

Dear IDG friends,

Hope this email find you well in highly humid city these few days!

In this newsletter, we invite you to join our March learning activity, [Being with and Relating to Climate Change](#) and learn many more of how to engage more with IDG HK friends and the upcoming activities in Asia and globally.

Climate Change on 19th of March evening

How do you feel about climate change? Anxiety, despair, anger, resentment, frustration, overwhelm, powerless, numb? Or perhaps you feel hopeful, empowered, connected, grounded?

How we feel about and relate to the challenges of climate change directly impacts how we act; and how we act is the only thing that's going to make a difference. We can't leave action to other people, and if we only act in our own little corner, that still won't be enough. We have to connect and collaborate to make the impact required. That's the premise of the IDGs - only if we all do the inner work required, will the external environment start to change fast enough.

Treat yourself to a deep dive into your climate emotions at this session for Inner Development Goals Hub of Hong Kong with Angela Spaxman and Brian Henderson.





Angela Spaxman is a transformational Leadership Coach and Insight Dialogue Facilitator

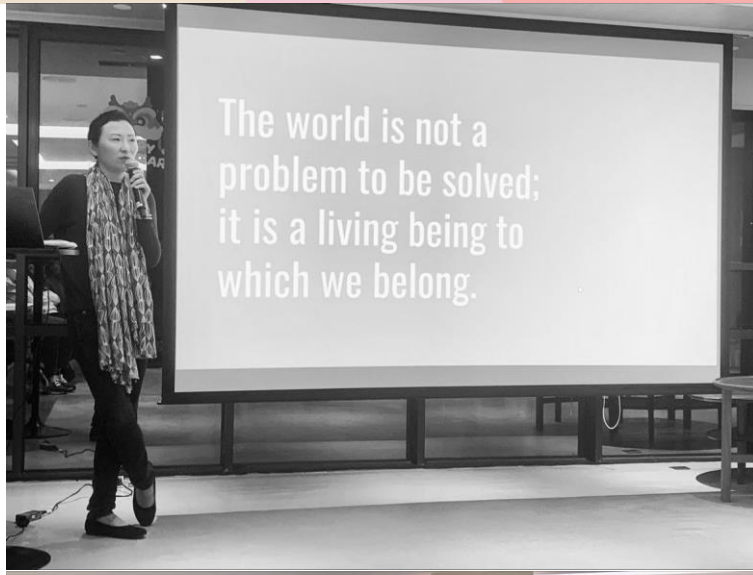


Brian Henderson is a former COO, DEIB & Mental Health advocate, entrepreneur, yoga and meditation teacher. Whole Business Wellness Ltd

IDG Hong Kong Hub – snapshot of Deep Ecology in Feb

To plant the seeds of how IDG would bring positive and sustainable changes to Hong Kong, the Hub ran the first of a series of offerings that give a taster of different theories, ideas and practices that support everyone in their inner personal development, team and leadership development.

Amanda Yik has brought us a deeper understanding and connection to ecology to an air-conditioned space after our heated catchup among IDG friends. As Natalie Goni, one of the participants said “ My biggest take-away - ecology is way more than ‘nature’. Deep ecology is our big web of interdependency with all things on this planet, living and ‘non-living’....and that we must work on expanding our perspective as humans so that we can move forward from the Anthropocene epoch, and the belief that humans are at the centre of the planet and that everything else exists for our utilisation and its usefulness to us.”



IDG Hong Kong Hub – Action to engage more

Join the IDG HK **Whatsapp** group. It will let you interact and exchange inner growth related topic with the other hub members:

