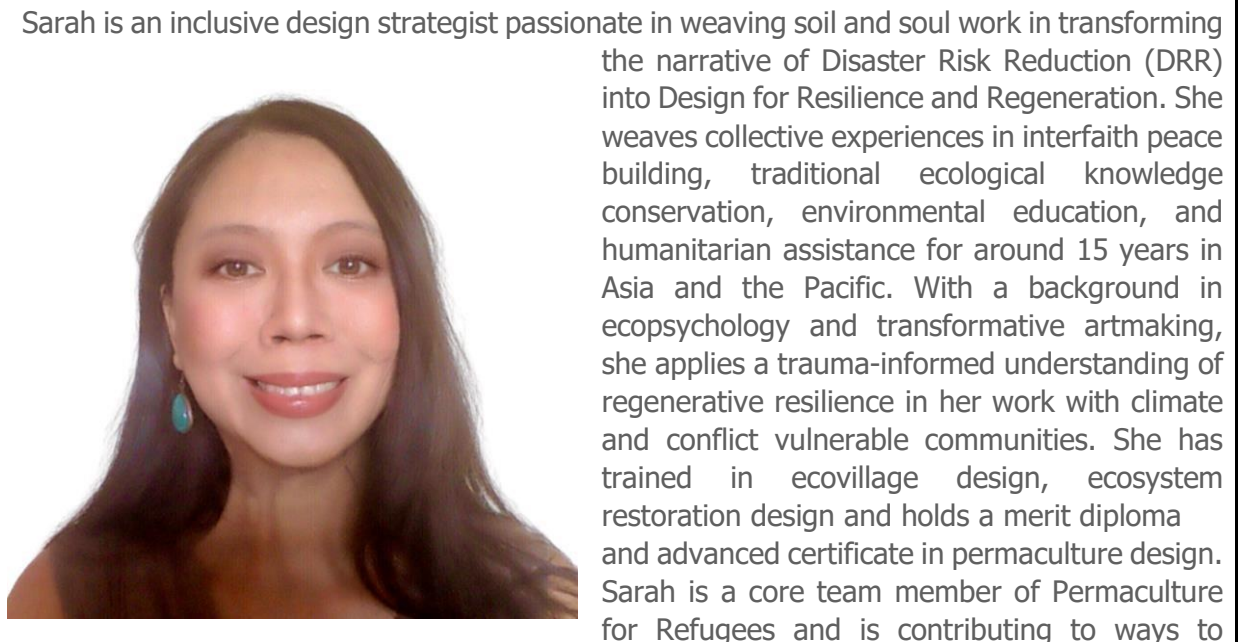
emerging from one failed understanding of being to the next, always failing better. Always learning to ask better questions. The challenge today is to tell the truth to a world built on lies and illusion. To be conscious is to be radical. Through my work, I seek to create moments for others to have their perspectives opened and challenged. I enjoy building coalitions that challenge those in it to think differently about the work they do. I like creating trainings that help root out the core causes of the symptoms we are experiencing, and elucidating pathways for solutions. I enjoy creating listening opportunities where people are allowed to actually hear and learn from one another.

Your key interests in CoFSA: Delivering trainings, connecting to other initiatives, building better coalitions, finding moments for meaningful impact

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Sarah Queblatin

Affiliated organisation: Global Ecovillage Network Oceania and Asia (GENOA), Green Releaf Initiative



Sarah is an inclusive design strategist passionate in weaving soil and soul work in transforming the narrative of Disaster Risk Reduction (DRR) into Design for Resilience and Regeneration. She weaves collective experiences in interfaith peace building, traditional ecological knowledge conservation, environmental education, and humanitarian assistance for around 15 years in Asia and the Pacific. With a background in ecopsychology and transformative artmaking, she applies a trauma-informed understanding of regenerative resilience in her work with climate and conflict vulnerable communities. She has trained in ecovillage design, ecosystem restoration design and holds a merit diploma and advanced certificate in permaculture design. Sarah is a core team member of Permaculture for Refugees and is contributing to ways to decolonize permaculture. She has worked with the Global Ecovillage Network as UN and Advocacy coordinator and as representative to the UN Climate Conferences and now serves as part of the wisdom circle of its Oceania and Asia arm (GENOA). She started Green Releaf Initiative in the Philippines, one of the most climate vulnerable nations in the world, working with regenerative solutions for food sovereignty, regenerative livelihood, and ecosystem restoration with indigenous peoples, farmers, and internally displaced peoples. Through its Re:Source Regeneration Labs, it aims to weave collaboration across regenerative changemakers using reflective changemaking tools through innovation labs and learning journeys.

