

Staff Week

General information

Hosting Institution:	NORD A collaboration among the University of Brest, the University of Split, the University of Kiel, the Inner Development Goals, and Nord University
Staff Week Title	SEA-EU Inner Development Goals Hub – A Tool for Inner Growth for Sustainable Development at SEA-EU Partner Universities
Abstract:	The SEA-EU IDG Hub Staff Week aims to foster inner growth and sustainable development among university staff and faculty within the SEA-EU alliance. By integrating the Inner Development Goals (IDGs) framework, participants will gain essential skills and knowledge to enhance personal and collective development. Through workshops, interactive sessions, and collaborative projects, attendees will explore the five dimensions of the IDGs—Being, Thinking, Relating, Collaborating, and Acting—and learn to apply these principles to drive positive change in their institutions and communities. This initiative aligns with the Sustainable Development Goals (SDGs) and promotes a holistic approach to education and research, contributing to a more sustainable and resilient future. Participants will be asked to think about the possible creation of a future IDG hub within SEA-EU and what form this may take.
Application details and deadline	Apply here latest on July 10 th . Please ask the SEA-EU office at your university if there are still places available for your university.
To do beforehand, DL July 10th	Fill in this survey by July 10th. The final program will be updated based on responses and sent to participants in early September.
Dates	October 8-10, 2025
Number of participants	The minimum number of participants is 10, maximum is 20. Each SEA-EU university can propose up to two participants (+ 1 participant on the reserve list).
Mobility costs	SEA-EU Budget / Erasmus+ KA131
Contact	Tove Holm, tove.holm@nord.no



SDGs versus IDGs. Retrieved from: <https://www.thenewdivision.world/idg>, May 16th, 2025.

SDGs versus IDGs: The Sustainable Development Goals (SDGs) are great shared goals for humanity. However, the SDGs cannot be reached without a collective effort and commitment. The Inner Development Goals (IDG) framework aims to simplify development by focusing on how inner growth, on an individual and collective level, can accelerate our ability to face global challenges.

Human beings are never fully developed, or in other words, we are always capable of growing and becoming better versions of ourselves. The IDG framework includes qualifications and know-how that companies expect from their leaders. These leaders ensure that everyone can flourish and that employees feel their workplace is a great place to work.

Why apply to higher education?

- "The primary stakeholders working with IDG are companies, NGOs, governments, and academic institutions because of their vast potential to facilitate collective learning and drive systemic change".
- "Furthermore, multinational corporations like Google, Ikea, Ericsson, and Spotify are among the first collaborating partners to incorporate IDGs into their organisations and more intentionally work on the inner skills needed for sustainable change within the company. IDGs now has more than 50 global corporate and institutional partners and 500+ multiplying organisations." (Ankrah, D., Bristow, J., Hires, D., & Henriksson, J. A. (2023). *Inner Development Goals: From inner growth to outer change. In Innovation for ecological transformation (Special Issue 25, pp. 82-87)*

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Target group / Expected profile of participants	Academics and Administrative staff interested in enhancing the SDGs and/or the IDGs, or in driving positive change in their institutions and communities, contributing to a more sustainable and resilient future.
Requirements	English B2
Agenda, draft, which will be updated within August based on your answers in the pre-survey	<p>Wednesday, October 8th, Introduction to IDGs and SEA-EU Collaboration</p> <p>9:30 AM - 10:00 AM: Welcome and Opening Remarks</p> <p>Introduction to the SEA-EU IDG Hub initiative.</p> <p>Overview of the IDG framework.</p> <p>10:00 AM - 12:00 AM: Workshop: Understanding the IDGs</p> <p>Detailed exploration of the five dimensions: Being, Thinking, Relating, Collaborating, and Acting.</p> <p>Interactive discussions on how these dimensions relate to personal and professional growth.</p> <p>12:00 PM - 1:00 PM: Lunch Break</p> <p>1:00 PM - 2:00 PM: "Being" session*: Self-Awareness and Mindfulness</p> <p>Techniques for enhancing self-awareness and mindfulness. Practical exercises and guided meditation.</p> <p>2:00 - 2.30 PM Coffee Break</p> <p>2:30 PM - 4:00 PM: Participant-Led Discussion: Inner Growth and Leadership</p> <p>Participants discuss the importance of inner development in higher education and share personal experiences and insights.</p> <p>Group discussion and reflections.</p>

Thursday, October 9th, Collaborative Skills and Social Impact

9:30 AM - 10:00 AM: Recap and Reflections

Summary of Day 1 and participant reflections.

