

FULL PROGRAMME Summer School Sep 29-Oct 5 2019

Homerton College, University of Cambridge

Welcome to Changemakers!

We're delighted you are here for this inaugural summer school: to explore; to cultivate leadership, courage, knowledge and skills; for conversations, unexpected encounters, and reflection buoyed by intellectual rigour about what it means to be human - and thrive - in the complexity that is the 21st Century.

Curiosity, energy, and creativity are givens. This summer school is an opportunity to accelerate your development towards being a pioneer, shaper, leader, maker: now and when you leave Cambridge. During the week you will encounter:

- Theory and experience of systems thinking & mapping (looking beyond and across the obvious boundaries)
- Leadership principles for the 4th industrial revolution
- A deep-dive into self-awareness - your values, knowledge, potential, drivers
- An introduction to theories of change, particularly in relation to the climate crisis and the UN Sustainable Development Goals
- An introduction to innovation and enterprise, including making a financial case
- Methods for making meaningful connections, including intercultural relations
- Communication techniques – one-to-one, a pitch, a large group
- Techniques for identifying 'limiting assumptions' (and knowing when and how to overcome them)
- Qualities of the modern changemaker – courage, knowledge, awareness, resilience, openness, enterprise, perseverance, ethics
- The *Change Initiative*, a small group project developing a potentially real-world intervention into a challenge chosen by the group, supported by a tutor and peer-mentoring process

Underpinning this is the understanding that change for the good *can* happen when we align our knowledge and motivation with skilful means and networks in order to create wise action, collectively and individually. And so every encounter will be in some way personal, practical and relational. Every day will demand that you challenge your own thinking and others'. Throughout the week you'll have access to relaxation and quiet sessions; a breakout space; and co-working space. You'll also have opportunities to meet and work with an outstanding Changemaker Faculty - world-class business leaders, scholars, coaches, philanthropists and social innovators - through daily Big View sessions, evening discussions, and a one-to-one coaching session with an experienced mentor.

Most importantly, we hope you enjoy this very special experience! The chance to really develop your stride in the company of others and to build a cohort of fellow changemakers, now for tomorrow.

Dr Alison Wood

Academic Director Homerton Changemakers

Notes:

The latest version of the programme will always be available on the Changemakers shared drive

The Griffin Bar will be available 2-5pm every day for coaching sessions and small group work

The Ibberson Room will be available every day for quiet work and reflection

** The Daily Mindful Bodywork sessions are optional, and open to all*

SUNDAY SEP 29th

TIME	EVENT	WHO	VENUE	CORE AREAS
14:00-16:00	Arrival and check in to accommodation	Check in with Porters	Porters' Lodge	
16:00	Registration		Conference Reception	Check or sign up to your coaching slot
16:30	Who Are The Changemakers? <i>Personal, Societal, Relational</i> Welcome. Laying out the Week. Meeting Change Initiative Groups	Dr Alison Wood Dr Penny Barton Tutors	Paston Brown	Introductions Ambitions for the week Global Contexts and Theories of Change
18:00	A simple supper		Collect from Fellows' Dining Room	
	Serendipities around College		Bar open	Settle in

MONDAY SEP 30th

TIME	EVENT	WHO	VENUE	CORE AREAS/NEEDS
8:00-8:45	*Mindful Body Work - Strengthen, Relax, Prepare	Shuddhasara	Studio	Relaxation, Strengthening, Mindful Attentiveness
7:30-9:00	Breakfast		Great Hall	
9.05-9.15	Daily Check-In for Tutors and Operations Team		Paston Brown	
<i>Ten minutes at the start of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	
9:30	Changemaker Fundamentals An introduction to Changemaker theory; theory U; and the relationships between self, others and society. First deep dive into intentions and drivers	Dr Alison Wood Dr Maja Spanu	Paston Brown	Connecting the Personal, Relational, & Societal Theory U
11:00	Break (tea/coffee)		Conference Reception	
11:30	Qualities of Changemakers Changemaker Mindsets (See session descriptions)	Dr Alison Wood Dr Francesca Moore	Paston Brown	Changemaker Mindsets & Attributes Self-Talk
13:00-14:00	Lunch		Great Hall	

14:00	Tools i Option A: Making a Pitch (Dr Dilrini de Silva) Option B: Cultural Elements in Political Discussion (Mariano Rosenzvaig) Option C: Staying Above Water in Messy Times (Dr Kärt Tomberg) Option D: Presentation Skills Lab (Dr Catherine MacKenzie) 5 places, sign up only Option E: One to One Coaching sessions		Paston Brown Bamford Room Paston Brown Ibberson The Griffin Bar	Amplifying the skills
15:30	Break (tea/coffee)		Conference Reception	
16:00	Change Initiatives Establishing Group Protocols First steps on Identifying a Challenge	Small Groups Tutors	Everywhere	Understand the Challenge Systems Mapping Team Building
17:00-17:10	Small Group Check-Out			
17:00	Free			
18:00-19:00	Dinner		Great Hall	
19:00-20:30	In Conversation: Dr Sabine Jaccaud (Director of Corporate Affairs, AstraZeneca) and Dr Alison Wood		Paston Brown Bar open pre and post	
<i>Ten minutes at the end of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	

TUESDAY Oct 1

TIME	EVENT	WHO	VENUE	CORE AREAS/NEEDS
8:00-8:45	*Mindful Body Work - Strengthen, Relax, Prepare	Shuddhasara	Studio	
7:30-9:00	Breakfast		Great Hall	
9.10-9.25	Daily Check-In for Tutors and Operations Team		Ibberson	
<i>Ten minutes at the start of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	
9.30	Managing your Stuff	Dr Alison Wood	Paston Brown	Amplifying the Skills
11:00-11:15	Break (tea/coffee)		Conference Reception	
11:30	The BIG VIEW I: Climate Futures	Dr Theo Hacking		Sustainability; SDGS; Responsibility
13:00-14:00	Lunch		Great Hall	
14:00	The BIG VIEW II: Communications: Making an Impact with your Message	Simon Hall	Paston Brown	Communications, Messaging, Confidence
15:30	Break (tea/coffee)		Conference Reception	
15:45	Change Initiatives	Small Groups Tutors	Everywhere	Understand the Challenge
17:00	Free			