While she is involved in many global regeneration movements, Sarah is also active in designing dialogues on decolonizing and shaping new narratives for regeneration. Most recently, she developed Principle 0, a foundational principle for the permaculture movement to recognize local indigenous and traditional ecological wisdom and stewardship before any design interventions take place. Her current passion project, Kalikhasan Living Story Landscapes, weaves traditional ecological knowledge (TEK) and permaculture using the arts and culture in designing places of remembrance, resilience, and regeneration in climate and conflict vulnerable communities.

Linkedin: <https://www.linkedin.com/in/sarahqueblatin/>

Global Non-Governmental Organizations (NGOs)

Dieter Van den Broeck

Affiliated organisation: Commonland



I am Dieter Van den Broeck originally from Belgium based in Amsterdam. I am leading our team within Commonland around designing and delivery from multistakeholder learning Journeys (4 Returns labs). The idea for these journeys is to bring humanity and inspiration back into the dialog and a deep connection to ourselves, other stakeholders, and landscape. I feel this is a fundamental step we need to take to create a fundamental and sustainable system and mind-set change to shift our

food system and how that interacts with the health of people and nature. I'm curious to join CoFSA journey to explore deeper and broader partnerships to integrate different approaches, knowledge, experiences and resources to be able to create a new narrative at scale. It is time that we stop playing at the periphery of the system and have the courage to make a big and bold move together.

Linkedin: <https://www.linkedin.com/in/dieter-van-den-broeck/>

Julia Hovenier

Affiliated organisation: Catalyst 2030



My name is Julia Hovenier, I'm a climate and food sovereignty activist based in Rotterdam, and I work for Catalyst 2030, a global movement of Social Enterprises collaborating to achieve the SDGs by 2030. In Catalyst, I facilitate the Climate Crisis, Justice, Tourism, and Food Security and Agriculture issue based groups, and facilitate collaborations relating to these topics. I'm involved in CoFSA as a global network for systems change, and it's potential to connect local and global advocacy efforts.

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Laureline Simon

Affiliated organisation: One Resilient Earth



I am the founder and director of One Resilient Earth, a nonprofit organization based in Bonn, Germany, and New York City, USA. I am in Bonn at the moment. One Resilient Earth raises awareness about the multifaceted impacts of climate change, including on our emotional and mental health, and empowers individuals to grow their own resilience so that they can regenerate communities and ecosystems in a climate altered world. One Resilient Earth is a learning community exploring and experimenting together through arts, science, and ancient wisdom, with the support of new technologies.

I have been working on climate change mitigation and adaptation at the international level since 2006. I started my career with the Indian NGO SEWA, evaluating post-

disaster reconstruction projects. With the French Development Agency, I was then in charge of the identification of large climate mitigation and biodiversity conservation programs in India, before leading an international research program on climate change adaptation in cities of SubSaharan Africa. At the United Nations Climate Change Secretariat, I coordinated knowledge management and stakeholder engagement activities for climate change adaptation, supported the setting up of the Local Communities and Indigenous Peoples' platform, assisted a task force on population displacements related to climate change, and coordinated Resilience Frontiers, an inter-UN agencies collective intelligence process on long-term resilience. I believe that responding to the climate emergency requires a cultural transformation that starts at the individual level but involves the support of diverse communities. I envision resilience as an ability to constantly learn, adapt and transform, so as to regenerate oneself, our communities and our ecosystems in response to a constantly changing environment. I advocate for a better understanding of the role of personal and collective trauma in the current climate crisis, including in relation to our ability to connect, imagine and innovate. I draw joy and inspiration from nature and my two children, who help me daily take better care of the Earth. I do my best to meditate regularly and be mindful of my impact in the world, although I still have lots of work to do. I am interested in facilitating co-creation sessions, sharing stories via Tero Magazine, collaborating and prototyping projects, working jointly with communities, ensuring climate resilience is integrated in project development, exploring synergies between modern science and Indigenous Peoples' knowledge in building conscious food systems...

Linkedin: <https://www.linkedin.com/in/laureline-s/>

Katrina Johansson

Affiliated organisation: WWF



Katrina Johansson has the role as Manager for Corporate Partnerships at WWF and is part of WWF's corporate group within the marketing department and works closely with WWF international. She oversees the WWF and H&M Group global transformational partnership. This is one of WWF's larger partnerships globally. Katrina manages the team that works to achieve the partnership goals, the financial set up accordingly with the agreement, and is key contact for the relation to H&M Group.

She is part of the WWF Sweden board since 2016.

She was seconded to Cambodia for WWF in 2020, based on her corporate engagement skills, where she developed a corporate engagement plan.

Katrina has received the prestigious price "Sustainable Stockholm Award" from the King of Sweden, His Majesty Carl XVI Gustaf, within a tech competition of the City of Stockholm in 2006.

