

## Sustainability Leaders Network Search Inside Yourself Donella Meadows Leadership Fellows Workshop

October 2-5, 2015  
Cobb Hill Ecovillage, Hartland, Vermont



*Back, left to right: Jenna Rice, Anna Jones-Crabtree, Elizabeth Sawin, Ellen Wolfe, Shalini Bahl, Lynn Stoddard, Dominic Stucker, Linda Jagoda, Michael Livingston, Jed Davis, Edie Farwell; middle row: Tariq Mustafa, Lorie Loeb, Nancy Gabriel, Jennifer Hayslett; front row: Florence Tolbert, Angela Park, Daniela Malin, Shanna Ratner, Huma Beg; not pictured: Thornton Hayslett, Diana Wright, Coleen O'Connell*

*Report by Dominic Stucker and Edie Farwell  
Photos by Shalini Bahl, Huma Beg, Edie Farwell and Dominic Stucker*

## Background and Participants

This year's Donella Meadows Leadership Fellows Workshop was designed in large part by Ellen Wolfe, a Fellow from our first Cohort (2003-2004). Ellen is pursuing certification as a facilitator from the Search Inside Yourself (SIY) Leadership Institute, a spin-off of a mindfulness program begun at Google. As part of this process, she partnered with experienced SIY facilitator Shalini Bahl to offer Fellows and close partners a two-day workshop at Cobb Hill Ecovillage in Hartland, Vermont (see photo below). To frame and enrich the practices from the SIY sessions, Sustainability Leaders Network (SLN) Executive Director, Edie Farwell, organized and facilitated Fellows' workshop sessions the day before and the day after the SIY workshop, in addition to community dinners and evening events. *Please see Annex 1 for facilitator and presenter bios.*



This initiative from a Fellow is an indication of the robustness of our network. Ellen and Edie invited participants from among the Fellows network, as well as among close partner organizations drawing 23 people from the nonprofit, education, business and government sectors. Six workshop participants had been involved in designing and catalyzing the original Fellows program and network (Edie Farwell, Elizabeth Sawin, Nancy Gabriel, Diana Wright, Daniella Malin and Dominic Stucker) and nine participants were Fellows working in fields as diverse as:

- **Organic agriculture** at scale in **Montana** (Anna Jones-Crabtree)
- **Energy efficiency** in the electric utility sector in **California** (Ellen Wolfe)
- **Climate and sustainability leadership** at the University of **Connecticut** and across the state (Lynn Stoddard)
- **Dialogue and collective leadership for sustainability**, especially in **Africa and Asia** (Dominic Stucker)
- **Sustainability in Cabot Creamery's Cooperative** across **New England** (Jed Davis)
- Innovative digital **communication for sustainability** through Dartmouth College, **New Hampshire** (Lorie Loeb)
- Advocating for **racial diversity and equity in the environmental justice movement** in the **United States** (Angela Park)
- Integrated **rural wealth** creation in the **United States and internationally** (Shanna Ratner)
- Bringing **voice to aspiring women leaders**, sustainability and climate change in **Pakistan** through documentary films (Huma Beg)

Participants also came from partner organizations including **Climate Interactive** (Beth Sawin), **Remembering our Nature** (Nancy Gabriel), **Sustainable Food Lab** (Daniella

Malin) and **The Sharon Academy** (Flo Tolbert, Jenn Hayslett, Linda Jagoda, Michael Livingston and Thornton Hayslett). Significantly, the workshop drew **pairs of family members**, including Beth and her daughter Jenna, who will start her studies in agriculture and education next year at Sterling College, Vermont; Huma and her father Tariq, a lecturer on "Steering the Future of Humankind"; and married couple Jenn and Thornton, who, with the whole Sharon Academy team, are bringing mindfulness practices to middle and high school students.

Workshop sessions were held at **Cobb Hill Ecovillage**. Organic, local produce from Cobb Hill's **Cedar Mountain Farm** constituted the core of our delicious meals. The closing dinner celebrations were with the Cobb Hill community, a tradition started with the first Fellows cohort back in 2003. *Learn more about Cobb Hill here: <http://www.cobbbhill.org/> and about Cedar Mountain Farm here: <http://cedarmountainfarm.org/>*

### Why 'Search Inside Yourself'?

The SIY curriculum, with its focus on mindfulness practices, builds on the core Fellows leadership practices of visioning, systems thinking, reflective conversation and creative expression. Designed by a Google engineer with a neuroscientist and team of mindfulness and emotional intelligence experts, the SIY program helps participants integrate the key building blocks for wellbeing: mindfulness-based emotional intelligence, mental and emotional resilience, and engagement. SIY Leadership Institute delivers courses using highly practical and scientifically proven methods of mental conditioning and attention training that improve creativity, communication, productivity, and personal and organizational leadership. These practices help to build the core skills needed for peak performance. The result is enhanced self-awareness and authenticity, better communication skills, stronger relationship-building skills, and the ability to lead with greater presence.



