### WHAT IS OUR APPROACH?

## LEARNING FOR LIFE. CULTIVATING CONNECTION.

# THE REGENERATING EDUCATION FRAMEWORK

Bringing together our extensive research and insights into education systems worldwide, we have developed a teaching and learning framework to breathe new life into schools.

The Regenerating Education Framework fosters the knowledge, skills and practices we all need to engage and thrive in a new paradigm



Cultivating personal wellbeing by making sense of what it means to be human and developing how we think and therefore feel about ourselves and the world around us.

#### **INNER COMPASS**

Finding our sense of direction and purpose by seeing the bigger picture and being stretched in what we think and feel motivated to do.

#### SELF AWARENESS

Strengthening our ability to tune into thoughts and feelings, search for blind spots and to see ourselves clearly and authentically.

#### **SELF COMPASSION**

Nurturing a healthy relationship with ourselves through a willingness to be actively kind as we navigate our diverse human experiences.

#### AUTONOMY

Feeling valued as a person, embracing our strengths and weaknesses and having the confidence to make good choices.

#### **EMOTIONAL INTELLIGENCE**

Understanding and engaging with our emotions to navigate overwhelm and develop empathy and connection with others.



Developing social wellbeing and global citizenship through the ability to practice empathy, bridge divides, be active in and feel valued by our communities.

#### **SYSTEMS THINKING**

Making sense of the complexities and interconnectedness of our world by exploring the big picture as the starting point for problem solving.

#### **GLOBAL & CULTURAL AWARENESS**

Forming deeper relationships with the wider world leading to a sense of belonging to our common humanity and global ecosystems.

#### **EMPATHY & COMPASSION**

Developing empathy and compassionate leadership skills to enable meaningful and collaborative relationships with others.

#### **COLLABORATIVE PROBLEM SOLVING**

Embracing the value of diverse stakeholders, facilitating genuine dialogue and meeting with a shared purpose to co-create confidently.

#### **ACTIVE LISTENING**

Engaging with diverse perspectives and making sense of wider ideas to enable more reflective and objective views and actions.



Revitalising environmental wellbeing by seeing ourselves as part of nature and learning how to bring our lives back into balance with our natural living ecosystems.

#### **APPRECIATING INTERDEPENDENCE**

Learning how different systems connect and how we rely on and contribute to the health and wellbeing of all natural ecosystems.

#### **CLIMATE CHANGE AWARENESS**

Understanding the causes and effects of the climate crisis with the capacity to move towards positive climate actions.

#### **RECONNECTING WITH NATURE**

Learning to put aside the idea that humans are separate from nature, and see ourselves as part of our planet's living systems.

#### **RESILIENCE & AGENCY**

Moving from anxiety to action with the knowledge, skills and positive growth mindsets to be a part of shaping a regenerative future.

#### **REGENERATIVE PRACTICE**

Contributing to planetary health by developing the capacity to consciously care for the ecosystems we depend on.