Education: Bachelor in Geography, Law and Environmental Economy, from Stockholm University. University of Cambridge Certificate of Proficiency in English.

Katrina has unique skills in connecting the right people with each other and think out of the box to initiate innovative and impactful projects - and make things happen in the right direction to drive a sustainable development.

"I feel we all need to contribute to enhance sustainable development, as well as halt biodiversity loss and climate change, and that spirituality, together with protecting, managing and restoring nature, is one way to bring us forward on our journey to create the system shift and transformation that we, and the planet, need".

She is an active member of Sukyo Mahikari, a spiritual organization, since 1994. One of its aims is to promote yoko gardening, a spiritual approach to organic gardening, farming and agriculture.

Linkedin: <https://www.linkedin.com/in/katrina-johansson-15b7491b/>

Consciousness Practitioners

Alfred Tolle

Affiliated organisation: Wisdom Together e.V.



As a coach Alfred is supporting executives and their teams towards conscious leadership and meaningful growth. His ability to integrate disparate perspectives generates an environment of trust and understanding. As the founder of Wisdom Together e.V. Alfred realized international conferences, workshops and executive coaching to host dialogues and transformation initiatives that embrace a holistic perspective. Through his profound experience as an executive manager Alfred balances bottom line business reality with compassion and creativity. Thus, he oversaw Google's EMEA HQ in Dublin, Scandinavia and Benelux, was CEO of Lycos InC., in Boston, Vice President of Bertelsmann bol.com South East Asia in Tokyo and Executive Board Member of Daum Communication, in Seoul. Wisdom

Together e.V. organised symposium and conferences in Norway, Russia, Costa Rica, Sweden, UK and Germany.

Linkedin: <https://www.linkedin.com/in/alfred-tolle-6057517/>

Klaudia Shevelyuk

Affiliated organisation: Inner Development Goals initiative, Ekskäret Foundation



She is a communications manager at Inner Development Goals (IDGs), an initiative that will provide an essential framework and field-kit for inner growth. It is the greatest possible accelerator to reach the Sustainable Development Goals and create a prosperous future for all of humanity.

She is based in Kyiv, Ukraine, Klaudia works as a sustainability consultant, co-founder at Change Agency Responsible Future and partner with Sustinere (the Baltic countries) in Ukraine. 14 years of executive experience in law firms and a range of companies, successfully launched

new brands, projects and products. Jointly with partners from Estonia and Sweden Klaudia consults Ukrainian and international companies on sustainability and circular strategies, policies development and implementation, products life cycle assessment, stakeholders' engagement, non-financial reporting. 2019-2020 National consultant on SDGs to UNDP Ukraine on E-learning for sustainable development; 2021 coordinator of the National Biomimicry Challenge, a joint project of UNDP Accelerator Labs (Ukraine, Syria) and the Biomimicry Institute (USA). The author of the first on-line course in Ukraine «Sustainable development: new philosophy of thinking». Co-author of the Kyiv City Environmental Strategy. The Swedish Institute Management Program and the LEAP/Baltic Lead (Stockholm Resilience Centre) alumnus. Speaks English, Swedish, German, French, Russian and Ukrainian.

As a part of IDGs team I am interested in co-designing and co-implementing the the CoFSA and its initiatives, to collaborate with the international community in the Breathing Room and jointly discover the theory of change and evidence base for the role of inner transformation as a lever to support systemic change and transformation in food and agriculture systems. I would also like to co-create a field-kit for inner development in food systems, prototyping survey and selfassessment tool of the IDGs.

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Jane M. Chun

Affiliated organisation: Compassion Institute



Jane works at the intersection of states of being and social and systems transformation. She is currently Program Director / Content Specialist at the Compassion Institute, and contributes to overseeing, developing, and facilitating initiatives on inner cultivation, self and collective care, and systems transformation.

She has worked with intergovernmental and nonprofit organizations including UNDP, UNICEF, IOM, and Search for Common Ground, and has conducted research for institutions such as The Brookings Institution, Oxford Refugee Studies

Center, and Viet Nam Ministry of Agriculture and Rural Development on topics ranging from

climate and environmental change, human ecology, migration and displacement, sustainable livelihoods, and decision sciences. Jane holds a PhD from the University of Oxford where her research investigated these areas. She has actively contributed to global conversations and the development of international frameworks protecting vulnerable and displaced people in the context of climate change and disasters. She also holds an MA from American University in International Peace and Conflict Resolution. Jane offers a cross-disciplinary perspective and approach in her facilitation and work, and is committed to co-creating change together with organizations and individuals so that we can move toward a present and future we want, for ourselves and for the planet.

Key interests in CoFSA include: (1) prototype, pilot, implementation, (2) connecting and crossfertilizing with other communities and organizations, and (3) inner and outer decolonization.

