

Dear IDG friends,

In this IDG Hub of Hong Kong May newsletter we invite you to deep dive to the **Being** and **Thinking** dimension of the Inner Development Goal framework through the adult development model with Natalie Goni on 14 May ; share the special offer from our collaborative partner **Encompass** and the **IDG Global events** plus the **Earth edition** from our global peers to celebrate our planet's extraordinary beauty and resilience whilst honouring our deep connection to the Earth and our responsibility to protect it and more.....

Prepare to immerse yourself in upcoming events, discover resources on how we can each contribute to positive change. Here are what you can find in this Newsletter:

- IDG HK: May learning – [How We Grow as Adult](#)
- IDG HK: [Recapture April session](#) & [Engagement with IDG HK community](#)
- IDG HK: [Special offer from Encompass](#)
- IDG Asia: Asia network sharing from Taiwan hub on [integration of IDG x SDG](#)
- IDG Aisa: [Chinese IDG Framework](#) & [joining AWN](#)
- IDG Global: Event [Imagination Activism](#), [Caux Forum](#), [Oct Summit](#)
- IDG Global: Earth edition – [For a More than Human World](#)

IDG Hub of Hong Kong

May Learning – How We Grow as Adults

Question is can we still grow as an adult? Physically may be hard but mentally it is certainly POSSIBLE!!

As we are being asked to navigate increasing levels of complexity in our daily lives, our perspective and how we make sense of the world around us influences how we think, feel and act in our work, relationships and leadership.

In the May workshop we will find out how the concept of Vertical Development - can help you leverage your life experiences to develop and grow your capacity to think and feel in more complex, creative and adaptive ways. Build your Being and Thinking qualities and meet up with your IDG friends for the happiness or challenges on this personal growth journey.

How we grow as adult – 14 May (Tue), at 1900 – 2030 in Sheung Wan, more details and registration [HERE](#):

April Learning recap - Be Curious to Your Authentic Self

In April, Vicky has guided us into a fantastic U journey in exploring what is 'hiding' deep inside our body by opening our Mind, Heart and Will. The room was filled with laughter and joys while deep reflection and awareness emerged at the same time.



Engage with IDG HK community

Interact and exchange inner growth-related topic and thought with the IDG HK friends, join the IDG HK Whatsapp group [HERE](#)

Keep yourselves updated about the event organized by the other IDG hubs globall, join the IDG HK Hub Howspace site [HERE](#). Simply fill in your email address and you will receive the login link by email.

Build your inner strengths with your family and friends. Invite them to join the IDG HK Community [HERE](#). So that they speak the same language and share the joys from inner growth with you.

SDG x IDG – partnership with Encompass

The Inner Development Goals (IDG) initiative is dedicated to fostering inner development in support of the United Nations Sustainable Development Goals (SDGs). Our collaborative partner, Encompass HK, works closely with various social enterprises and NGOs to raise awareness about the SDGs within the community have generously extended a **special 30% discount** (discount code for all events: **EncompassHK2023**) to the IDG HK Community for their upcoming activities, including the SDG Game. Link to their SDG events [HERE](#).

IDG Asia Wisdom Network (AWN)

SGD X IDG in Taiwan

At the IDG Asia Wisdom Network monthly meeting in April, Prof. Chia C. Wang from National Sun Yat-sen University (NSYSU) and coordinator of Taiwan Kaohsiung IDG Hub for SDGs has shared her experience in promoting IDGs to facilitate the SDGs in Taiwan, and her journey as a scientist to integrate IDGs into her research, teaching, and collaborating with industry partners, stakeholders and various professional communities from high education systems.

IDG framework in Chinese

Meanwhile, the Chinese speaking community from Mainland China, Hong Kong and Taiwan are working together with the IDG global team to translate the IDG framework into Traditional and Simplified Chinese version for the future sharing at the IDG community. Stay tuned for this official Chinese version.

Join AWN

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 [HERE](#) to stay tuned of meeting details.

IDG global events

Imagination Activism, May 14th – discount code included

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 IDG global community of Hubs and Networks. The event will be recorded and accessible after the event for anyone with a ticket. Sign up [HERE](#) .

Discount code: this code is for people representing the Global south (incl. HK) with a 50% reduction on digital and in person tickets: **globalsouth-2450**

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.

Immerse yourself in the picturesque surroundings of Caux, Switzerland, as we delve into the crucial intersection of Inner Development and global sustainability.

Registration is open [HERE](#) and [here](#) is a link to a recording with information about the Forum

IDG October Summit – 16th to 18th Oct - discount code included

Hope you are joining the IDG Summit this year on 16-18 Oct 2024 in Stockholm. Learn more about the Summit [HERE](#).

Discount code: as a IDG Hub of Hong Kong member you can get a 25% off your in-person ticket: **IDGfriend25**

For a More-Than-Human World

The [More Than Human Rights \(MOTH\) Project](#) is an interdisciplinary initiative working to advance rights and well-being for all forms of life. MOTH collaborates with storytellers, biologists, Indigenous nations, and other experts to bridge scientific collaboration across cultures to protect the more-than-human world.

Moreover, until last week, “Nature” often went uncredited but can now be recognised as an official artist on streaming platforms like Spotify and Apple Music, acknowledging the role natural sounds play in art.

This initiative by the [Museum for the United Nations](#), in partnership with musicians, creatives, nature sound recordists, and environmental, campaigning and global advocacy organisations, allows artists to list "Nature" as a featured artist, thereby channelling a share of profits to environmental causes.

Learn more [HERE](#).

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

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