The goal of the 2-day SIY portion of the workshop was:

*To help participants – and by extension their professional team, family and friends - enjoy greater productivity, effectiveness and happiness in all aspects of work and life.*

SIY makes complex concepts highly practical and accessible, and emphasizes application to the on-the-ground challenges of daily work. The benefits of cultivating emotional intelligence and mindfulness include:

- **Expanded Leadership Capacity:** Increased effectiveness, decision-making capacity, and ability to create positive culture.

- **Improved Performance and Collaboration:** Greater strength in brain regions associated with focus, working memory, and executive function. Greater empathy and ease in relationships.
- **Enhanced Wellbeing and Resilience:** Greater emotional resilience, stress management, happiness, and job satisfaction. Fewer stress symptoms and sick days.

To learn more about the SIY Leadership Institute, click here: <https://siyli.org/>

### **Day 1: Fellows Check-In and Sessions with Climate Interactive**

The workshop opened with the assembled Fellows diving deeply into their current work achievements, challenges and upcoming goals. The depth of relationship, collaboration and trust between Fellows was palpable, creating a safe environment to talk with heartwarming candor about their chosen sustainability work. Throughout the four day workshop Fellows often noted how after 12 years of building the network, the richness of the shared tools, the collaborative projects and the peer coaching have remained invaluable resources.

**Comments from Fellows included:** *I have a sense of coming home to the group. - It is special to be back here in a safe place. - I value the shared community, feels so good. - How good it feels to be around these people who I am so similar to and can wrap my brain around. - I have to come to another country to sit with all of you here, to talk like this. I don't have that anywhere else. - I'm so transported to be back here. I am not sure I recognized how much I needed this experience, this safe place. - I was not prepared for the emotional impact of the Fellows Program. It was truly inspirational. Please see below for more in-depth, post-workshop testimonials from Fellows.*

The afternoon session was led by Beth Sawin from Climate Interactive, bringing us up to date on preparations for the upcoming COP talks in Paris in December and the increasingly impactful role Climate Interactive is playing using science to underpin advocacy for climate change mitigation.

Beth presented on the World Climate Role Play as a change strategy, underpinned by the C-ROADS computer model. She also discussed CI's analysis of countries' pledges to reduce carbon emissions using the Climate Scoreboard as part of the Push to Paris. At CI, Beth recently created and launched a new systems approach to problem identification and solving called, appropriately enough, Multisolving and FLOWER (Framework for Whole System, Long-term Equity-based Reflection). Using recent newspaper stories from the United States the United Kingdom and Tanzania, participants applied the FLOWER approach in small groups. Finally, Beth led the group in an interactive brainstorming of leadership qualities needed for Multisolving.



Read more about Climate Interactive here: <https://www.climateinteractive.org/> as well as in these recent New York Times articles in which CI's analysis of the national plans submitted to the Paris climate talks: <http://www.nytimes.com/2015/10/04/opinion/sunday/a-big-boost-for-the-climate-summit.html> and <http://www.nytimes.com/2015/09/28/world/limited-progress-seen-even-as-more-nations-step-up-on-climate.html>



## Day 2: Expanded Group for Search Inside Yourself

Days two and three of the workshop focused on Google's Search Inside Yourself program and were led by Fellow Ellen Wolfe and SIY facilitator Shalini Bahl. Each participant was asked to list three words of intention for our time together. Below are those words represented graphically.

The highly interactive program included the following core components:

- Overview of the neuroscience of emotion, perception and behavior change
- Definition of emotional intelligence and its benefits with regard to wellbeing
- Attention training to enable greater emotional intelligence, including self-awareness, self-mastery, motivation and connection with self and others
- Principles and practices for developing healthy mental habits that accelerate wellbeing - including effective listening, generosity, empathy, communication and social skills

The program flowed between input on the neuroscience, to practicing meditation techniques, to journaling, to speaking and listening in pairs, small groups and in plenary. Participants - some already seasoned mindfulness practitioners, others beginners - could all experience how mindfulness and reflection practices support happiness, thriving and overall wellbeing. Participants explored their own leadership capacities and challenges in a world that can be “VUCA” - volatile, uncertain, complex and ambiguous. Mindfulness practices can help people increase their self-awareness, including making space for sensing in a world often dominating by thinking.