Linkedin: <https://www.linkedin.com/in/janemchun/>

Jonathan Confino

Affiliated organisation: Leaders' Quest



Jo Confino is an executive coach, facilitator, journalist, sustainability expert and Zen mindfulness practitioner.

He works at the intersection of personal transformation and systems change; working with several organizations including Leaders' Quest, Future Stewards and the United Nations Development Programme.

He is on the board of advisors for The Climate School as well as Force of Nature, a youth climate activist organization. He is also a trustee of Theatre for a Change, whose purpose is the empowerment of women and girls, particularly in their sexual and reproductive

health.

Jo has worked closely for the past 14 years with Zen Master Thich Nhat Hanh and his monastic community in Plum Village, France and is ordained as a member of the Order of Interbeing. He is also chair of the board of Parallax Press, which publishes books on mindfulness in daily life.

Besides chairing and facilitating events and conferences all over the world for the past 20 years, he also runs smaller workshops and roundtables.

Until recently, he was executive editor, Impact & Innovation and Editorial Director of What's Working at the HuffPost in New York. During his five years there, he developed long-term editorial projects based on social, environmental, and economic justice and was a member of the HuffPost senior leadership team as well as the senior leadership team of Verizon Media.

Before joining HuffPost, he was an executive editor of the Guardian and chairman and editorial director of the Guardian Sustainable Business website. During his 23 years at the Guardian, he set up and managed a unique multi-stakeholder development project in the Ugandan village of Katine, and helped create the Guardian's environment and global development websites.

Jo also created and managed the sustainability vision and strategy for the Guardian and its parent company Guardian Media Group.

He is a fellow of the Royal Society for the encouragement of Arts, Manufactures and Commerce and completed an MSc in Responsibility and Business Practice at the University of Bath.

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Jeroen Janss

Affiliated organisation: Inner Green Deal Initiative



Jeroen Janss is the founder and co-director of the Inner Green Deal - an initiative to cultivate compassionate and sustainable leadership.

He develops and facilitates programs where leaders explore both the inner dimension of sustainability (purpose, inner qualities) and the outer dimension (behaviour change and prototyping concrete projects).

He works with leaders at organisations such as the European Commission, European Parliament and at international corporations and NGOs.

Jeroen is a certified mindfulness and compassion trainer and integrates in his facilitation work insights from a broad range of experiences and programs.

He is passionate about his call to the conscious community to embrace a more societal role. He speaks frequently at mindfulness events inviting mindfulness and compassion practitioners to facilitate a reconnection to nature.

At the same time, building on his 15+ years of international and corporate experience, he works closely with organisations to create programs that transform mindsets and create caring communities.

Together with Lund University, the Inner Green Deal developed a Climate & Environmental Leadership program which was piloted with over 100 leaders and is now included in the standard training offering to all managers at all European Institutions.

Building on this experience, Jeroen is working together with CoFSA partners to prepare an online program bringing together leaders from organisations around the world to contribute to the transformation of the Global Food System.

Linkedin: <https://www.linkedin.com/in/jeroenjanss/>

Johannes Narbeshuber

Affiliated organisations: Trigon Development Consultants / Mindful Leadership Institute / Associations for Mindfulness in Germany, Austria, and Switzerland



Johannes is the chairperson of Trigon Development Consultants (40 Senior Partners / 6 offices in Germany, Austria, Switzerland); He is a Consultant of Mindful Leadership Institute; He is a Board member of the Associations for Mindfulness in Germany, Austria, and Switzerland; He is a Permaculture farmer.

Consciousness in my personal journey and my professional life

- Anthroposophy and Tibetan Buddhism as main sources for practice and contemplation
- 12 years of daily practice
- Work with management teams on organizational culture and strategy with theory U, mindful leadership and radical candour

- Head of a one-year training course for trainers for Mindfulness in Organizations (currently delivered in 7 German speaking cities) - Mindfulness activist and author of two bestselling books **My key interests in CoFSA:**
- Contribute to radical transformation in our global community by combining two crucial leverage points consciousness and food/agriculture
- Be part of an emergent international network dedicated to that transformation
- Get to know deeply committed people in that field and their way of thinking/being/acting - Co-create and deliver initiatives and trainings
- Bring in both my relatively big network and my little farm where they can be of use

NOT interested in

- International travelling (beyond what is absolutely unavoidable)
- Splitting humanity (or CoFSA) in a "Global North " that has to help and a "Global South" that needs to be helped. Instead, I believe in waking up to our deep interconnectedness, which includes that we all can help ourselves and each other and that we badly need that help. WHAT KIND of help is useful may differ along regions and socio demographic aspects. THAT we all need to help and to be helped is a universal condition of being human. For me, that also holds true for consciousness and the way we feed ourselves.

