

From insight to impact.



Regenerative Leadership Programme

Four days to pause, reconnect, and recalibrate your role
to drive sustainable transformation.



Regenerative Leadership Programme in brief:

- Four days to reconnect with your essence and purpose
- Share ideas with like-minded managers on how to accelerate sustainable transformation
- Harness learnings from the natural world to inspire your role as a purpose-driven business leader
- Leave with actions to immediately implement change in your personal and professional life



“It is clear that we need to go beyond sustainability in order to stop us overstepping planetary boundaries. Sustaining isn’t enough – we need to regenerate.” – **Anaïs Sägesser, Facilitator**

Dear Business Leaders and Changemakers,

Often, the challenges we face can seem overwhelmingly complex. As leaders, it’s important to take a step back and realize the **interconnections** between issues, and our own role within them.

Our short Regenerative Leadership Programme provides exactly this: four days to take stock and emerge with renewed energy and motivation to bring about **meaningful change**.

With this retreat-style Programme in pristine surroundings, we invite you to **pause. Reconnect. Recalibrate. Reroute.** Regenerative Leadership brings together potential allies from across sectors who share the willingness to embark on a pathway of action towards a sustainable future.

By assuming a regenerative approach to leadership, we take responsibility in our current roles and contexts, **enacting change** in our organisations - and in our lives.

This Programme takes a deep dive into your unique role as a changemaker, through expertly designed sessions, immersion in nature and trust-based exchange in a small group of peers. It offers renewed clarity and builds readiness to **transform insights into impact** – for yourself, your team, your organisation, and beyond.

We look forward to welcoming you on this innovative and exclusive deep learning journey.

Dr. Rachel Brooks
Head of Executive Education at the Competence Center for Social Innovation (CSI-HSG)



Who it is for:

This Regenerative Leadership retreat is for you, if you

1

You're a change-maker at your organisation, looking for actionable insights into regenerative transformation

2

You're looking to connect the dots between personal, professional and societal development

3

You are passionate about embedding sustainability in your company or organisation.



You will leave with:



Renewed clarity on your own agency for building a better future



A toolbox for implementing personal and organisational transformation



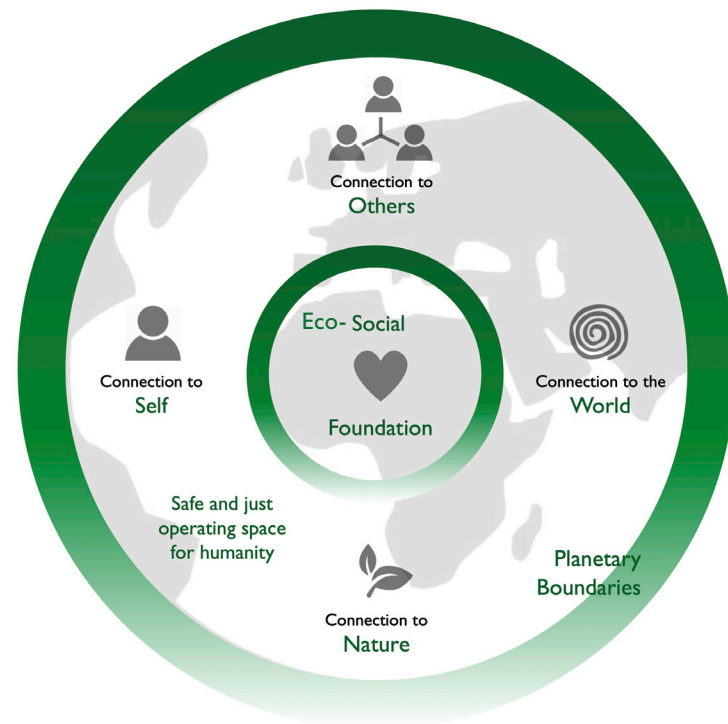
A new network of like-minded leaders from diverse industries



A refreshed mind and reconnection to nature and your active place in it.



Your four-day journey:



We invite you to explore what it means to live and work in a safe and just space for humanity. We embark on a journey of reconnection with nature, self, others, and the world, while experiencing meaningful strategies for interwoven personal and systemic change towards a sustainable future.

We work with the following questions:

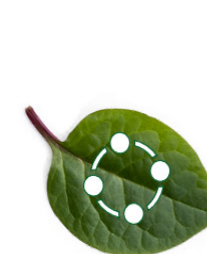
- Where do I stand in this and what can I contribute to the sustainability transition?
- What are my resources? What are my greatest obstacles?
- What concrete methods and tools will help me on my way forward?
- How can I practice regenerative leadership, serving the wellbeing of myself, my team, my organisation, the land and the world?

The previous visualisation is an own model Version 1.1. 2023: Sägerser, A. & Förster, R. (2022). Based on: Steffen, W., et al.. (2015). Planetary boundaries: Guiding human development on a changing planet. Science, 347(6223), 1259855. Raworth, K. (2017). Doughnut Economics: Seven Ways to Think Like a 21st-Century Economist. Random House. Plotkin, B. (2003). Soulcraft: Crossing into the mysteries of nature and psyche. New World Library.



We apply theory-based and practice-proven methods and tools rooted in regenerative leadership theory, including doughnut economics, transformative learning, nature-based coaching and vision quest, creativity and systems thinking. The surrounding nature provides the space to explore what is, to reconnect with our essence and our place in the world.