Toward the end of the day, there was a focus on individual strengths and the empowering realization that self-awareness can support self-regulation, the idea that – between stimulus and response – we have a choice. We can react or we can choose, for example, to “stop, breath, notice, reflect and respond.”

### **Day 3: Expanded Group for Search Inside Yourself**

Building on day 2, the group discussed motivation and alignment, focusing on pleasure, passion and purpose as different sources of contentedness. The group was introduced to the Flow Channel chart, which showed how people who are “in the flow” match a tasks challenge with their own skills, avoiding both anxiety and boredom.

The facilitators led the group through multiple dedicated and integrated mindfulness practices; multiple participants reported that the walking meditation in nature was aligned with their work in sustainability. A discussion followed on the differences between empathy – *feeling with* – and compassion – *a desire to relieve suffering*. Based on this, participants journaled on what compassionate leadership looks like for them, what obstacles they might face in leading compassionately and resources they might need for support.

In Communicating with Insight, participants were asked to pick a difficult conversation and then describe it to their partner in terms of content, feelings and identity, first from their own perspective and then from the perspective of the person with whom they anticipated having the conversation. For many people, this role reversal helped them recognize that we all have our own stories, anxieties and aspirations, and that we are all pursuing happiness in our own way. As such, even when we do not understand the motivations that drive other individuals, we can still engage with them from a place of kindness.

The day ended with three small group discussions that we had “parked” earlier: Balancing visibility and humility in our sustainability work; Shifting the media from negative to positive messaging; and Staying connected (which resulted in a GoogleGroup being established for all workshop participants and facilitators).



After dinner with members of the Cobb Hill community and the Donella Meadows Institute, we viewed a screening of Fellow Huma Beg’s award-winning documentary, *Veils and Walls*, which follows “Four women who are out to redefine empowerment and emancipation in a skewed tyrannical, morally bankrupt space; to fight for democracy, against discrimination and segregation. These are women of rare substance who are out to change the destiny of their societies for the better by simply being themselves and thus defining what it means to be a woman in a man’s world with courage and valor. They will stop at nothing to get beyond the walls and veils.” – *From documentary trailer, viewable here:*

<https://www.facebook.com/serendipproduction/videos/878783062201698/>

#### **Day 4: Fellows: Visioning and Next Steps**

The final day was an all Fellows gathering, similar to the opening morning. It served as an opportunity to debrief and dive deeper in the reflections, learnings and topics raised during the Search Inside Yourself sessions with the larger group. As usual, we anchored our time together with a formal visioning, journaling and sharing session to set our sights on our next body of work and the way we want to show up in the world. We approach visioning as a practice, with our group holding the individual visions that emerge:

- **Big V Vision:** Your dreams, what you want, how you want to be, how you want to orient yourself for the next 3-5 years.
- **Middle V vision:** What you want to experiment with in the next few months in service of your Big V Vision.
- **Little v vision:** Something you will do next week to support your Big V Vision.

Fellows consistently come to workshops having achieved the visions they set for themselves previously, and ready for the next. All Fellows opted to be paired with a Peer Coach to support one another in realizing their visions through present listening, appreciative inquiry and reflective conversation. Coaches will meet every two weeks for four months and, in January, will all take part in a joint conference call to reflect on the process and celebrate successes.

We closed our time together with a symbolic tying around our wrists of string bracelets to represent the little v vision we each set to accomplish in the upcoming week. When the little v vision in support of the Big V vision is completed, the bracelet is cut off, and the achievement reported via email to the rest of the group.

### Workshop Feedback

<p>"I am deeply grateful for this experience and feel that it will ripple out into my life in unforeseeable ways."</p> <p>"Thank you so much for this opportunity."</p> <p>"Groups and content/training like this are invaluable in reminding us of the set of tools available to bring us back on track to what and who we really want to be and how we want our own private struggles supported."</p>	<p>"Thank you for doing this. The world needs it."</p> <p>"Mindfulness is fundamental to well-being and life success."</p> <p>"These skills are learnable/trainable. They apply directly to the biggest challenges in my life and work."</p> <p>"I really enjoyed the program and feel it was an excellent use of my time."</p>
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### Testimonials on the Fellows Network