Linkedin: <https://www.linkedin.com/in/narbeshuber/>

Gabor Karsai

Affiliated organisation: Mind & Life Europe



Gabor Karsai is Managing Director of Mind & Life Europe (Switzerland), Rector and Professor of Philosophy and Religious Studies at the Dharma Gate Buddhist College (Hungary). He specialised in and studies the intersections of process philosophy (A. N. Whitehead), the enactive approach

of cognitive science (F. Varela, E. Thompson et al.), phenomenology and Buddhist philosophy and practice. Over the last 15 years, he has had extensive management engagements as CEO of philanthropic enterprises and non-for-profit organizations in the field of leadership development, education and Buddhism in Hungary, Iceland, Switzerland and Taiwan. He combines practical experience in running a not-for-profit organisation together with a deep appreciation for contemplative practice and science as well as the values and vision of Mind & Life Europe. His main interest in CoFSA is theory of change, building evidence base, coalition-building and governance.

Linkedin: <https://www.linkedin.com/in/gabor-karsai-24913344/>

Ursula Versteegen

Affiliated organisation: Co-Founder Presencing Institute; Eurasia Foundation and Association Member of Board; Eurasia Learning Institute for Happiness & Well-Being



I am Ursula Versteegen, an action researcher, capacity builder and social artist based in Hamburg, Germany. As a Co-Founder of the Presencing Institute (Cambridge, USA), a Senior Program Advisor to the Eurasia Learning Institute of Happiness and Well-Being (Switzerland) and a co-founder of the Institute of Mindful Agriculture (Upstate NY, USA). I have been working in agriculture, education, health care and business. My interest: how can we connect inner transformation to social innovation across sectors

towards global care for all living beings (Gross National Happiness) as a new paradigm of social evolution? Over the years of practice, procedural knowing and hearty action are now turning into seas of wonder, mountains of humility and compassionate silence: are “inner” and “outer” really two? How can we create noble friendship and community to become aware of ourselves as we try to “do”? How can we get ourselves out of way of what wants to happen? How can we learn to be?

My interest in CoFSA is to support initiatives and programs reconnecting to the living soil, to each other in the food value chain and to ourselves as eaters. It is an opportunity to create prototypes being *inclusive of the well-being of all living beings around the global towards a living ecology* - if done mindfully and compassionate.

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Private Sector

Susanne Alig-Mathis

Affiliated organisation: Mondelez International



Susanne is the Global Lead for Mindful Snacking at Mondelez International.

As a leading global snacking company Mindful Snacking, she is part of our mission to help consumers snack right: Mindful Snacking/ Eating is a behavioral approach to snack with intention and attentions, supported by science and part of the dietary guidelines in many countries globally

“In my role I support brand and colleagues across the organization to learn and develop more awareness for this approach and build engagement / activations with our consumers.

I am based in Chicago and have been with Mondelez International for 15+ years”.

How consciousness is part of your work and your personal journey (if relevant):

Consciousness or Mindfulness is core to our Mindful Snacking approach for consumers to snack right. As a company we further support mindfulness practices across the organization both through grass-roots efforts and as well through global programs – as we consider it as a great resource for colleagues

Your key interests in CoFSA: We like to understand how we could take this above and beyond our current consumer and internal engagement? How can we leverage this practice throughout our broader supply chain? Opportunity to connect with like-minded organizations and partners. Another place to create awareness and visibility for mindful behavior.

Linkedin: <https://www.linkedin.com/in/susanne-mathis-alig-a8684813/>

Donor

Sara E. Farley

Affiliated organisation: Managing Director, The Rockefeller Foundation's Food Initiative



As Managing Director, Sara Farley leads the global portfolio and spearheads integrated operations for The Rockefeller Foundation's food team. In this capacity, she guides the work of operationalizing systems frameworks in strategy, grantmaking, and MERL (monitoring, evaluation, research and learning) and leads such signature initiatives as the Food Systems Vision Prize and the Food Systems Game Changers Lab. Assuring that the foundation's portfolio delivers transformed food systems that optimize human and planetary health while increasing inclusivity and resilience to future shocks guides her efforts.

Prior to joining the foundation Sara co-founded the Global Knowledge Initiative (GKI) which she led for a decade, nurturing it from a concept to an organization designated as one of the "Top 100 Social Innovations for the next century".

During her time at GKI, Sara cultivated a dynamic team that she led in the design and execution of GKI's programs in systems research and evaluation, network optimization, and collaborative innovation strategy setting, including serving as The Rockefeller Foundation's Social Innovation Lab on Waste and Spoilage.