18:00-19:00	Atelier Dinner		Great Hall	
19:00	Atelier Conversations/Change Initiatives		Paston Brown Bar open	
19:30	Film Screening <i>Black Sheep</i> (dir. Ed Perkins 2019). An Oscar-nominated short documentary, with post-screening discussion	Dr Maja Spanu	Paston Brown	
<i>10 minutes at the end of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	

WEDNESDAY Oct 2

TIME	EVENT	WHO	VENUE	CORE AREAS/NEEDS
8:00-8:45	*Mindful Body Work - Strengthen, Relax, Prepare	Shuddhasara	Studio	
7:30-9:00	Breakfast		Great Hall	
9.10-9.25	<i>No Check in..</i>			
<i>Ten minutes at the start of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	
9:30-16:00	Field TRIP TO PETERBOROUGH WASTE TO ENERGY PLANT Collect Brown Bag Lunch from the Buttery between 9.15 to 10.15 am (Limited places: sign ups only.)	All	Porters' Lodge	Group 1: meet at 09.30 to depart at 09.45 am Group 2: meet at 12:00 to depart at 12:15 pm
13:00-18:00	Change Initiatives - directed by groups, timings dependent on field trip	Small Groups Tutors	Paston Brown and breakout spaces	Understanding System Dynamics and Relationships
18:00-19:00	Dinner		Great Hall	
19:00	Serendipities around College		Bar open	
<i>10 minutes at the end of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	

THURSDAY Oct 3rd

TIME	EVENT	WHO	VENUE	CORE AREAS/NEEDS
8:00-8:45	*Mindful Body Work - Strengthen, Relax, Prepare	Shuddhasara	Studio	
7:30-9:00	Breakfast		Great Hall	
9.10-9.25	Daily Check-In for Tutors and Operations Team		Ibberson	
<i>Ten minutes at the start of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	
9:30	The Big View III: The Modern Career	Jenny Blakesley	Paston Brown	Self-Knowledge Work Futures
11:00-11:30	Break (tea/coffee)		Conference Reception	
11:30	Concurrent Workshops i <ul style="list-style-type: none"> - Nature-Based Solutions to Urban Challenges (Dr Leon Kapetas) - Positioning yourself for Multi-national and Multilateral Careers (Dr Catherine MacKenzie) - Human Development and <i>Capabilities</i>: 'The equality of what?' (Aliya Khalid) 	Tutors	Paston Brown Alison Shrubsole Bamford	Sector & discipline based (sustainability, not-for-profit, education, social innovation, finance, self-knowledge)
13:00-14:00	Lunch		Great Hall	
14:00	Big View IV: Values-based Leadership	Col Seb Pollington	Paston Brown	Humane Leadership; Collaboration; Service

15:30	Break (tea/coffee)		Conference Reception	
16:00	Tools ii Option A: Knowing your stuff. Self-awareness for conflict sensitive communication (Tim Archer) Option B: The Changemakers Mindset: Self-Talk and Challenging Limiting Assumptions (Dr Francesca Moore) Option C: Creativity, politics & society: building connections between universes (Dr Maja Spanu) Option D: One to One Coaching sessions	Tutors	Paston Brown Paston Brown Ibberson The Griffin Bar	Amplifying the skills
17:30	Free		Paston Brown	
18:00-19:00	Atelier Dinner		Great Hall	
19:00-21:00	Atelier Conversations/Change Initiatives		Everywhere Bar open	Identifying Gaps and Levers of Change
<i>10 minutes at the end of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	

FRIDAY Oct 4th

TIME	EVENT	WHO	VENUE	CORE AREAS/NEEDS
8:00-8:45	*Mindful Body Work - Strengthen, Relax, Prepare	Shuddhasara	Studio	
7:30-9:00	Breakfast		Great Hall	
9.10-9.25	Daily Check-In for Tutors and Operations Team		Ibberson	
<i>Ten minutes at the start of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	
9:30	The Big View V: Being an Entrepreneur	Dr Gita Khalili Moghaddam	Paston Brown	Financial Cases; Making a Pitch; Resilience; Vision
11:00-11:30	Break (tea/coffee)		Conference Reception	
11:30	Change Initiatives	Small Groups Tutors	Everywhere	Identifying Gaps and Levers of Change/ Preparing to Present Learnings
13:00-14:00	A Slightly Special Lunch		Fellows' Dining Room	
14:00	The Big View VI: Decision Making	Dr David Belin	Paston Brown	Theory of Decision Making; Assumptions, beliefs, evidence
15:30	Break (tea/coffee)		Conference Reception	

15.45-16.45	Big View VII: Little Lessons for Life	Lady Barbara Judge	Paston Brown	
16:45	Free			
18:00-19:00	Dinner		Great Hall	
19:00-20:00	Lady Barbara Judge, in conversation with Dr Alison Wood		Bar open	
<i>10 minutes at the end of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	

SATURDAY Oct 5th

* Martin Bond, Photographer, and Oscar Forshaw-Swift, filmmaker, will be joining us this afternoon to capture some of the visual elements of Changemaker.