"I came to workshop with my head filled with thoughts about what I was intending to offer to the group - in particular the Search Inside Yourself workshop sessions. From the moment us Fellows arrived together, though, I was overcome by the profound warmth and comfort of all that the Fellows provide to me. I have been amazed by how much I RECEIVED from everyone - so much so that it dwarfs what I was focused on offering. Huma and her talents and generosity captured through her film, Tariq's wonderful wisdom and continued adventure to dive into the world's challenges, Anna with her depth of connection to all that is good in farming and the Forest Service, Jed with his warm big smile... everyone, really, for how they showed up and are such masters in their own lives. What great gifts I received when I was there! Thank you for having supported the gathering and the continued integrity and connectedness of the group!" - **Ellen Wolfe**

"The Fellows network provides a space like none other where I can truly connect with my own vulnerability and emerge stronger as a result. There is no pretense of perfection among fellows; only a heart-full desire to contribute our best selves to the greater good. We are tangibly strengthened by each other's support that allows us to imagine, voice, and act



on our visions. The remarkable thing about the Fellows network is the strength of trust between fellows in different cohorts who have never met. The very fact of having been a Fellow provides such a strong unpinning of shared experience and values that we want to be there for each other regardless, and when we do meet, the connection is virtually instantaneous. The experience of true fellowship among Fellows comes from the way in which the network has been conceived and implemented, with a focus on the whole person as well as the whole systems we are working so hard to improve. The stature, position, experience, and networks of individual Fellows holds enormous untapped potential for sharing to help unleash positive change. We want to figure out the best ways to do this.”

–**Shanna Ratner**



“The Fellows Network isn’t just another gathering of like-minded sustainability individuals. It’s a space that you can go from “Hello, how is your world?” into deep, heartfelt, meaningful conversations about how to achieve systems change for yourself and your work. That’s remarkable in a world filled with 140 character tweets, and symbolic “likes.” The Search Inside Yourself workshop not only allowed me to connect with Fellows I’ve never met, it gave me a legitimate excuse to take a break, reassess and remember why I’m doing the work I’m

doing. I only wish I had some venue to more formally engage the Fellows Network in my own work. The power of positive change that could be brought into being, I’m certain, would be greater than that ever envisioned.” – **Anna Jones-Crabtree**

“The Fellows Network is a tremendous resource for me, providing leadership and systems thinking tools, coaching, and a platform for collaboration with a worldwide network of sustainability professionals. Most importantly, however, this Fellows Network provides a safe place for me to explore my vision for how I can best serve the world. This safe place is grounded in love, trust, support, and a shared dedication and passion for the work we do. As a member of the inaugural cohort 12 years ago (wow!!), it is amazing to see how we have grown and bonded with Fellows from every cohort. I feel that we all carry with us a special inner strength, the strength of many Fellows across to globe.” –**Lynn Stoddard**

### **Featured Fellows Work and Visions Going Forward**

Fellows are engaged in an inspiring range of projects. Examples of ongoing work and visions that emerged from our time together are described on the next pages.

**Huma Beg, founder of Ministry of Change, Pakistan:** The Ministry of Change (MC) is a social networking platform for empowering and connecting change makers in Pakistan to engage in projects financially, physically and socially, changing the lives of citizens everywhere. MC has been redesigned for launch and the testing of the portal will start next month. Assuming all goes well, the idea is to start populating it with partners who co-create change. This would mean people with ideas, organizations with projects, donors with money and volunteers with time.



As we are piloting MC in Pakistan, we are trying to see how to make the content relevant to each nation and culture around the world and to offer each member the tools to make that one contribution that they feel they can. Anyone who joins up will find that someone or something can help them launch an idea, find people, funds, a support community and mentors to take that one step forward. Such connections move ideas to action.

We are at a stage where many elements have to be juggled simultaneously, including testing and populating organizations; creating the business plan; finding investors; and hiring a core content team. There are many sub themes, but the most important is to get big organizations to use the portal and sign up as regular paying members. What we clearly require at the moment is the ability to express how the project will become profitable to interested investors and then to present our idea to as many people as we can. The plan is to open it to the UK, the USA and other countries so that they can try using the platform's tools. *Learn more about the Ministry of Change:* <http://ministryofchange.org/>

**Lynn Stoddard, aerial forest adventure park founder and owner:** Three years ago, my husband and I found some partners to help us create an aerial forest adventure park on our forestland in northeast CT. The park would enable us to preserve and steward a large tract of forestland and bring others into the forest to play, challenge themselves, a build self confidence. The park is a wonderful weaving together of our values: a business designed and informed by the landscape and the place; a safe and supportive environment where people solve problems, push their envelopes, try new things, accomplish something they didn't think they could, and build self confidence; a place where people come to play in nature, without technology and distractions, and gravity; a place of team building and growth; a place that supports community, employs people, and is embraced as a healthy family activity.