A balanced mix of facilitated discussions, mirroring exercises and nature immersion will open up new insights into your leadership practice, support your process of rerouting, help unleash immediate impact upon your return.



Day 1

**Taking
stock**



Day 2

**Identifying
resources & obstacles**



Day 3

**Immersing
in nature with your intention**



Day 4

**Harvesting & Integrating
from insight to impact**



“Over four days in an inspiring location, this programme sets you up with resources and actionable pathways for lasting personal and organisational change.” – **Ruth Förster, Facilitator**

Location:

The Regenerative Leadership Programme is hosted in the Val Medel region of the Swiss Alps, an area rich with meadows, forests, rivers, and expansive views. Deer, chamois, wolves and lynxes make their home in the valley.

Accommodation is offered in the Medelina Hotel and participants spend extensive time outdoors. On one day of the retreat, we will be based in an ecological alpine cabin accessed on foot. Over this period (during daylight) participants will spend 8 hours independently in nature, equipped only with essentials. This solo time and deep immersion provide renewed clarity on our place within the wider world, and the role we want to embody in realising transformative change.

For additional information, simply get in touch.



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Dates

Start: Sunday, July 7th, 2024 (lunchtime)

End: Wednesday, July 10th, 2024, 4 p.m.

Location

Val Medel, Graubünden

Programme Language

Regenerative Leadership is taught in English.

Price

CHF 4'900.-

(including all meals, excluding accommodation and travel expenses)

Single rooms are available at the Hotel Medelina.

Registration

Registration via the website <https://www.es.unisg.ch/en/programme/regenerative-leadership>

Competence Center for Social Innovation (CSI-HSG)

The Competence Center for Social Innovation at the University of St. Gallen catalyzes social innovation and strives towards systems change. We envision a just, equitable, ecologically balanced and socially resilient world where actions across business, political and social domains are guided by the shared purpose of creating positive social and environmental impact.

Why HSG

Executive education at the University of St.Gallen (HSG), one of Europe's leading business universities, provides you with an optimal preparation for the future. The University of St.Gallen is more than just an educational institution; it is a place of inspiration that stimulates you to think. You will acquire up-to-date knowledge that is of great practical relevance, and gain valuable insights. This will enable you to make an important contribution to social and economic progress and to your own personal development. "From insight to impact" is not just our message; it is a promise against which we can be measured.



Faculty



Dr. Anaïs Sägesser

As an impact driven educational entrepreneur & learning designer, Anaïs co-creates pioneering programs that effectively integrate impact project incubation, entrepreneurship & regenerative leadership development and personal growth. With her own experience in large corporations, SMEs, academia, and NGOs she knows how important it is to fuse theory with practice and works with immediately applicable tools and approaches. Anaïs holds a doctorate from the University of St. Gallen, currently serves as an expert for Innosuisse and was elected as a member for the scientific advisory board for transdisciplinarity at the Swiss Academies of Sciences.

Dr. Ruth Förster

Ruth's passion and expertise lies in designing and facilitating transformative learning journeys toward more sustainable living and working, fostering collaborative leadership, and building resilience. She combines scientific- and arts-based creative approaches and experiential outdoor pedagogy to facilitate deep, sustainable learning journeys. As a former systems analyst in Life Cycle Assessment, a researcher and educator in transformative learning for sustainability, and a coach, she knows how to integrate analytical and intuitive methods for personal and systemic change. She holds a diploma in mechanical engineering (RWTH Aachen), a PhD in environmental engineering and a postgraduate degree in didactics (both ETH Zurich) and is also trained as a vision quest guide and Tamalpa Life Art practitioner (Germany/USA).



Dr. Rachel Brooks



Rachel Brooks is Head of Executive Education at the Competence Center for Social Innovation at the University of St.Gallen (CSI-HSG). Her research and teaching focus on supporting practitioners across government, private and social sectors in cultivating the mindset, skills, and tools to nimbly take action towards impact in an environment of mounting complexity and uncertainty. In addition to impact-driven executive education, Rachel has worked in Latin America at the nexus of business, agricultural producers, government, and non-profit organisations in the global food industry. She holds a BA from Smith College, an MA from New York University, and a doctorate from the University of St.Gallen.

Testimonials:

“The HSG Regenerative Leadership Program is a fundamentally transformative opportunity to reconsider your approach to nature based leadership. It's facilitators are deeply thoughtful and caring in their approach which is rooted in a clear methodology and very much outcome oriented while focusing clearly on the present learning process.”
Aurelia Figueroa, Global Director of Sustainability, Breitling

“The regenerative leadership retreat was personally quite a transformative experience that provoked in me deep questions around my sense of connection with myself, others, nature and beyond. The intimate cohort ensured for a very authentic experience where strong bonds were formed in a short time and the immersive, experiential learning has had a powerful, long-lasting impact on myself and in my everyday life.”
Participant, Regenerative Leadership Programme 2023

About the University of St.Gallen (HSG):

1898	46
Foundation	Institutes, Research Centers and Centers
9074	> 90 %
Students from over 80 nations	of graduates would choose the HSG again
3335	4 out of 5
Employees	Bachelor's and master's graduates had a permanent job upon graduation
107	
Professors	
200	
Partner Universities	

Accreditations



Member of