10:00 AM - 12:00 AM: **"Collaborating"**: a workshop focused on enhancing Collaboration in a HEI context.

Strategies for effective teamwork and collaboration.
Exercises and practice to practice collaborative skills.

12:00 PM - 1:00 PM: Lunch Break

1:00 PM – 2 PM: **"Relating"**: Empathy and Compassion in the Workplace

Building empathy and compassion among colleagues - collaborative communication techniques

Case studies and group activities.

2:00 - 2.30 PM Coffee Break

2:30 PM - 4:00 PM: **"Thinking and Acting"** Interactive Session: Making Dreams a Reality

Objective: Brainstorm and plan projects that align with the SDGs and IDGs.

Focus: Consider creating a SEA-EU IDG Hub and envisioning broader initiatives for the SEA-EU alliance

Activities:

Generate creative ideas for action in collaboration with stakeholders, including industry and businesses.

Explore big ideas for the future, emphasizing vision-building, optimism, and practical implementation.

Aim to include students and industry partners in the discussions.

Group presentations and feedback.

	<p>Friday, October 10th, Action and Implementation</p> <p>9:30 AM - 10:00 AM: Recap and Reflections</p> <p>Summary of Day 2 and participant reflections.</p> <p>10:00 AM - 12:00 AM: Workshop: Personal Agency and Initiative</p> <p>Techniques for fostering personal agency and initiative 2. Goal-setting exercises.</p> <p>12:00 PM - 1:00 PM: Lunch Break</p> <p>1:00 PM - 2:00 PM: Session: Implementing IDGs in Higher Education</p> <p>Strategies for integrating IDGs into university policies, practices, and curriculum development.</p> <p>Success stories and best practices.</p> <p>2:00 - 2.30 PM Coffee Break</p> <p>2:30 PM - 4:00 PM: Closing Session: Reflection and Future Steps</p> <p>Participant reflections on the staff week.</p> <p>Action plans for continuing IDG initiatives.</p> <p>Closing remarks and certificates of participation.</p> <p><i>Extra: possible visit to Bodø IDG Hub, where I have a meeting later in June</i></p> <p><i>*Practicing and experiencing IDG tools from:</i> https://transitionmakers.nl/ https://idg.tools/ https://www.bne.unibe.ch/material/publications_further_reading/facilitator_guide_addressing_inner_dimensions/index_eng.html <i>The Society Hub IDG seminar (Summer Semester 2024, Kiel University)</i></p>
<p>To do beforehand, DL July 10th</p>	<p>Fill in this survey by July 10th. The final program will be revised based on the answers and sent to the participants at the beginning of September.</p>

Practical information

Accommodation	We recommend all hotels located in the city center (meaning not the WOOD hotel, as it is not close to any local transportation).	You can also find private accommodation through Airbnb and Booking.com. University guest accommodation (<i>Nordavind</i>) is available on campus and can be booked at https://www.studentinord.no/shortterm/shortterm-Nordavind
Address of the course	Universitetsalléen 11, 8026 Bodø	The airport, train station, and quay are all located within walking distance of the city center. The university is located approximately 9 kilometers from the city center. The easiest way to get around Bodø is by bus or car. Buses run every 10-15 minutes between the city and the university on weekdays. You can find timetables and more information about taking the bus in Bodø at reisnordland.com .

How to join the staff week:

If you have any questions, please contact: Tove Holm, tove.holm@nord.no

[Apply here](#) latest on July 10th. Please ask the SEA-EU office at your university if there are still places available for your university.

Fill in this [survey](#) by July 10th. The final program will be updated based on responses and sent to participants in early September.

Please contact the people in charge of mobility within your own institution to apply for an Erasmus mobility grant