During this Fellows workshop, I had time to share and reflect on the challenges and accomplishments of the past three years, and to set a vision for what comes next. We are so fortunate to have this beautiful place where people learn and grow. What are some of the amazing opportunities that we can build upon this foundation? My vision includes adding opportunities to help people connect more deeply with nature and appreciate the value of New England forests, to serve members of our community who are not likely to get to the park on their own, to foster creativity and art, to give back to the community, to support and empower other local businesses, to enrich and highlight the team building experience, to transform lives... I see each tree as symbolically and literally supporting this vision through strong roots, healthy growth, and branches reaching upwards to the sky.

**Anna Jones-Crabtree, first generation, mid-scale organic farmer:** After the second year of terrible, climate-change-exacerbated drought on our Montana farm, the Search Inside Yourself workshop and the gathering of Fellows gave me some space to reflect. As part of the third Fellows Cohort, my husband and I became first generation farmers and brought into being Vilicus Farms. Vilicus is latin for steward of the land.

The first chapter in our farm story was possible because of USDA's Beginning Farmer and Rancher loan programs. Even without any debt beyond the mortgage on our house, people thought we were absolutely crazy to start a dryland farm (let alone an organic one) in a community in which we hadn't grown up. Through the help of USDA in 2009, we purchased 1,280 acres of land off the open market, plus some equipment. We started our dryland farm in one of the least densely populated rural areas in the US, knowing none of the neighbors, and both of us continued to work full time off the farm to ensure cash flow. We were lucky to have an USDA loan officer who also had an organic grain farm and made it possible for us to finance our initial land, operating and equipment needs.

Seven seasons later we have expanded to 4,700 acres and graduated from FSA financing, paying off all of our loans and self-financing our operating needs. This chapter was not without some heartache. Denied a second year of operating funds on what we thought was supposed to be a 3-year operation line of credit immediately following a terrible climate-change-exacerbated year of drought, we sold a significant portion of our original farm. We are leasing that land back, and it's on the second term of its 5-year rotation. Our organic system clearly didn't fit the mold of chemical based financing. The feedback loops and the existing risk support systems are totally different and completely misunderstood by the current agricultural system of crop insurance, and financing entities.



The second chapter in our farm story is about the positive cash flow of conservation. Starting from scratch was daunting, but possible because our organic system required significantly less operating money. The encouragement and patience of the NRCS District Conservationist in our start-up year enabled us to enter into a substantial EQIP contract. Since then, we have had 3 other EQIP contracts (using Beginning Farmer Rancher parts of the program) and a CSP contract, which we just renewed. We are also enrolling significant portions of our buffer strips into CRP under the pollinator habitat initiative that will provide income to us and one of our landlords. These conservation contracts have been important parts of the cash flow of our operation.

Additionally, because of the shortened supply chain in the organic sector, we have established close relationships with our buyers and subsequently negotiated several variations of risk sharing contracts for our crops while taking advantage of the strong organic market. In 2014, the Organic Trade Association recognized our farm and my husband, Doug, with the Farmer of the Year Award. Over 20% of our acres are in non-crop conservation efforts. And our pollinator habitat has been a result of a partnership with Xerces Society.

The third chapter in our farm story is about the next generation of farmers and is a work in progress. Three years ago we began an apprentice program on our farm. This year we transitioned that apprentice program into Vilicus Training Institute (VTI), which has fiscal sponsorship through the National Center of Appropriate Technology. VTI is shifting into a farm incubator. We want to have succession options when we are ready to transition our farm. We don't want others to have to wait until they are 40 to start farming. We also want to have more neighbors. New organic farms are economic gains for rural America. Five apprentices so far have taught us that building new farmers is like building soil... it takes a long time and you don't always know what is happening underground.