TIME	EVENT	WHO	VENUE	CORE AREAS/NEEDS
8:00-8:45	*Mindful Body Work - Strengthen, Relax, Prepare	Shuddhasara	Studio	
7:30-9:00	Breakfast		Great Hall	
9.10-9.25	Daily Check-In for Tutors and Operations Team		Ibberson	
<i>Ten minutes at the start of the day</i>	Small Group Check-In	Tutors	To be decided by Groups	
9:30-12:00	Change Initiatives Coffee available from 11am	Small Groups Tutors	Everywhere	Preparing to Present Learnings PowerPoints and one-page summaries to be submitted by NOON
12-13:30	Concurrent Workshops ii <ul style="list-style-type: none"> - Nuances of Communication: Content, Voice and Visual (Desmond Harney) - Living Well Together (Jwalin Patel) - Scaling up and Scaling out: Building multi-national and multilateral solutions (Dr Velislava Petrova) 	Faculty	Paston Brown Alison Shrubsole MAB205	Sector & discipline based (sustainability, not-for-profit, education, social innovation, finance, self-knowledge)
13:30	A Simple Lunch		Collect from the Buttery	
14:00	The Big View VIII: Making Social Media Work For You	Tyler Shores	Paston Brown	Communications, Technologies, Identity

15:30	Break (tea/coffee)		Conference Reception	
15:45	The Last Gathering In, including 'Changing Changemaker?'	Dr Alison Wood Dr Clare Oliver-Williams	Paston Brown	Assessment Intentions
16:30	Photographs with Martin Bond Vox Pops with Oscar Forshaw-Swift Preparations for...			
17:00- 18:30	The PITCH!	All	Paston Brown	
18:30	Drinks reception		Combination Room	
19:00-22:00	Formal Dinner! Celebration!		Fellows' Dining Room	

SESSION DESCRIPTIONS

MINDFUL BODY WORK - Strengthen, Relax, Prepare

Every Day, 8am-8.45am, Studio

Mindful Body Work uses gentle yoga and movements to increase alertness, strength, and calm, even in demanding circumstances. This 45-minute guided session is offered every morning. Led by Shuddhasara, a dancer and yoga teacher with more than 40 years experience, this session provides an opportunity to prepare for a mindful Changemaker experience. The sessions are open to all and no previous experience or special equipment is required. (It helps to wear something comfortable that you can move in).

[In addition to this guided session a quiet room (Ibberson 2) will be available every afternoon for quiet reflection and silent working.]

QUALITIES OF CHANGEMAKERS

11.30am Monday Sep 30 Paston Brown

The Changemakers Mindset: Self-Talk and Challenging Limiting Assumptions (Dr Francesca Moore) Paston Brown

Emotional regulation and cognitive flexibility are key to a successful Changemakers mindset. In this session we explore and work on the relationship we have with ourselves. We learn to identify and manage negative self-talk. Through practical exercises to understand our 'inner chimp' we develop techniques for managing our minds and optimising the conditions for success and wellbeing.

Further reading:

Steve Peters (2012) *The Chimp Paradox: The Mind Management Programme to Help you Achieve Confidence, Success and Happiness* (Vermilion)

Bethenny Frankel (2011) *A Place of Yes: 10 Rules for Getting Everything You Want out of Life* (Touchstone)

Steven M. Southwick & Dennis S. Charney (2018) *Resilience: The Science of Mastering Life's Greatest Challenges* 2nd Edition (Cambridge University Press)

Elaine N. Aron (1999) *The Highly Sensitive Person: How to Thrive When the World Overwhelms You* (Thorsons/Harper Collins)

Celeste Headlee (2017) *We Need to Talk: How to Have Conversations That Matter* (Platkus)

Elizabeth Vargas (2016) *Between Breaths: A Memoir of Panic and Addiction* (Grand Central Publishing)

Arianna Huffington (2015) *Thrive: The Third Metric to Redefining Success and Creating a Happier Life* (WH Allen)

TOOLS 1 (TUES 1 Oct 14:00-15:30)

Option A: Making a Pitch (Dr Dilrini de Silva) Paston Brown

In this session we will discuss practical tools such as the Business Model Canvas that help us capture the essence of your business/project/idea. We will also practice in pairs to deliver a 2 min pitch on a fun topic followed by peer feedback.

There is no preliminary reading required but participants are encouraged to look up the Business Model Canvas online.

Option B: Cultural Elements in Political Discussion (Mariano Rosenzvaig) Bamford

This workshop is about epistemologies of not knowing, drawing on a text of Charles Mills, titled "white ignorance". It is a reflection of power and knowledge, and how history and knowledge are interactions of cultural, social and political elements, charged with different views of the world, not all equal, not all balanced.

This reflects the necessity of developing the ability to be aware and conscious of the cultural privileges that we may have, and to be able to see with our own eyes, but also with the eyes of others.

Option C: Staying Above Water in Messy Times (Dr Kärt Tomberg) Paston Brown

This workshop will encompass managing time and tasks, but also how to deal with failure and criticism, how to learn to celebrate success, and to understand imposter syndrome.

Option D: Presentation Skills Lab (Dr Catherine MacKenzie) Ibberson

(Sign up only, 5 places)

Students will experiment with negotiation, interview, presentation and public speaking skills, learning how to maximise their effectiveness and impact. We will consider formal and informal styles, language, tone, effective engagement with others and confidence-building skills.

TOOLS II (Thurs 3 Oct 16:00-17:30)

Option A: Knowing your stuff. Self-awareness for conflict sensitive communication (Tim Archer) Paston Brown

Whenever we work and interact with others, misunderstandings and conflict are always a likely potential. If left unmanaged these conflicts can intensify and negatively impact our relationships and work. In this session we will look at how common causes of misunderstandings often originate from our own 'stuff'. We will then explore a few techniques to help navigate and even transform interpersonal conflicts.

Option B: Self Talk and Limiting Assumptions II (Dr Francesca Moore) Paston Brown

This follow-up session harnesses new skills of managing the inner chimp to explore the power of the psyche further. We take a critical look at the psychopolitics of the present, examining the factors in the current world that can lead to a crisis of the self. We investigate the capitalist purpose of the wellness industry, comparison culture, and social media. This tools workshop will equip you with the skills to act positively and enact change in the current cultural climate and build personal resilience.

