

Dear IDG friends,

Hope this email find you well in Spring (or early summer) of Hong Kong!

This month, IDG Hub of Hong Kong invite you to explore the Inner compass and Integrity & Authenticity under the Being pillar of the framework; and explore the various upcoming activities and events of the IDG Asia Wisdom Network and the global hub with discount code.

## IDG Hub of Hong Kong

### Learning in April



**Befriending Our Values**  
- An Adventure in Values-based Personal & Leadership Development

*What's the meaning of authentic self?  
Why it's highly praised and regarded nowadays?*

Built on the works of Ken Wilber, Richard Barrett and other pioneers, Catus will open the gateway to higher awareness of your current values, potential inner conflicts, and open dialogues within yourself to more integral development opportunities. Join this *IDG Hub of Hong Kong* event to embrace your IDG skill of Inner Compass and Integrity & Authenticity.

**Catus Lee**, Founder and Principal Consultant of Zensiblo Consulting Limited. An experienced consultant who has support management teams and executives to breakthrough their developmental bottlenecks.

Date: April 16, Tue  
Time: 1900 - 2100  
Venue: Sheung Wan, HK  
Fees: HKD 300, per person  
Language: Chinese



Enquiry: Third Sector Connect / IDG Hub of Hong Kong  
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**Befriending Our Values - 16 April (Tue)**

More details and registration: <https://forms.gle/Wzdi6HATXe4YqVETA>



**Be curious to explore your authentic self via Theory U SPT-based embodiment**  
Tap the unconscious wisdom of "Who are YOU?"  
to embrace and enhance your inner and outer connectedness

全人的教練體驗，它的精髓和魅力更在於依據社會大劇院 (Social Presencing Theatre, aka SPT) 的身體覺察體驗 (felt-sense直覺)，去聯結深層的創造力和自我的源頭，以打開頭腦、打開心靈和打開意志的引導。體驗和走向未知，從而放下舊有批判式思維或慣性模式。試圖透過感知和覺知能力，連接和回歸自己的本性，提升自己內在頻率，凝聚力量穿越卡殼，轉化生命，進而看見更多自然流現的可能性，活出知行合一的幸福。

As a Theory U & Social Presencing Theatre (SPT) certified practitioner, as well as a leadership and developmental coach, Vicky Lee, the founder of *Walk The Talk Consultancy*, will facilitate an open field for participants to experience "being" present, sensing and connecting within themselves and with the field to learn more about their essence and how to align the 3 intelligence centers (head, heart & gut) to tap on the wisdom to embrace unfolding and get unstuck of their current state to be in the emerging future. To find out more about SPT, pls. visit here: <https://presencinginstitute.org>

Date: April 30, Tue  
Time: 1900 - 2130  
Venue: Sheung Wan, HK  
Fees: HKD 300./head  
Language: Tri-lingual (粵語、普通話 & English)



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**Be curious to your authentic self - 30 April (Tue)**

More details and registration: <https://forms.gle/MYsNzagWMnrcGMc9>

### Snapshot of March session - Being & Relating to Climate Change

In March, Angela and Brian has guided us into a calm and safe space to explore and discuss the emotions triggered by climate change. All of us are

so engaged and connected and even refused to leave after the session is ended.



## Engage more with IDG HK community

Join the IDG HK Whatsapp group, interact and exchange inner growth related topic with the other IDG friends:

<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. Simply fill in your email address and you will receive the login link by email.

<https://idg-hong-kong-community-hub.in.howspace.com/?path=%2Fmembers>.

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

The IDG Asia Wisdom Network ('Network') is 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. In the month of April, a Taiwan hub is going to share their practice on the integration of SDG with IDG.

<https://forms.gle/jhacQ17SV4ZuC7s86>

## IDG global events

### IMAGINATION ACTIVISM May 14th - Early Bird until April 6

A unique opportunity to join amazing Phoebe Tickell in this half day Deep Dive, online or in person in Stockholm on May 14th. You might know Phoebe from the Summit last year where she gave a very appreciated keynote and a workshop. The methodology offers awareness-based, techniques, as well as practical tools to translate imagination into action.

This event is also a fundraiser where all the proceeds will support the inner development goals global community of Hubs and Networks. Please help spread awareness of the event in your networks! Should you need a reduced price, please contact us. Sign up here:

<https://idg.confetti.events/phoebe-tickell/>

### Caux IDG Forum in Switzerland, July 9-13th

The forum is a collaboration between IDG and Initiatives of Change and will focus on how the IDGs can support and catalyze SDG challenges.

Registration is now open and you can read about it here:

<https://www.iofc.ch/caux-idg-forum-2024>

### IDG October Summit tickets discount codes

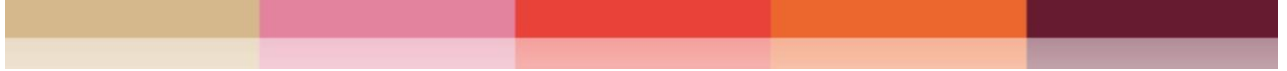
Hope you are joining the IDG Summit this year on 16-18 Oct 2024 in Stockholm. As a IDG Hub of Hong Kong member you can enjoy a 15% off in-person ticket (**promo code: IDG23**)

*Inner Development Goal (IDG) aims to simplify a complex field of inner development into a framework that helps to identify, understand, communicate, develop and integrate the inner skills needed for sustainable development.*

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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