I don't yet know exactly how we will write the next chapter in our farm story. I do know that I want to continue to positively advocate for system change in US agriculture. There is so much going on with local food and vegetable scale production that is good. But mid-scale agriculture is being lost. We need serious land stewardship efforts at 3000 acres at a time. *To learn more visit [www.vilicusfarms.com](http://www.vilicusfarms.com)*

**Shanna Ratner, lead developer of WealthWorks:** In terms of my vision, I hope to write about the vision and basis for Wealth Works (described below) as well as the experiences of those who are using it to change systems for the better. I want to emphasize the importance of thinking in systems, restructuring our economy, and being intentionally inclusive of economically marginalized people and places. I don't know what weird ideas - like the one about how we focus on money versus time as the medium of economic exchange that came up at the workshop - I may come up with, so I want to leave time and space to explore. I seek to become an active part of a larger dialogue about reframing our economy for sustainability. Part of what I bring to that dialogue is actual practical experience observing this approach to inclusive capitalism up close and personally in many different settings.



WealthWorks is a 21st-century approach to local and regional economic development that brings together and connects a community's assets to meet market demand in ways that build livelihoods that last. It can work for people, firms and places of all sizes, shapes and success levels. The three essential components that distinguish WealthWorks from other approaches to economic development are: 1) its guiding principles; 2) its use of the Wealth Matrix as a tool for assessment, planning, and measurement, and 3) its focus on systems change through demand-driven value chains as a vehicle for creating wealth that sticks at scale.

WealthWorks is not theoretical; this framework and approach has actually been tested and refined through the experiences of people putting it to use on the ground. It is being successfully applied in diverse sectors including housing, energy efficiency, renewable energy, food and agriculture, fisheries, forestry and wood products, financing, tourism, health care and transportation. While WealthWorks framework has been developed in the United States, it has attracted attention from international development organizations including ActionAid and Heifer International and has relevance to economic development challenges around the world. *View the WealthWorks video and learn more here:* <http://www.wealthworks.org/>

### **Annex 1: Facilitator and Presenter Bios**

**Beth Sawin** is a biologist, and serves as Co-Director of Climate Interactive, one of the highest ranked climate think tanks in the world, creating powerful simulations around issues of climate change, energy and water. As a scientist, writer, teacher and public speaker, she helps people transform systems towards sustainability. Previously she was at the Sustainability Institute with Donella Meadows, who applied systems analysis to the challenge of sustainability. Beth's writing has appeared in a variety of publications including Utne Reader, Timeline, Population Press, Grist, and Annals of Earth. She lives at Cobb Hill Co-Housing in rural Vermont with her husband, Phil Rice, and their two daughters.

**Ellen Wolfe** is a SLN Fellow from Cohort 1. She has more than 30 years' experience working in organizations as worker, manager, and facilitator. She has a bachelors in Science from UC Davis and Masters' Degrees from the Massachusetts Institute of Technology in Management and Technology and Policy. She has worked in public and private organizations, and has taken part in several leadership development programs. Ellen is devoting this latter part of her career to helping individuals and organizations accomplish unprecedented levels of satisfaction and success through her new organization "BE". BE: Know yourself, Have fun, Change the world! In her "spare" time she runs an energy consulting company, and enjoys her sons (ages 13 and 30), husband, dog, 6 chickens, one-acre suburban home, and 900-acre ranch.



**Shalini Bahl**, Ph.D., CEO and Mindfulness Consultant is an entrepreneur, researcher, and educator committed to making mindfulness accessible to all populations so they can break out of living on auto-pilot and live with more ease, compassion, and creativity. She is a certified SIY teacher and her academic training includes accountancy and a PhD in marketing. She has also completed the professional training to teach mindfulness from the Center for Mindfulness in Medicine, Health-Care, and Society at Umass Medical School in Worcester MA. Shalini's love for mindfulness, marketing, and technology culminated in the creation of Mindful Universe, a social networking site to promote mindfulness. When she is not working, I enjoy cooking healthy and tasty meals for my family, going for walks in nature, Zumbaing, singing, writing, researching and my mindfulness practice.

**Edie Farwell's** founding vision of the Sustainability Leaders Network (SLN) is that each individual has the opportunity to unfurl their innate talents and passions, and to contribute these gifts in service of global sustainability. From 2002 to 2010, Edie promoted this message of leadership for sustainability by serving as founding director of the Donella Meadows Leadership Fellows Program of the Sustainability Institute. The Fellows Program offered transformative leadership skills for sustainability professionals in non-governmental organizations, business, military, tribes, philanthropy, and government. Edie co-designed the curriculum's focus on systems thinking, reflective conversation, the discipline of vision, and creative expression, and served as a leadership coach for four cohorts of the Fellows Program. Through SLN she continues to work with alumni Fellows and key partners to further their impact as strategic sustainability thought leaders, instigators, and actors.