Suggested readings:

Byung-Chul Han (2017) *Psychopolitics: Neoliberalism and New Technologies of Power*

Susie Orbach (2010) *Bodies*

Susie Orbach (1994) *What's really going on here? Making sense of our emotional lives*

Ellen Burstyn (2007) *Lessons in becoming myself*

Naomi Wolf (1991) *The Beauty Myth*

Option C: Creativity, politics & society: building connections between universes (Dr Maja Spanu) Ibberson

This session brings together creativity with political and social themes. During this session participants will work with specific topics taken from politics, international affairs and society and will be asked to express them through creative means. In building synergies between traditionally separated spheres, participants will therefore experience the ways in which art and creativity can speak to socio-political issues.

As for suggested readings, nothing is necessary for this workshop but in case you prefer to have some preliminary material any of the following are relevant:

1/ A 5-min video from the Tate that can be found here: <https://www.tate.org.uk/art/tate-exchange/can-art-change-society>

2/ A short article in The Conversation on stereotyping creativity / 'rigid thinking': <http://theconversation.com/exploding-the-myth-of-the-scientific-vs-artistic-mind-57843>

3/ A book chapter 'Introduction: Art and Social Change' (William Bradley *Art and Social Change: A Critical Reader* on the history of the relationship between arts and politics (only p. 8-24 plus colour plates): the page selection is available via the G-Drive

Concurrent Workshops I (Thurs Oct 3 11:30-13:00)

Nature-Based Solutions to Urban Challenges (Dr Leon Kapetas) Paston Brown

Climate related risks such as floods and heatwaves are everyday in the news as their frequency and intensity has increased dramatically. Cities are in particularly high risk due to their dense population and inequalities: it is very common that the most deprived are the most vulnerable. Technology and engineering do provide some solutions but do they deal with the root cause of the problem?

This workshop explores how Nature-based Adaptation, aka NbA, (i.e. the use of natural processes and elements) and going back to the basics can make our cities more liveable and resilient. We will discuss what NbA entails and some success examples of cities that have transformed themselves thanks to NbA. We will imagine what we can do with NbA in our own cities and what we need to do to enable this transformation.

Some questions that can get you thinking are: What are the challenges of my city? Why are they there? What can nature do for us and what do we need to do for nature? Is it technically feasible? Can we afford it? Who should be involved? What are the synergies in such solutions (e.g. health benefits, amenity, biodiversity)?

Suggested readings:

Some definitions: <http://www.bluegreencities.ac.uk/about/blue-greencitiesdefinition.aspx>

River daylighting: <https://www.americanrivers.org/conservation-resource/daylighting-streams-breathing-life-urban-streams-communities/>

Scandinavian healthy cities: <https://www.theguardian.com/environment/2018/feb/11/how-build-healthy-city-copenhagen-reveals-its-secrets-happiness>

Urban Heat Island phenomenon: https://en.wikipedia.org/wiki/Urban_heat_island

Clean air and vertical gardens: <https://www.theguardian.com/environment/2019/jul/13/living-walls-bloom-cities-tackle-air-pollution>

Urban agriculture: <https://www.ruaf.org/urban-agriculture-what-and-why>

Positioning yourself for Multi-national and Multilateral Careers (Dr Catherine MacKenzie) Alison Shrubsole

This workshop explores how best students can position themselves for international careers e.g. diplomacy, UN, international corporations and NGOs, international postings with UK companies, and freelance international careers. It assists to identify medium term goals, to undertake a skills audit of their existing skills/experience and to tailor a path for themselves, leading to those goals. This is ideal preparation for anyone who wishes to be effective in the challenging and dynamic international job market.

Human Development and *Capabilities*: 'The equality of what?' (Aliya Khalid) Bamford

In this interactive session we will seek to understand the 'capabilities' perspective to human development as introduced by Amartya Sen and Martha Nussbaum. In the session we will familiarise ourselves with the people centered capabilities approach to development and discuss its emergence in a backdrop of distributive justice and utilitarian approaches to human development. Drawing on real life studies to illuminate the key ideas of the approach we will discuss its applicability in complex socio-cultural settings.

Capabilities reading list

- Ingrid Robeyns (2011), "The Capability Approach", *The Stanford Encyclopedia of Philosophy* (Summer 2011 Edition), Edward N. Zalta (ed.), <http://plato.stanford.edu/archives/sum2011/entries/capability-approach>.
- Ingrid Robeyns (2005), "The Capability Approach: A Theoretical Survey", *Journal of Human Development* 6(1): 93–114.
- Sabina Alkire (2005), "Why the Capability Approach", *Journal of Human Development* 6(1): 115–33.
- Martha Nussbaum (2003) "Capabilities as Fundamental Entitlements: Sen and Social Justice", *Feminist Economics* 9 (2–3): 33–59.
- Amartya Sen (1989), "Development as Capability Expansion", *Journal of Development Planning* 19: 41–58, reprinted in: Sakiko Fukuda-Parr and A.K. Shiva Kumar (eds.) (2003), *Readings in Human Development*, Oxford University Press, pp. 3–16
- Amartya Sen (1988), "The Concept of Development", in Behram and Strinivasan (eds.) *Handbooks of Development Economics*. Vol. 1. Elsevier: North-Holland, pp. 3–23.

