



LEUPHANA
UNIVERSITY OF LÜNEBURG

2021 European Learning & Teaching Forum

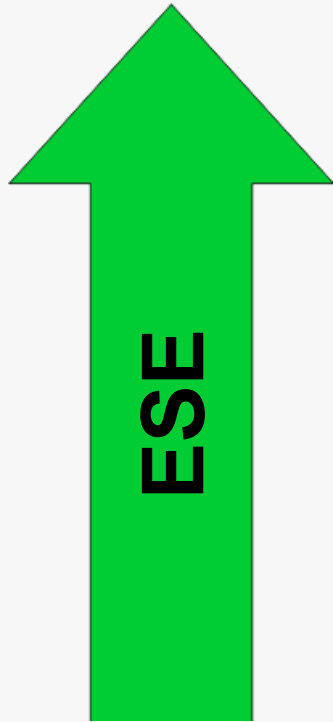
Personal approaches toward sustainability – a new agenda for environmental and sustainability education (ESE)

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18th February 2021, online



A paradoxical evolution



- ESE globally introduced into all levels of education
- Knowledge on sustainability-related problems increased
- Perceived importance of sustainability increased

BMU

- Sustainability-related challenges have intensified
- Individual behaviors have not changed
- Individuals who express sustainability-related values do not act accordingly



