



# Conscious Food Systems Leadership Programme

Cultivating inner capacities to activate systemic change and regeneration

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May - July 2024



Convened by:



# Why join this programme

This program offered by the [Inner Green Deal](#) in collaboration with the [Conscious Food Systems Alliance](#), will help participants cultivate the inner capacities needed to sustain and deepen the impact of their work on food systems transformation. The programme comprises six live online modules, plus an introductory session on mindfulness and collaborative online learning.

*To transform food systems, we must work not only on policy, research and project implementation, but also on the inner drivers of individual, collective and institutional behaviours. Increased connection to ourselves, each other and nature can activate the transformative qualities and skills needed to support the transition to regenerative food systems.*

The programme will be offered for free to several cohorts of CoFSA members throughout 2024 and 2025. **Join the first cohort in May 2024!**

**APPLY**



## For whom?

The target audience for this program are food systems practitioners (including public and private sector, Government, NGOs, UN Agencies, International Development Organizations, and Grassroots Organizations, etc.). We accept applications from all countries. Fluent English and good internet connection are required.

Priority will be given to participants who:

- have the capacity to integrate these learnings and agenda in their own programmes and organizations.
- apply with colleagues from their same organization to attend the programme. This buddy system is thought to better integrate the cultivation of inner capacities within their organizations.
- have been actively involved in CoFSA activities.

A number of seats will be reserved for participants who have interest and capacity to offer that kind of leadership program in the future to their own networks.

The group will be composed in order to integrate a geographical and professional diversity of participants.

## The training in a snapshot:

**7** Sessions

**16** Hours

**30** Participants

+ 20 to 30 minutes per day for self-paced home practice



# Objectives

Through this programme participants will:

- Develop a more holistic approach to addressing the food system crisis, incorporating the role of inner capacities.
- Develop relevant inner capacities and skills to support the transformation towards regenerative food systems.
- Have the capacity to integrate the inner dimension into their work (into their way of working, team, organisations and projects) with outer challenges (food system change).
- Become familiar with COFSA key concepts and approaches (inner capacities, consciousness approaches and practices, CoFSA model of transformation, CoFSA areas of intervention, etc.)
- Nurture a sense of belonging and connection to the CoFSA community.



## Modules

The program includes 6 live online modules plus an introductory session on mindfulness.

3 - 5.30 pm CET

### INTRODUCTION

introducing the program, why inner development is essential for outer change in the food system and getting to know participants.

May 7th

### Module 1 - BEING

Exploring how values and inner qualities such as openness, integrity and presence shape your ability to have impact.

May 16th

### MINDFULNESS INTRODUCTORY SESSION – *Optional* 3 - 4 pm CET

Introduce the basics of mindfulness practice to participants

May 23rd

### Module 2 - THINKING

Understanding how change can be blocked and unblocked by the way we think. Uncovering our “immunity to change” and grounding our work on more conscious narratives of change.

May 30th

### Module 3 - RELATING

Exploring how relating to ourselves and the world around us shapes the food system and the sustainability initiatives that we are working on.

June 13th

### Module 4 - COLLABORATION

Understanding how to deepen and enhance collaboration and integrate the consideration and cultivation of inner capacities in our work during an Integration Lab.

June 27th

### Module 5 - ACTING

Harvesting learnings and agreeing on how to integrate these learnings into our work and personal lives and deciding on next steps.

July 11th

**In addition to participating in the online modules, in order to fully benefit from the program, participants are expected to spend on average 20-30 minutes per day for self-paced home practice, reading, nature walks and preparation of the modules.**

# Trainers



## Charlotte Durfour

### CoFSA Practice Advisor

Charlotte has been supporting multi-stakeholder food systems policies and programmes in diverse countries for over 20 years. Now she focuses on nurturing inner capacities for regenerative food systems.



## Jeroen Janss

### Co-founder of Inner Green Deal

an initiative focused on fostering skills, collaboration, and a connection with nature to accelerate green and equitable transformations. Jeroen designs and facilitates leadership programs for a range of organisations including the EU and the UN.

## How to apply

The first cohort of this programme is available for 30-35 CoFSA Members. To become a CoFSA Member visit "Join the Movement" page.

To enroll in the Conscious Food Systems Leadership Programme, please complete and submit the [application form](#). The application process can potentially take 10 minutes, we recommend you start yours as soon as possible.

**Application deadline is March 31, 2024:** This is a selection-based process. Successful candidates will be notified via e-mail after the application deadline.

**APPLY**



**Curious to know more? Join our information session** and ask all the questions you hold directly to our trainers. [Register to attend the session!](#)

**March 14, 2024, 2 - 2.45 pm CET**



## Testimonials

- *"The programme strengthened my ability to collaborate and relate with others."*
- *"The program has helped me understand the importance of connection and compassion to create a safe space. I have become more aware of knowing more what the underlying causes of peoples actions are."*
- *"I would say that the programme has helped bring back the main focus on the integration of inner capacities into all the work that we do."*
- *"The programme provided tools (or at least exposure and awareness of methods) to use for integrating inner capacities into food systems work."*
- *My consciousness has evolved from personal practices (yoga, meditation, Western practices) to a more comprehensive/connected to nature one, where I am because you are (you = nature)."*