Concurrent Workshops II (Sat Oct 5 11:30-13:00)

Nuances of Communication: Content, Voice and Visual (Desmond Harney) Paston Brown

Why should you prioritise participation in this particular piece of the Changemakers programme (Nuances of Communication)? Because, although we've all been active communicators since the day we were born, each of us can get still a lot better at this essential life skill. Doing so enhances our chances of success in academic, social, professional and other settings. Effective communication involves the art of persuasion. Let others convince you ... "After your subject discipline's core skills, persuasive communication is the most important requirement in most roles". (*Alan Greenspan: American economist and Chair of the US Federal Reserve, 1987 - 2006). OK, so that bold claim is a generalisation lifted from my LinkedIn profile. Don't just take MY word for it, though - and Alan Greenspan's. Below are some further, resonant perspectives to consider, starting with Jack Parsons (CEO of Big Youth Group). In a Sept. 2019 post, the 24 year-old retrospectively identified "What I needed to learn in high school" [but didn't!]. Most of his 14 key 'missings' require strong communication skills, particularly: Public speaking - Negotiation - Conflict resolution - The Art of selling - Storytelling'.

"The best way to solve problems and to fight against war is through dialogue". Malala Yousafzai (Nobel laureate)

"... in 1986 I went to a conference and realised the chimpanzees were disappearing. I had worldwide recognition and a gift of communication. I had to use them. "

Dame Jane Goodall - primatologist and anthropologist

"You can have brilliant ideas, but if you can't get them across, your ideas won't get you anywhere". Lee Iacocca - President and CEO of Chrysler from 1978 – 1992

"I don't want your hope. I don't want you to be hopeful. I want you to panic, I want you to feel the fear I feel every day. And then I want you to act, I want you to act as you would in a crisis. I want you to act as if our house is on fire, because it is ... according to the IPCC we are less than 12 years away from not being able to undo our mistakes". Greta Thunberg - teenage eco-activist (from a speech given at Davos, Jan. 2019).

Living Well Together (Jwalin Patel) Alison Shrubsole

The workshop explores ideas of harmonious living within the schooling systems, social innovation teams and as individuals and communities within a larger society. The workshop aims to help participants a) reflect on their own ways of being/living; b) set a collaborative ethos/working environment that respects the harmony within diversity within the teams that they work in; and c) not propagate deep structural and cultural violence while bringing about a social change.

Suggested activity / reading before the session

1. Do a 5 minute freewrite (keep writing continuously without taking the pen off the paper and without stopping) on "what it means to live well together?"
2. General understanding/ readings on "Galtung's direct, structural and cultural violence" (if you prefer more structured reading here is a short paper Galtung J., Fischer D. (2013) Violence: Direct, Structural and Cultural. In: Johan Galtung. SpringerBriefs on Pioneers in Science and Practice, vol 5. Springer, Berlin, Heidelberg)
https://link.springer.com/chapter/10.1007/978-3-642-32481-9_3
3. General understanding / reading on differences between "peace building, peace making and peace keeping" (if you prefer more structured reading here is a short blogpost <https://www.peaceinsight.org/blog/2014/04/peacemaking-peacekeeping-peacebuilding-peace-enforcement-21st-century/>)



Scaling up and Scaling out: Building multi-national and multilateral solutions (Dr Velislava Petrova) Mary Allen Building 205

In this workshop we will first explore the idea of the growth mindset as defined by Dr Carol Deck and will discuss the ways in which we can fulfil our full potential and can transition from fixed to growth mindset. We will define the factors underlying fixed ideas, unconscious biases, pre-conceptions and how they can be influenced by an individual's background, culture and values. We will then map the evolution of ideas from an individual to a societal level by exploring the principles of ubuntu philosophy and by highlighting the challenges and opportunities arising from the creation of multi-national initiatives. The participants will work in pairs, practice active listening, and work with specific examples on how the pursuit of personal growth can lead to societal change.

Faculty

Shuddhasara

Shuddhasara has worked with movement and the body for over 45 years. She first worked as a dancer, a dance teacher and dance therapist before moving into yoga and remedial yoga in the Iyengar method, and is an experienced studio and Cambridge College teacher. She continues to study with international teachers in the fields of fascia, yoga, physiotherapy and mindful strength - including Judith Lasater, Julie Gudmestad, Tias Little, Doug Keller, Tom Myers, Karin Gurtner, Katherine Bruni-Young and the late Michael Stone, with whom she also qualified in "Teaching Mindfulness to Others". Her teaching is a synergy of what these methodologies offer in creating a safe and beneficial movement practice, which 'fits' the body rather than adherence to a specific 'style' of yoga, however venerable. <https://www.bodyintelligence.yoga/about-shuddhasara>

Dr David Belin

David Belin is a Reader in Behavioural Neuroscience at the Department of Psychology of the University of Cambridge and the Director of Studies in Psychological and Behavioural Sciences at Homerton. Dr Belin was born in Blois, France in 1979. In 2005 he obtained his PhD in Neuroscience and Neuropharmacology at the University of Bordeaux 2 during which he developed the first preclinical model of cocaine addiction based in the operationalization of multiple clinical criteria of the pathology as defined in humans. He then moved to the laboratory of Professor Barry Everitt at the Department of Experimental Psychology of the University of Cambridge in 2006. With his mentor Dr Belin investigated the corticostriatal mechanisms of cocaine seeking habits and the relationships between impulsivity and compulsive cocaine self-administration, leading to a breakthrough in our understanding of the neurological and psychological mechanisms subserving individual vulnerability to cocaine addiction. In 2009 he established his own laboratory at INSERM in France before coming back to Cambridge in 2013, initially at the Department of Pharmacology, and since 2016 at the Department of Psychology where he has now established his research on the psychological and neural mechanisms of compulsive disorders. Dr Belin has published over 60 papers in peer-reviewed journals. He has received the Méméain-Pelletier Award from the French Academy of Science and the Young Investigator Award from the European Behavioural Pharmacology Society. He is an International Fellow of the Chinese Academy of Science and a visiting scientist at NIDA.

Jenny Blakesley

Most recently Director of Careers at the London School of Economics, Jenny Blakesley joined Cambridge in June of this year with over 15 years' experience in university careers advice. She was formerly Head of the Careers Service at King's College, London and has also worked in careers at Queen Mary, University of London, SOAS and the London School of Hygiene and Tropical Medicine. She served as Vice-President of the Association of Graduate Careers Advisory Services from 2012 to 2014."