A narrow focus

Nature & ecosystems

**Socio-economic
structures**

Technology

Governance dynamics



**Reflect,
Analyze,
Evaluate,
Assess,
Negotiate,
Design,
Plan,
...**

The neglect of inner worlds

Bodily sensations

Emotions

Needs

Sensory experiences



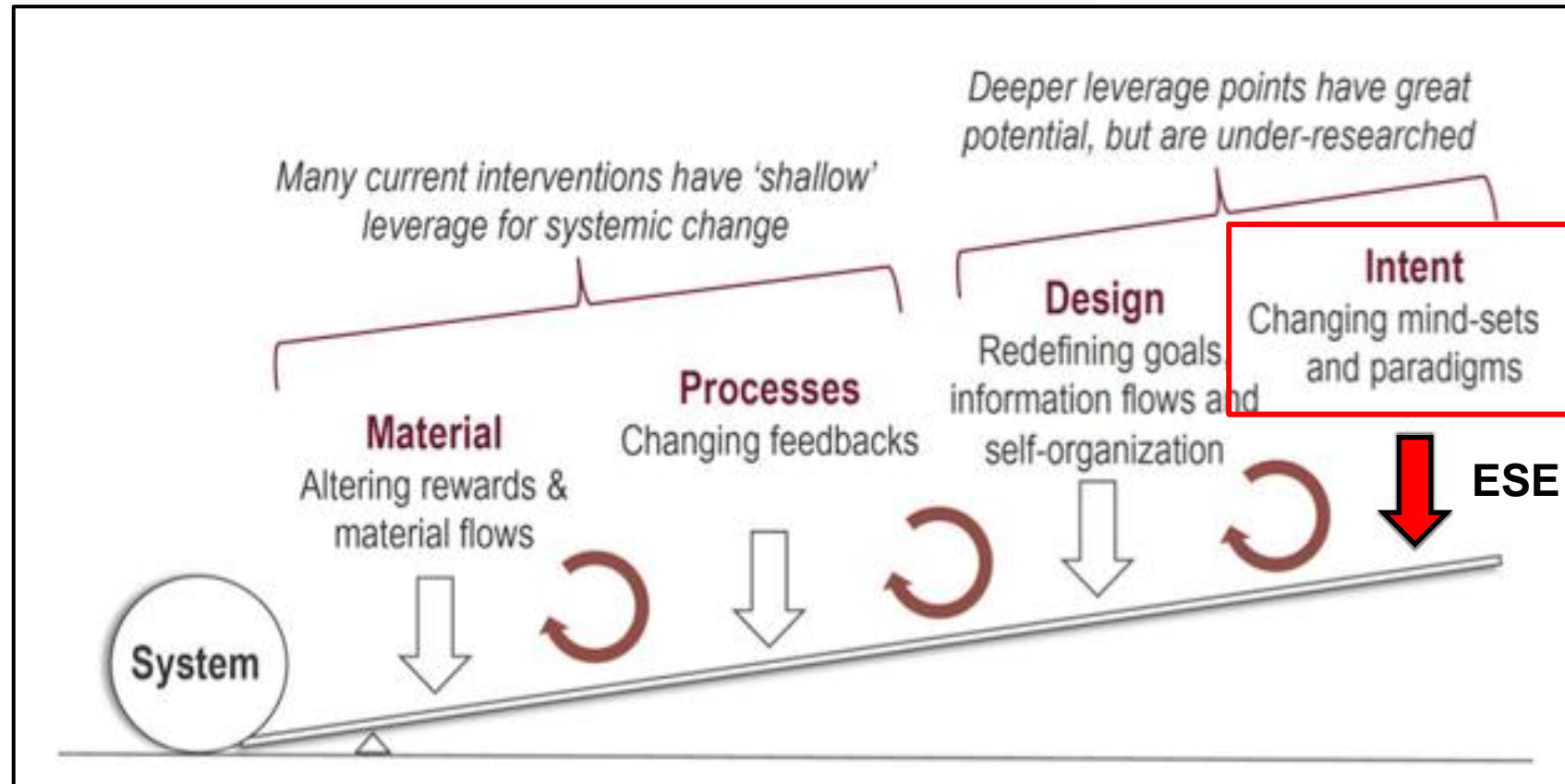
Worldviews & beliefs

Personal values

Personal well-being

Inner literacy

ESE and the personal sphere of transformation



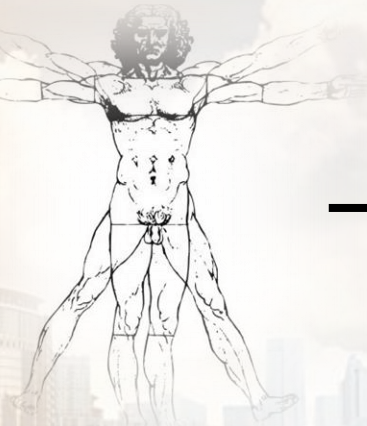
Personal sphere of transformation (O'Brien, 2018)



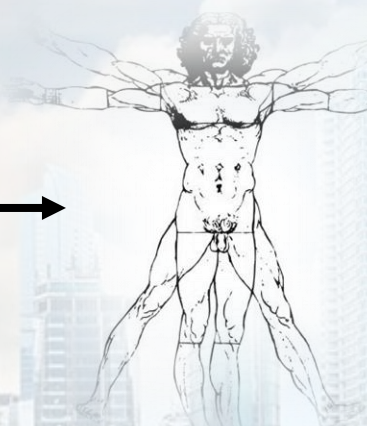
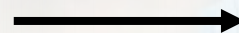
Personal approaches toward ESE



**Holistic
experience**



**Intrapersonal
competence**



**Inner
transformation**

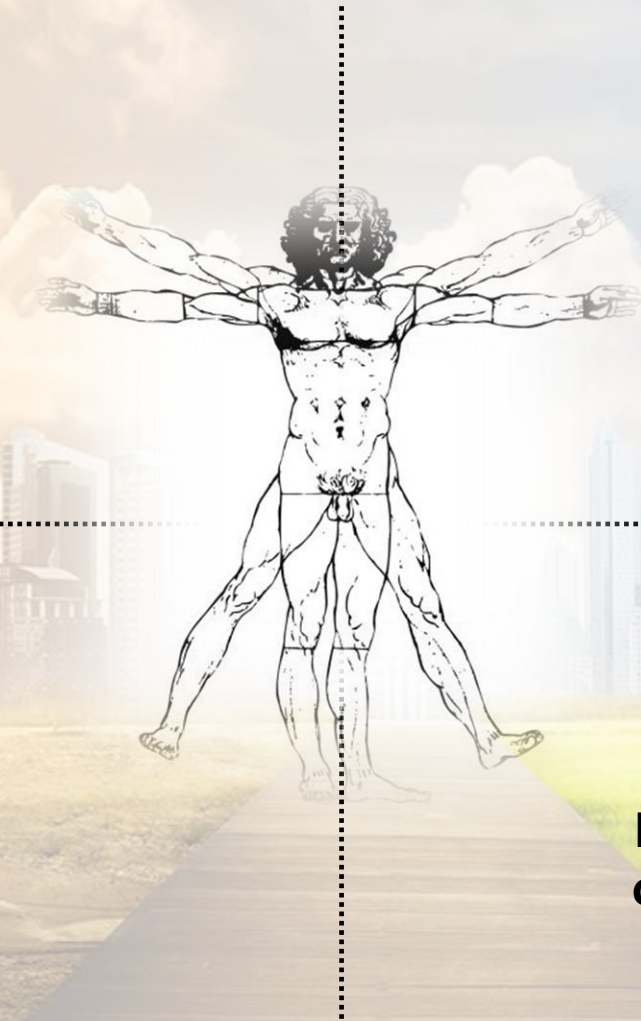
Experiential dimensions of (un-)sustainability