Prior to founding GKI, Sara spent a decade as an innovation strategist for the World Bank and other donor and development organizations. She has been commissioned by national governments and international development organizations (African Development Bank, UNIDO, etc.) to lead thinking, develop networks, and devise policies to strengthen developing countries' science and innovation capacity.

Sara graduated with honors in Science, Technology, and Society from Stanford University's School of Engineering where she also earned a Masters degree in International Policy Studies. Following her time at Stanford, she was a Rotary International Ambassadorial Fellow at the Universidad de Buenos Aires where she did postgraduate study in Technology Policy and Management. Sara's list of publications includes more than 70 monographs, studies, and papers.

Linkedin: <https://www.linkedin.com/in/saraefarley/>

Government

Katie Palmer

Affiliated organisation: Food Sense Wales



Katie is Founder and Programme Manager of Food Sense Wales , a charity hosted within the Welsh NHS working with communities, organisations, policy makers and government to co-create a food system for Wales that is good for people and the planet. Katie is one of the founding Directors of Veg Power , a not-for-profit organisation on a ten-year mission to turn around vegetable consumption in the UK. She has a Masters in Nutrition and a Masters in Food Policy, sits on two Ministerial led Welsh Government Boards and is passionate about using her experience of working in different sectors to lead systems change. Katie was one of a group

of

four that led the development of the School Holiday Enrichment Programme to address the challenge of inequalities through the holidays. This has now been adopted nationwide by Welsh Government. Katie's sense of social justice and understanding of equality and diversity was ignited by her selection to attend a British Council visit to Myanmar in 2013.

Katie believes that the food system is and requires careful and sensitive navigation across a range of stakeholders. As a contested and emotive space, she believes that we must ensure that all voices are heard and taken into account when considering the changes that need to be made to transition to a just and resilient food system. Katie is particularly interested in the nexus point between local Governance, leadership and action, and National Governance and Leadership. In particular how the former can inspire the latter and how National Leadership can provide the right environment/facilitate that inspirational change to happen at a local level.

She is interested sharing knowledge and experience around developing placed based approaches to the food system and keen to learn from others about food democracy and approaches that have worked to create/support local food leaders to drive change in their communities.

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Academia & Research

Kira Cooper

Affiliated organisation: Waterloo Institute of Social Innovation and Resilience (WISIR, University of Waterloo)



Kira is a PhD Candidate in the Faculty of Environment at the University of Waterloo, Canada, working at the intersection of mindfulness and sustainability. Her doctoral research examines the role of 'inner transitions' and how they can support socio ecological flourishing. As a WISIR Fellow (Waterloo Institute of Social Innovation and Resilience), Kira is collaborating on several projects that explore complexity, consciousness, and the inner dimensions of sustainability. With a background in Indigenous consultation, environmental assessment, and infectious disease management, Kira is passionate about integrating systems thinking to complex socioecological challenges and deepening appreciation for non-

Western forms of knowing. Drawing inspiration from over a decade of meditation, mindfulness, and yoga, she engages in initiatives that apply contemplative practices to enhance mental health and nature connection in the academy as the Vice President of the Environmental Studies Association of Canada and co-founder of a student mentorship program. Her work is grounded in a deep appreciation for Buddhist, post-Buddhist, spiritual, religious, and Indigenous forms of mindfulness practice. Kira finds motivation in exploring the transformative potential of consciousness from her travels and lived experiences through which she has witnessed firsthand the immense suffering many vulnerable populations endure due to the unsustainable status quo. This awareness serves as a profound driver to explore transformative pathways to collective wellbeing that leave no one behind. She is excited to join the CoFSA community and support research in this emerging field while collaborating with other members and their projects.

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Jamie Bristow

Affiliated organisation: The Mindfulness Initiative



Jamie Bristow is Director of The Mindfulness Initiative, a policy institute about mindfulness and compassion training that grew out of a programme of mindfulness teaching for politicians in the British Parliament.

The Mindfulness Initiative provides the secretariat to the UK Mindfulness All-Party Parliamentary Group and helped politicians to publish the

seminal Mindful Nation UK policy report. Jamie now works with politicians and other decision-makers around the world to help them make trainable capacities of mind and heart serious considerations of public policy and has supported the introduction of mindfulness courses in over 10 national parliaments. He is the author of several publications including *Mindfulness: Developing Agency in Urgent Times*.

Jamie was formerly Business Development Director for Headspace and has a background in climate change campaign communications, advertising and software development.

Jamie is also a mindfulness teacher and a teacher-in-training in the Insight Meditation tradition that's associated with Gaia House, IMS and Spirit Rock retreat centres. His teachers and mentors have included Stephen Batchelor, Rob Burbea and Christina Feldman.