Dr Theo Hacking

Before embarking on an academic career Theo spent 15 years working in industry and as a consultant in the fields of environmental management and sustainable development. His initial degrees were a BSc Eng (Civil) and a MSc Eng (Environmental) from the University of the Witwatersrand. From 2003 to 2006 he took a career break to undertake research towards a PhD at the University of Cambridge. His PhD research was conducted at the Centre for Sustainable Development at the Department of Engineering and involved an investigation into the 'Sustainability Assessment' of mining projects. After another short stint working in industry he returned to the Department of Engineering in 2008 as a Senior Research Associate. In this role he oversaw the establishment of an industry-funded research programme into energy efficiency in the built environment, and supervised research by Masters and PhD candidates. He joined the University of Cambridge Institute for Sustainability Leadership (CISL) in February 2010 and, besides overseeing and developing the institute's portfolio of graduate programmes, he is the Director of the Master's in Sustainability Leadership. He has also been contributing to the establishment of CISL's Research Catalyst and the Prince of Wales Global Sustainability Fellowship Programme. He is a Fellow and Director of Studies in Engineering at Homerton.

Simon Hall

Simon Hall is a lecturer and tutor at the University of Cambridge, specialising in communication and business skills. He also works in government communications, as a business consultant, and is an author with eight novels, a series of short stories, a play, and even a pantomime published. Prior to coming to Cambridge, he was a BBC Television, radio, and online news correspondent, covering some of the biggest stories Britain has seen.

Desmond Harney

Des left Homerton in 1986, having trained as a secondary school teacher of English and Drama [BEd. (Hons.)]. Rather than teach, he joined Diageo as a graduate trainee, where diverse commercial roles in the UK, Africa and the Caribbean developed his understanding and skills in persuasive communication, across varied cultures; including Presentations, Pitches, Business Development, Negotiation and Business Writing. He went on to pursue a wide-ranging career in the Fast-Moving Consumer Goods (FMCG) sector and elsewhere, before setting up his own consultancy and finally joining GPB in 2018. He has worked with high profile organisations and brands across commercial and not-for-profit areas. These include: Brakes, Energizer, IGD (a research/training charity), Danone, Warburtons, GS1 (the global bar-coding and standards agency), ABF & US Nonwovens. He holds a diploma in Creative Writing from the Open University and an 'Advanced' qualification from the WSET (Wine & Spirits Educational Trust).

Dr Sabine Jaccuad

Sabine is an organizational communication specialist with a primary focus on change communications, and integrated stakeholder engagement. Her main expertise is around reinforcing networks, bringing strategy to life and facilitating culture change. She has over two decades of experience, both in house and as a consultant and advisor, mostly with global corporates at times of significant disruption or change. Having successfully transferred from academia to a corporate career, following an MPhil and DPhil in humanities at Oxford as a Berrow Scholar, she remains committed to working across disciplines and building bridges between stakeholder groups and ideas. Prior to joining AstraZeneca as Director of Corporate Affairs for Cambridge, my career to date includes being a business owner, artist, management consultant, lecturer, editor and communications director in the City and across a wide range of sectors. She has lived in Cambridge since 2009 and is Swiss, Portuguese and British.

Lady Barbara Judge

Lady Judge, a trained commercial lawyer with both British and American citizenship, has an unusually broad and successful international career as a senior executive, chairman and non-executive director in both the private and public sectors. Earlier in her career she was the youngest-ever Commissioner of the US Securities and Exchange Commission. Later she was the first woman main board executive director of Samuel Montagu & Co, a London merchant bank and the first woman director of News International. She was also Chairman of the United Kingdom Atomic Energy Authority for two terms and thereafter Chairman of the UK Pension Protection Fund, also for two terms. Lady Judge is currently Chairman of the Astana Financial Services Authority (AFSA) and Chairman of Cifas, the UK fraud prevention agency. She is also Chairman of the Management Board of SNOMED

International, a not for profit organisation that determines the systematized nomenclature of medical terms. In addition, she is Chairman of several digital start-ups. In June 2010 she was awarded Commander of the British Empire in the Queen's Birthday Honours for services to the nuclear and financial services industries. In 2015 she received the Times Non-Executive Director award for her chairmanship of the Pension Protection Fund.

Jwalin Patel

Jwalin Patel is a biochemist by training, who decided to shift to social action and improving access to quality education in India. He is the president and cofounder to an India based NGO called Together In Development & Education (TIDE) Foundation (<http://www.tideinternational.org/>). TIDE Foundation is a non governmental organization (NGO / Charity) founded in November 2014, which aims to bring about a sustainable change in the educational systems and improve access to quality education. As of January 2019, they had impacted the lives of around 12,900+ individuals and are currently working on piloting a scalable self directed and peer learning intervention that has the potential to reach all children; in and out of schools, across the state (Gujarat) and beyond. He is also a PhD candidate at the faculty of education exploring education for learning to live together, through the PhD he hopes to explore teachers' conceptualizations of living well, teaching pedagogies and systemic enablers and constraints that influence teachers.

Col Seb Pollington

Seb Pollington is a leadership mentor, strategist and sports Chairman. He has a background in training, graduate development and transition to leadership roles. Specialises in communications, influence, talent nurturing, team building and values across the workforce. A senior Army Officer, he is a former trainer at Sandhurst and Cambridge University. His career has included recent roles as a British Defence Envoy overseas and in London leading the United Kingdom's Defence latest modernisation and People transformation programmes.

Tyler Shores

Tyler Shores is a PhD student in Education at the University of Cambridge and received his Master's Degree from the University of Oxford. Tyler's research includes: the experience of print and digital reading; attention, distraction and social media, and the impact of digital technology in everyday life. He has also previously worked at Google in running the Authors@Google program, one of the world's largest collections of online lectures, served as director of digital content at an international education nonprofit organization, worked in online education at Stanford University, and consulted for various startup companies.