4

**The individual as
change agent**

1

**Experiencing
(un-)sustainability**



Inner sustainability

3

**Inner manifestations
of (un-)sustainability**

2

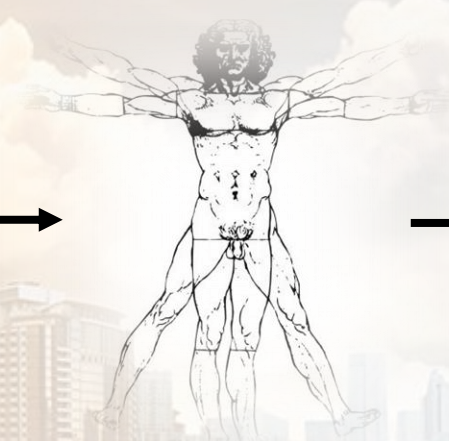
**Holistic
experience**



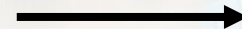
Climate change
anxiety → suppression
of related information



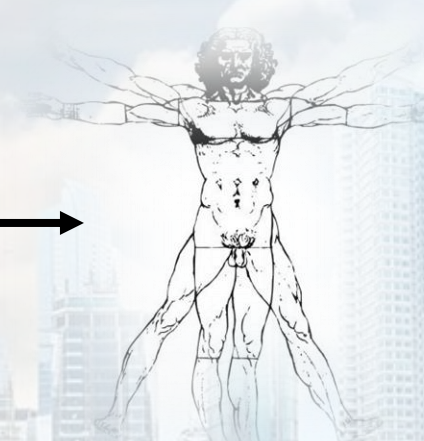
**Intrapersonal
competence**



Emotional resilience
Mindsets for
sustainability



**Inner
transformation**



Facing climate change
while fully feeling the
threats associated with it

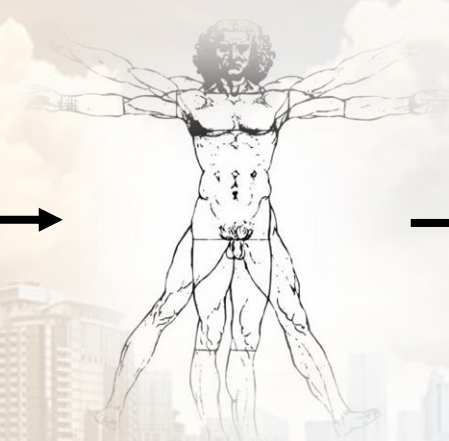
**Holistic
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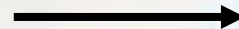
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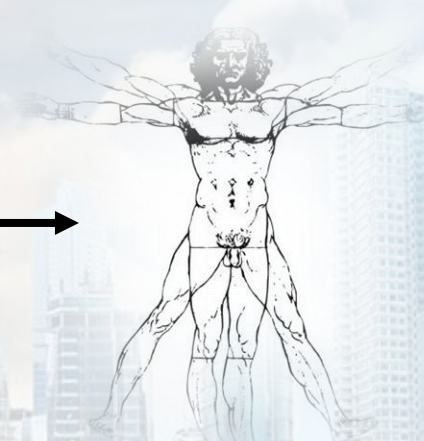
**Intrapersonal
competence**



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**Inner
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Facing climate change
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Personal approaches in a nutshell

- Personal approaches toward ESE might be the missing link for unleashing ESE's potential to contribute to a more sustainable future
- Inner worlds constitute the personal sphere of transformation, which is considered the deepest leverage point for a sustainability transformation
- So far only scattered approaches in practice (Murray, 2011; Brundiers & Wiek, 2017; Stanszus et al., 2017; Frank & Stanszus, 2019; Wamsler, 2020)
- New bridges for inter- and transdisciplinary research (psychology / psychotherapy; contemplative science and practice; medicine...



Questions, critique, collaboration? Get in touch!



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