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Julia Wright

Affiliated organisation: Centre for Agroecology, Water and Resilience (CAWR), Coventry University, UK



I have a background in international farming research and development, seeking to bring ecological (organic and permaculture) thinking into industrial agricultural systems and organisations, including in humanitarian settings. After pursuing environmental and sustainable agriculture studies at the Universities of Wales, Cranfield and London (Wye College), I worked for some years in South America including at the International Potato Centre, Peru, and the University of Yucatan, Mexico. My PhD at Wageningen University focused on the coping strategies of the Cuban farming sector during the country's period of food and fuel shortages in the 1990s, resulting in the Earthscan publication 'Sustainable Agriculture and Food Security in an Era of Oil Scarcity: Lessons from Cuba' (2009). Returning to the UK in 2003 to lead the international work of the organic horticultural NGO the Henry Doubleday Research Association, in 2011 I coestablished the Centre for

Agroecology, Water and Resilience

at Coventry University. Currently Associate Professor in Agroecological Futures, I have been inspired by my parallel interests in metaphysics, nature and spirituality to develop a research programme on the discipline of Subtle Agroecologies. A nexus of indigenous epistemologies, multidisciplinary advances in wave-based and ethereal studies, and the science of sustainable agriculture, Subtle Agroecologies is not a farming system in itself, but superimposes a nonmaterial dimension upon existing, materially-based agroecological farming systems. Doctoral and postdoctoral research in this programme includes, for example, agro-homeopathy, biodynamic farming, quantum agriculture, nature communication, and biocompatible electromagnetic technologies. I am also currently on the Board of the Biodynamic Association UK.

These subtle dimensions of agriculture relate to a different, more expanded consciousness and worldview which in turn may be part of what the Co-FSA initiative is exploring. My specific interests in Co-FSA comprise contributing to building the evidence base, to develop and apply theories of change, and to share and connect.

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Dr Rachel Lilley

Affiliated organisation: University of Birmingham Leadership Institute



Dr Rachel Lilley is a Researcher Practitioner, advisor, trainer, facilitator. She is a Senior Fellow with the University of Birmingham Leadership Institute looking at Systemic and Adaptive Leadership. She has developed world leading research on decision making, mindfulness and behavioural insights working with government and policy leaders in the Welsh and UK Government. She has over 20 years' experience working on environmental, social, individual and organisational change using participatory and inclusive methods. She also has 20 years teaching mindfulness and developmental (often related to consciousness development) work.

She has worked intensively with the Welsh Government developing and delivering innovative approaches to project and organisational development using behaviour change, mindfulness and personal insight. Her work has been described as 'radical' by the Welsh First Minister Mark Drakeford.

She is an expert behaviour change consultant and has pioneered a programme which builds capacities for understanding and delivering behaviour change and working with complexity, Her mindfulness based behavioural insights and decision making course builds capacities of attention, emotion and cognition improves decision making, collaboration and creativity whilst also mitigating bias. Rachel has worked with leaders and teams from across the public and private sector included: Ogilvy Mather, WWF, New Forest Parks Authority, Global Action Plan, New Economics Foundation, Kambe Events, Ceredigion County Council she is also a contributor to the mindfulness initiative. Rachel has many years experience in the public sector working on the practical design and delivery of community-based sustainability behaviour change projects.

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Christine Wamsler

Affiliated organisation: Lund University Centre for Sustainability Studies (LUCSUS)



Christine Wamsler is Professor of Sustainability Science at LUCSUS, and the director of the Contemplative Sustainable Futures Program.

LUCSUS is a world-class centre for sustainability research, teaching and impact. A pioneer in transdisciplinary research and collaboration, it combines critical perspectives with solutions-based approaches to challenges such as climate change.

The aim of the Contemplative Sustainable Futures Program is to create space and opportunities for knowledge development, learning and networking on the role of inner dimensions for sustainability. Accordingly, it consists of three building blocks:

education, networking and research activities. More generally, the Program's mission is to relieve suffering, and support a more sustainable and just world through a scientific understanding of the mind and consciousness for societal and planetary well-being. Current projects include, amongst others: ActivateChange, Mind4Change and TransVision.

Fields of expertise: Christine is an internationally renowned expert in sustainable development and associated (inner and outer) transformation processes, with 25 years of experience. She has led many international projects and published more than 200 academic papers, book chapters, and books on these issues. Her recent publications on inner-outer transformation for sustainability can be found here.

Professional experience: Christine is currently Professor at Lund University Centre for Sustainability Studies (LUCSUS) in Sweden. Previously, she worked as co-director of the Societal Resilience Centre and at the Global Development Institute of the University of Manchester, UK. In parallel to her academic research, Christine works on an ongoing basis as a consultant for different governmental and non-governmental organisations.