Tutors

Tim Archer

Tim Archer is a final year PhD candidate and Hughes Hall College scholar at the University of Cambridge. Tim is a mediator and peace educator in both international post-war settings and crime intervention programmes in the UK and Canada. His current areas of focus are working with young men on notions of masculinities and peace, and training frontline workers, such as teachers or peaceworkers, to work in and on conflict. Central to Tim's approaches to education are holistic self-exploration using alternative epistemologies, reflexivity, and Affective encounters. He was the chair of CPERG from 2016-2018 and has co-authored several chapters and articles on peace education. Outside of professional capacities Tim is an avid outdoorsman, Search and Rescue volunteer, martial artist, and tea drinker.

Dr Ian Chambers

Ian Chambers obtained his BA and MA from the University of Warwick before moving to America where he gained his doctorate from the University of California, Riverside. He has been the recipient of fellowships from the John D. Rockefeller Library, Colonial Williamsburg and the Institute for Southern Studies at the University of South Carolina. His work focuses on the late seventeenth and early eighteenth century Atlantic world, with particular reference to the American southeast. Specifically, exploring the way in which members of the British and Cherokee nations understood space, both physically and intellectually, during the colonial period. He has taught at Pasadena City College in California, the University of Idaho and has been at the University of Cambridge for two years and is a Fellow of Robinson College. Fun fact: His PhD certificate is signed by Arnold Schwarzenegger.

Dr Dilrini De Silva

I am a Research Associate in Bioinformatics at Cancer Research UK, Cambridge Institute and a Borysiewicz Biomedical Sciences Fellow with an interest in public health and translating genomic research to the clinic. During the past year I worked in a team with five other Fellows on a Global Challenge aligned with the UN Sustainable Development Goals to develop a prototype of a diagnostic lab-in-a-tent. Together with Dr. Paulo Amaral I also co-founded Pentail Enzymes, a biotech startup currently developing a

proof-of-concept to improve ethnic diversity in preclinical toxicity testing with the aim of reducing adverse drug reactions in ethnic populations. Prior to joining CRUK I designed and performed large-scale computational analyses of pathogen DNA sequencing data for tracking transmission and antimicrobial resistance at the University of Oxford. I graduated with a Masters and PhD in Bioinformatics from Queen Mary, University of London and an undergraduate degree in Biotechnology from Bangalore University, India.

Dr Leon Kapetas

Leon Kapetas is a research associate in Hydrology at the Centre for Sustainable Development of the Engineering Department, University of Cambridge. He is interested in integrated water resource management and, in particular, flood and drought management. He specialises in nature-based adaptation for cities through the development of multi-functional green infrastructure that offers multiple socio-environmental benefits. Leon is particularly interested in the interaction dynamics between policy, scientific evidence, society and economy. He aims to identify opportunities to accelerate transitions towards more sustainable approaches to water management and find ways of integrating these into the practice setting.

Aliya Khalid

Aliya Khalid is a Ph.D. candidate at the Faculty of Education Cambridge. Her research highlights the ways in which women living in conditions of historic disadvantage develop strategies to break the cycle of oppression by seeking education for their daughters in rural Pakistan. In her past career, Aliya has worked extensively with women in educational settings, by leading a school and a vocational training program for victims of conflict in the tribal belts of Peshawar Pakistan. In her capacity as a researcher at The Institute for Policy Reforms (IPR), a Pakistan based think tank, she has edited a book on 'Human Security' (forthcoming) highlighting the importance of incorporating people's security as a paradigm of policy reform.

Dr Gita Khalili Moghaddam

Gita is a 2019 Borysiewicz Biomedical Sciences Fellow at the University of Cambridge. She has a background in AI and biomedical engineering and contributed towards the development of disruptive technologies in clinical audiology and ophthalmology in Iran and Australia. Having received a Medtech Accelerator Award in 2018, she is now leading TumourVue to develop a passive, real-time imaging device to assist cancer surgeons at Cambridge University Hospital. During her PhD in biotechnology, she broadened her research interests beyond medtech to include digital healthcare for remote monitoring/diagnosis. She developed a smart contact lens platform for monitoring glucose in tear fluids to manage diabetes. She is pursuing its commercialisation through a university spin-out, GlycoVue, a corporate member of the BIA. Her entrepreneurial development has led to being a finalist for the Techpreneurs Awards for Women 2019 and selected as top 18 UK's most promising women innovators in AI & Data 2019. In the long-term, she is determined to lead a health innovation portfolio with the ultimate goal of integrating individuals into the 'Internet-of-People' paradigm and optimising the healthiness of everyone, everywhere. This, in turn, will enhance the value proposition of global health.

Dr Catherine MacKenzie

Dr Catherine MacKenzie is Director of Studies in Law and Land Economy, Graduate Tutor and Bye-Fellow of Homerton. She is also a member of the Bar in five jurisdictions, including England and Australia. Formerly employed by the United Nations, the World Bank, the Asian Development Bank and Allen & Overy law firm, Dr MacKenzie has worked throughout Africa, Asia and the Pacific. She has also served as a peace-keeper with the United Nations Mission in Liberia, and she currently advises on women's legal education in Saudi Arabia, Kuwait and Bahrain. A Commonwealth Scholar, Dr MacKenzie graduated from Oxford, London, Inns of Court School of Law, University of Sydney, Royal Military College of Australia, and the Australian National University.

Dr Francesca Moore

Francesca Moore is an historical-political Geographer with research interests in gender, power and reproductive politics. She has written extensively on the changing place of women in British society over the last 150 years with a particular focus on women's protest for social and political change. Francesca's current work explores the recent surge of right-wing conservative views around reproduction in what has been termed the 'war on women.' Francesca has also written on the theoretics of women's ethical self-formation; or the self's relationship with the self, and the individual and political goals that follow from this. She has an avid interest in the mind, cognitive behavioural therapy techniques and psychotherapy.

