

Inner Green Deal Journey

Inner Work for Outer Impact



*6-module in-person
programme for
environmental
changemakers in Brussels*

*16th May to
27th June, 2025*

*Deepen your ability to drive
change through a
regenerative journey into
the inner dimensions of
your environmental work.*

*Limited number of free
places available.*

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Why Inner Change?

Environmental changemakers are facing resistance to the European Green Deal, disinformation campaigns and rising populism - all while addressing the realities of accelerating climate change and nature loss. How can we remain resilient and confident that our efforts truly make a difference?

The Inner Green Deal programme brings together change makers from leading environmental organisations in Brussels. It provides a space to connect and develop key inner skills and qualities necessary for impactful action.

It offers tools, a community and a roadmap to navigate change and build resilience, connectedness, trust and impact inside organisations and ecosystems. Cultivating inner change for outer action.

Why Join?

This highly interactive 6-week programme will support you to:

- Develop your resilience by reconnecting to nature, like-minded change makers and yourself.
- Cultivate inner skills for impactful, sustainable action.
- Explore what we can learn from nature and regulate eco-anxiety and grief.
- Strengthen your work environment by learning how to integrate inner development.
- Join a network of change makers working at the intersection of inner development and sustainability.

"Before I would often feel overwhelmed and stressed about the enormity of the crisis. Now I feel more connected, more balanced and inspired to be part of a generation who can still make a difference."

About the programme

The Inner Green Deal Programme is a six module in-person journey open to 30 environmental change makers. Each module combines contemplative, nature-based, and collaborative practices.

The programme is built around five key dimensions—Being, Thinking, Relating, Collaborating, and Acting—aligned with the Inner Development Goals (IDG) Framework (see column to the right).

The programme will deepen your understanding of how personal and collective growth strengthens environmental action, preparing you to act as 'Inner Green Deal champions' within your organisations and ecosystems.

We are looking for participants who:

- Can make space for the programme and are open to inner change.
- Have the capacity to integrate these learnings into their respective organisations.
- Apply with up to three colleagues from the same organisation to foster collective growth and strengthen internal networks.

Description of Modules:

Introduction - 16th May

Establishing a foundation for the programme and exploring the linkage between inner & outer change.

Being - 23rd May

Understanding the role of emotions and practising emotional regulation to stay resilient in high-pressure environments.

Thinking - 6th June

Understanding how change can be blocked and unblocked by the way we think.

Relating - 13th June

Developing a deeper sense of interconnectedness and becoming more skillful to deal with difficulty.

Collaborating - 20th June (in nature)

Collaborating to integrate inner development into your organisation..

Acting - 27th June

Using storytelling to inspire change, acting as champions for inner development in your ecosystem.

When & Where

All sessions will be on Friday mornings. Five sessions will be in Brussels at Les Jardins d'Emergences from 9:30 to 12:00 CEST. One session (June 20th) will be in nature just outside Brussels from 9:00 to 13:00 CEST.

Participants must commit to participating in a minimum of 5 of the sessions.

In addition to participating in the modules, in order to fully benefit from the programme, participants are invited to spend on average 20-30 minutes per day for self-paced home practice. This includes:



Guided audio practices including mindfulness practices and guided nature walks on the accompanying Inner Green Deal app.



Access to a social learning platform with resources to prepare for modules and the opportunity to interact with fellow participants.

Results from previous programmes

Professor Christine Wamsler of Lund University in Sweden leads the evaluation of Inner Green Deal's programmes. Key findings include:



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- Significant strengthening of inner qualities across five key dimensions (being, thinking, relating, collaborating, acting), with increases ranging from 28% to 61%.
- Significant reduction in eco-anxiety (-19%) and feelings of helplessness (-27%). Increases in gaining clarity on one's role and feelings of self-efficacy.
- Increases in pro-environmental behaviour (even among participants with already high levels of pro-environmental action).
- Significant integration of inner dimensions in sustainability-related work processes, such as strategic priorities, team collaboration and training activities.

Programme fees:

Thanks to the generous funding of the Robert Ho Family Foundation, we are able to offer different rates:

- Regular rate: 490 EUR
- Reduced rate: 290 EUR
- Scholarship: 0 EUR

Please select a rate that reflects your or your organisation's financial capacity. This sliding scale helps ensure equity of access while recognising the energy, care and expertise invested in creating this programme.

How to apply:

The cohort is available for 30 participants. To enrol, please review and submit the application form which takes approximately 5 to 10 minutes to complete.

Application deadline is **28th March**. This is a selection-based process. Successful candidates will be notified via e-mail by 9th April.

[Apply Now](#)

About your facilitators

Molly Stevenson:



With two decades of experience in the not-for-profit sector, Molly now works as a trained coach and facilitator focused on transformation and lasting change. Her practice integrates various coaching and therapeutic modalities - with an emphasis on nature-based connection.

Marion Birnstill:



Marion is a system change coach and facilitator working at the intersection of regenerative futures and inner-led change. A mindfulness-based transformation teacher, Marion bridges deep personal growth with systemic approaches to drive meaningful change.

Curious to know more? **Join our online information session 12 - 12.45h on 14th February or 7th March.** Please register to participate [here](#). For questions, send a message to info@innergreendeal.com.