Educational background: Christine holds a postdoctoral lecturer qualification (Habilitation) in Sustainability Science (Lund University, Sweden) and a PhD on Disaster Risk Reduction and Climate Change Adaptation.

Key interests in CoFSA: Community of practice, building theory of change and evidence base, advisory role regarding prototype development and trainings, analysis of prototypes and trainings, connecting to other initiatives.

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CoFSA Secretariat

Andrew Bovarnick

Affiliated organisation: United Nations Development Programme



Andrew Bovarnick is CoFSA's Founder and Team Lead, responsible for the strategic direction of the alliance.

Andrew is the UNDP Global Head of Food and Agricultural Commodity Systems practice. He has over 20 years' expertise in changing systems through collaborative action and fostering transformative stakeholder partnerships and cooperation in food and commodity systems, to address climate, conservation and poverty. In 2009, he initiated the UNDP's Green Commodities Programme (GCP) and has led over 10 years of implementation with the aim of improving the environmental, social and economic performance of highly traded commodities.

He founded CoFSA as part of the broader GCP, during his sabbatical year in 2020. This time brought opportunities both to reflect on 20 years of progress in the development sector, and to meet a number of inspiring individuals and advocates of inner change. He became determined to create a space where the international development community could cultivate and integrate inner change into daily work and ultimately, catalyze elusive system transformation with food systems being the entry point.

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Thomas Legrand

Affiliated organisation: United Nations Development Programme



Holding a Ph.D. in (Ecological) Economics and having studied international development, political science, and management, Thomas works in the field of sustainability for UN agencies, private companies, and NGOs. His focus is on forest conservation, climate change, sustainable finance, and organizational transformation.

His inner journey began at the age of 23 with an encounter with native spirituality in Mexico, before embracing the wisdom of a wide range of traditions and practices, including meditation, energetic healing and Tai-chi-chuan. He lives near Plum Village, the monastery of Zen Master Thich Nhat Hanh in the Southwest of France, his country.

Thomas is firmly convinced that a deep cultural evolution of a spiritual nature is needed for sustainable and regenerative futures to be possible. He has spent the last 10 years writing his book "Politics of Being. Wisdom and Science for a New Development Paradigm" which will be published in January 2022 with a foreword by Matthieu Ricard.

He is seeking how to advance this perspective through his work as the Lead Technical Adviser for CoFSA or as a learning adviser for the development of a curriculum on awareness-based systems transformation for UNDP resident representatives in collaboration with the Presencing Institute.

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Alice Jervoise

Affiliated organisation: United Nations Development Programme



Alice is a Program Coordination and Support Consultant for the UNDP Food and Agriculture Commodity Systems (FACS) portfolio, based in London UK. She joined the Conscious Food Systems Alliance initiative in January 2021.

Alice is passionate about promoting a regenerative, human-centred approach to food system transformation, inspired by experiences working on agro-ecological agricultural projects in rural Nepal, and three months immersion with an indigenous Kichwa community in the Ecuadorian

Amazon. She is committed to addressing the root causes of global sustainability challenges, through examination and reshaping of the mindsets and cultural values underpinning extractive lifestyles and dominant development paradigms. She also draws inspiration from Buddhist practice and philosophy, is a yoga practitioner, and has visited Plum Village, the monastery of Zen Master Thich Nhat Hanh, in France.

She holds a Masters degree in International Development and Food Systems from the Institute of Development Studies (IDS), and Bachelors degree in International Relations from the University of Leeds. Her professional background is in Corporate Sustainability consultancy, working with companies in the financial and extractives sectors primarily, to support the design and delivery of their sustainability strategies and goals. She has also worked with environmental and community-building organisations in the UK and USA, including Ashden and the Pachamama Alliance.

In CoFSA, Alice is dedicated to holding space for experts and practitioners in conscious food to collaborate and co-create through deep connection, experimentation and action-learning.

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Noemi Altobelli

Affiliated organisation: United Nations Development Programme



Noemi is the COFSA Community Manager. She supports the coordination and relationship-building for the alliance.

She holds a Degree in International Law and a Master's Degree in Development Economics, with a focus on Agricultural and Rural Development. Prior to joining CoFSA, Noemi worked with non-governmental organizations, supporting Livelihood and Climate Resilience projects in The Gambia and Solomon Islands where she could enlarge her knowledge on rural labour markets, smart agriculture techniques, and sustainable agriculture practices.

Originally from Rome, Noemi grew up in the Italian countryside, hence having a very deep connection with nature. She is a yoga practitioner and a musician.

A recent arrivee to the world of consciousness approaches, she is interested in experimenting with new ways of working that enable deep connection with people and members, and restore awareness regarding one's own vulnerabilities.

As an idealist and a strong believer in social justice, she aspires to a fairer and more equitable world.

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