

# ResponseAbility

## Post TC Info Package

***Be a change maker: developing responseAbility for positive change***  
**A training course (TC) for youth workers about finding a response to the global challenges  
of the 21st century**

Dear participants,

We are happy to send you the ResponseAbility post TC info package.

This package includes various materials, such as videos, book recommendations etc from the training and much more! Additional documents, slides and flipcharts you can find in the [dropbox folder](#)

You can use those to reflect back on the TC and to deepen your learning, but also for sharing this with your community, for instance in the form of a workshop – we would be happy to support you if you have any further questions - do not hesitate to get in touch with us 😊

### **Your TC coordinators & trainers**

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## Content



### Sustainability and positive change

There are many global challenges in the 21<sup>st</sup> century – while it is of course important to know about these, the focus of this training was how we relate and respond to those – consciously and un-consciously. While the challenges are all interconnected in some way or another, different people will emphasize different issues (e.g. climate change, inequality, poverty, migration, military conflict, to name just a few). We do not need to have expert knowledge on all or even one of those issues to step into action. What is much more important is that we start working on within and become the change that we want to see in this world.

We assembled the content material from the course and some more in terms of movies, videos and book recommendations.

### Intro to Sustainability

- [‘Dear Future Generations: Sorry’](#) by Prince Ea
- [‘The more beautiful world our hearts know is possible’](#) by Charles Eisenstein
- Book [The more beautiful world our hearts know is possible](#) by Charles Eisenstein

Two lists of suggested TED talks on ecological sustainability:

- [http://www.ted.com/playlists/151/earth\\_appreciated](http://www.ted.com/playlists/151/earth_appreciated)
- <http://blog.ted.com/12-talks-to-watch-this-earth-day/>

Movies on the challenges & positive change

- [Home](#)
- [Cowspiracy](#)

### Learning Mindset

- TED Talk [‘The power of believing that you can improve’](#) by Carol Dweck
- Book [‘Mindset – How we can learn to fulfil our potential’](#) by Carol Dweck
- TED Talk [‘Radical Not-Knowing: Learning with an unknown future’](#) by Andre Platteel
- The [‘Inner Leadership’](#) Model by Dominique Verschuren

### Mindfulness

- Video: [All it takes is 10 mindful minutes](#)
- [About Wake-Up](#) – a global mindfulness movement for young people
- Books:
  - [‘The miracle of mindfulness’](#) by Thich Nhat Hanh
  - [‘Wherever you go, there you are’](#) By Jon Kabat-Zinn
  - [‘The Power of NOW’](#) by Eckhart Tolle

- recommended Mindfulness and Meditation retreat centers
  - [Plum Village](#) in France
  - [European Institute for Applied Buddhism](#) in Germany
  - [Vipassana Meditation](#) in many different places
  - [EcoDharma](#) in Catalonia / Spain

### **Vulnerability**

- TED Talk [‘The power of Vulnerability’](#) by Brene Brown
- Book [‘Daring Greatly: how the courage to be vulnerable transforms the way we live, love, parent and lead’](#) by Brene Brown
- TED Talk [‘How to start a movement’](#) by Derek Sivers

### **Gratitude & Happiness**

- Video [‘Gratitude’](#)
- Video [‘Stop. Look. Go’](#)
- Song [‘Happiness is here and now’](#)
- Book [‘The Art of Happiness’](#) by the Dalai Lama

### **Active Hope, the work that reconnects & compassion**

- Youtube Series on [‘The Work that Reconnects’](#) by Joanna Macy
- Book [Active Hope](#) by Joanna Macy and Chris Johnstone
- Talk on [Active Hope](#) by Chris Johnstone
- Book [‘Coming back to life – the updated guide guide to the work that reconnects’](#) by Joanna Macy & Molly Brown
- Loving kindness/ [Universal compassion meditation](#) by Andy Hobson
- [‘Unconditional love’](#) by Mark Fraser-Grant

### **Passion, Vision and positive change:**

- Video [‘Do you dare to dream?’](#)
- Video [‘inspiring change together’](#)
- Video [‘You are powerful!’](#)
- Video [‘The Meaning’](#) by Jim Carrey
- Some Movies
  - [Disruption](#)
  - [The Shift](#)
  - [Crossroads](#)
  - [How to change the world](#)
  - You can find more here: [The Top 100 Documentaries we can use to change the world](#)

### **Inter-being and connectedness (INSPIRATION)**

- Video [‘The most astounding fact’](#) by Neil deGrasse Tyson
- Video [‘The Real You’](#) by Alan Watts
- Movie [Planetary](#)

- Video [‘The Story of Interbeing’](#) by Charles Eisenstein

### **Coaching & Communication**

- Video [‘Why I love coaching so much!’](#) by Marc Steinberg
- Video [‘Compassionate listening’](#) by Thich Nhat Hanh (with Oprah Winfrey)

### **Organizations**

- About [Erasmus+](#)
- About [rootAbility](#)
- About [the Green Office Model](#)
- About [Connected Elephant](#)