Dr Clare Oliver Williams

I am a Junior Research Fellow at Homerton College, dedicated to researching into female-specific factors for cardiovascular disease. I see research as a two way process between scientists and the public. As such I am passionate about communicating science to the public, especially those directly affected by my research, and receiving feedback from the public. Alongside my research I have been involved in award-winning Hackathons and I am a Scout leader and a Tutor at Homerton. I am thrilled to be part of Changemakers. It has the potential to provide a tremendous experience to both the students and faculty involved, and is a rare opportunity to contribute to the progression of Homerton and the university at large. The summer school is the first step of the journey and I'm excited to see what Changemakers will lead to.

Dr Velislava Petrova

Velislava Petrova holds a joint position as a Postdoctoral Fellow at the Wellcome Trust Sanger Institute and a Research Associate at King's College, University of Cambridge. Her work is focused on the understanding of the genetic factors involved in the immune response to natural infection and to vaccination using immune receptor sequencing. Over the past year, as part of the Borysiewicz Biomedical Sciences Fellowship, she has been part of a team DEPLOY who developed a cost-effective portable diagnostics laboratory (lab in a tent) to facilitate on the ground outbreak preparedness and to improve awareness about infection control in low-and middle income (LMIC) setting. The project was awarded the GCRF Impact Award and the first mobile lab was deployed in Sierra Leone in June 2019. Velislava is also currently a Research Fellow in the Vaccine Science Team at the Coalition for Epidemic Preparedness Innovation where she is evaluating diagnostic strategies for surveillance of vector-borne diseases. From October 2019 Velislava will join the Office of Innovation at UNAIDS to work as consultant to their Health Innovations Exchange Program aiming to create a platform for new technologies coming from universities to be deployed and tested in LMICs.

Mariano Rosenzvaig

My name is Mariano Rosenzvaig, I am a 42 years-old Chilean Sociologist and MPhil in Education. My professional career has been developed in the educational field, with extensive experience in research, design and implementation of educational policies and programs. I have worked mainly in the public sector, both at the state level and in local governments, leading the implementation of national and local educational policies. Additionally, I have made consultancies for international organizations (UNICEF, UNESCO and UNDP) on educational issues. I have teaching experience (both undergraduate and postgraduate) in courses on educational policy and educational leadership. Currently, I am studying a PhD in education, funded by the Government of Chile and the Cambridge Trust.

Dr Maja Spanu

Maja is a Junior Research Fellow in International Relations at Homerton College and at the Department of Politics and International Studies, Cambridge. She is interested in world politics, and for a number of years has been working specifically on the history and politics of the Balkan region. Convinced of the need to expand traditional boundaries of knowledge, Maja is now working on a documentary film on the consequences of international justice in the former Yugoslavia. In addition to her university-related work, for the past year she has also been running workshops and events bringing together arts and international justice. She was the co-founder of ARTIJ, Art and International Justice Initiative, a hub connecting the worlds of policy, law, academia, civil society and arts. In her free time Maja practices yoga and boxing. She is passionate about cinema.

Dr Kärt Tomberg

As a Sir Henry Wellcome Fellow at the University of Cambridge, Dr. Kärt Tomberg works on mapping the combinatorial landscape of known immune checkpoints as well as discovering new targets for immune activation against cancer using *in vivo* screens. Kärt received both her Bachelor's and Master's degrees from the University of Tartu in her native Estonia. In 2010, she joined Prof. David Ginsburg's lab at the University of Michigan as a Fulbright Science and Technology Fellow to work on her PhD thesis. Her thesis work focused on identifying novel genes involved in thrombosis using *in vivo* mutagenesis screens which led to multiple first author publications. After graduating in 2016, Kärt spent the next 8 months travelling through Central and South America while finishing up papers and writing grants. She also spent some time teaching in school back in Estonia before joining Prof. Allan Bradley's lab for her postdoctoral work.

Dr Alison Wood, Director, Homerton Changemakers

Alison directs Homerton's pioneering programme on whole-person education, bridging two decades of experience building cross-sector and cross-disciplinary initiatives with a research career in the history of intellectual institutions and universities. She recently led a British Academy Network on 'Critical University Studies', and is now working with colleagues - in the US, Germany, Italy, South Africa, and India - on the relationship between the future of higher education and sustainability. Before joining Homerton Alison was the Mellon/Newton Interdisciplinary Post-Doctoral Research Fellow at CRASSH (Centre for Research in Arts, Social Sciences and Humanities) at the University of Cambridge (2013-2018); and a Research Associate in the Faculties of English and Divinity, also at Cambridge (2011-2013). Her BA and MA in English are from Adelaide, and her PhD from King's College London. She has two small children; practices yoga; and is currently teaching herself the mysteries of sixteenth-century Florentine embroidery.

Dr Soraya Jones, Programme Lead

Soraya Jones is currently the Programme Lead for the ambitious and innovative Homerton Changemakers Programme. After many years as part of the senior leadership team of Tribal Technology (part of Tribal Group Plc), Soraya became the first CEO of Cambridge Wireless (CW) from 2007 to 2015, where she was successful in growing the business from a one-person company to a membership cluster of over 425 companies and 20 industry-focused Special Interest Groups Forums, making it one of the premier tech clusters in the UK. She stepped down in 2015 to pursue other ventures including becoming an entrepreneur-in-residence at St. John's Innovation Centre and setting up her own consultancy business. She is also on the board of UEA Innovation Advisory board and is also the InnovateUK Ambassador for Women in Innovation. Born in Malaysia, Soraya holds BSc and MSc degrees from Indiana University, USA, and a PhD from the University of Cambridge (Education). She is driven by her passion to promote innovation and entrepreneurship, especially amongst the next generation.