

24th International Project Week 2022
09th – 13th May 2022

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University/Company: Laurentiu Nicolae Costrut

Country: Portugal

Equity, diversity and inclusion (ED&I): a compassion-based experiential training

Content: The world is more diverse than ever before, we live in an interconnected multicultural world where our diversity makes us stronger. Yet, there is still so much work to accomplish as a global community: to eventually ensure and preserve our uniqueness and survival as a species and to protect and reattach ourselves to nature -our essence. Questions such as: Why do diversity, equity, and inclusion need compassion at their core? What is compassion, why should we practice it, and why is it required? How does climate change shape social challenges, and why do social phenomena affect climate (such as eco-anxiety)? During this experiential training, we will use science-based contemplative practices and the newest research in social and clinical psychology to answer all these questions: contemplative neuroscience practices, Internal Family Systems and Polyvagal Theory, contemporary scientific research from Neuroscience and Social and Intercultural Psychology, Buddhist perspective, climate studies.

Methods: Media presentations, video illustrations, role play, individual self-reflection tasks, group discussions, experiential activities (practice, meditation)

Competences and skills to be acquired: We will explore together the science behind compassion and its benefits, including practical ways to bring it into your own life.

We will also learn together:

- how can we become agents of change and what tools we need to spark change in us and others,
- how can we deal with eco-anxiety,
- what our commitment to racial equity and inclusion of all types of groups is.

Our week will unfold through practice, and we will be learning how to understand the challenges diversity humanity is facing from a different perspective: through interconnection, compassion and transformation. By the end of this training, you will be able to become more compassionate, more mindful, more prepared for diverse societal challenges.

Prerequisites: You wish to: to be more aware of yourself and your environment, understand how to cope with eco-anxiety, challenge the curiosity for questioning. The willingness to work on your own self.

Language of instruction:
English