<https://chat.whatsapp.com/La9cqvaFtCHLUCB0bUrxoX>

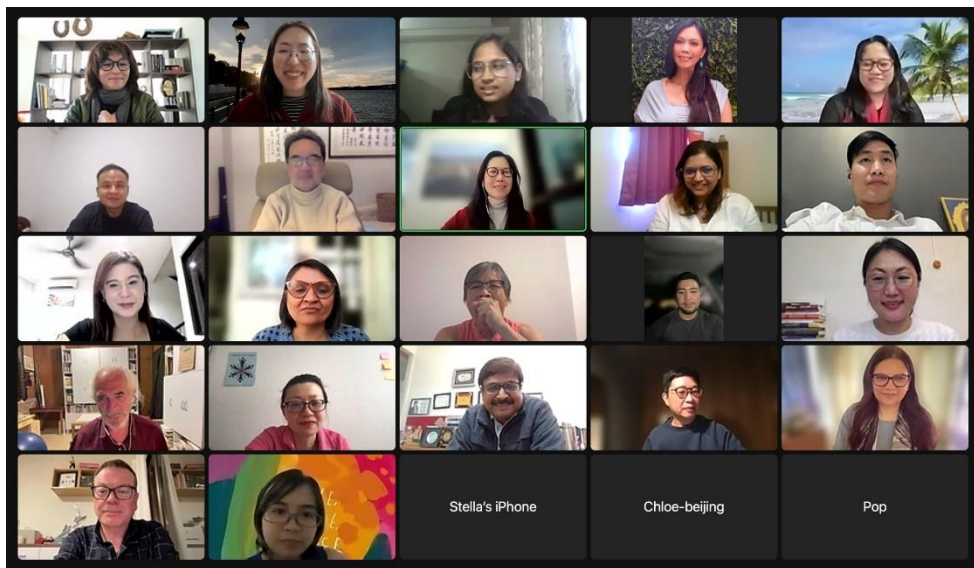
Join the IDG HK Hub **Howspace** to keep yourselves updated and join the event of the other IDG global hub: <https://idg-hong-kong-community-hub.in.howspace.com/?path=%2Fmembers>. Simply fill in your email address and you will receive the login link by email.

Invite your friends to be a IDG HK member and join our series of learning activities in 2024: <https://forms.gle/fdZeZ2VF5Kftbc6B6>

IDG Asia Wisdom Network – Monthly Gathering on 27th of March

The IDG Asia Wisdom Network ('Network') as initiated by the IDG Hub of Hong Kong has expanded its reach to over 20 hubs spanning across more than 10 countries in Asia, and individuals with Asian root from different continents since July 2023. The Network is now open to all members from the locational hub to facilitate their direct participation to the monthly meeting and other resources / activities within the Network. The Network meeting generally will be hosted on the last Wednesday of a month, fill the following information collection form to stay tuned of meeting details now.

Join the Network here : <https://forms.gle/jhacQ17SV4ZuC7s86>



One BIG Question Survey

In 2015, the United Nations created 17 Sustainable Development Goals (SDGs) - a call for world peace, dignity and prosperity on a healthy planet by 2030, but progress is far too slow! People created these challenges and only people can solve them. So "What qualities, abilities or skills do we need to develop to build a sustainable future for people and planet?"

We need your wisdom on this "One BIG Question Survey" and contribution of Asian wisdom to this global initiative and future IDG framework. Please fill and help to spread this survey available in multiple languages.

English : <https://www.surveymonkey.com/r/SWQXX99>

Traditional Chinese : https://sv.surveymonkey.com/r/SWQXX99?lang=zh_Hant_TW

ONE QUESTION GLOBAL IMPACT

Shape the understanding of the **transformational skills** needed for a **sustainable future**, now.

ONE QUESTION MEDIA KIT



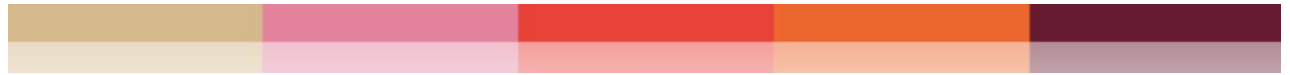
Upcoming Global Activities

- Climate Coaching Alliance Community Festival – 7 March - Register
- An Inner Gathering for Women- 8 March - Register
- IDG Summit 2024 – Oct 2024 - Register
- IDG Deep Dive: Imagination Activism w/ Phoebe Tickell – Secure a spot
- Discover How Empathy Can Change Our Lives, Our Workplaces, and the World - Watch
- Decide for Impact with Erno Hannink - Listen
- Retreat: Nourishing an Inspired Leader – Learn more

Best regards,

The Core team of IDG Hub of Hong Kong

Amanda Yik, Brian Henderson, Dianna Yip, Glenda Yu, Kelvin Ng, Natalie Goni, Noel Lam, Susanna Lee, Vicky Lee



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