THE REGENERATING EDUCATION FRAMEWORK
Cultivate the knowledge, skills and practices we all need to engage and thrive in a fast-changing world.

**SELF-CARE**
Cultivating personal wellbeing by making sense of what it means to be human and developing how we think and therefore feel about ourselves and the world around us.

**INNER COMPASS**
Finding our sense of direction and purpose by seeing the bigger picture and being stretched in what we think and feel motivated to do.

**SELF AWARENESS**
Strengthening our ability to tune into thoughts and feelings, search for blind spots and to see ourselves clearly and authentically.

**SELF COMPASSION**
Nurturing a healthy relationship with ourselves through a willingness to be actively kind as we navigate our diverse human experiences.

**AUTONOMY**
Feeling valued as a person, embracing our strengths and weaknesses and having the confidence to make good choices.

**EMOTIONAL INTELLIGENCE**
Understanding and engaging with our emotions to navigate overwhelm and develop empathy and connection with others.

**PEOPLE-CARE**
Developing social wellbeing and global citizenship through the ability to practice empathy, bridge divides, be active in and feel valued by our communities.

**SYSTEMS THINKING**
Making sense of the complexities and interconnectedness of our world by exploring the big picture as the starting point for problem solving.

**GLOBAL & CULTURAL AWARENESS**
Forming deeper relationships with the wider world leading to a sense of belonging to our common humanity and global ecosystems.

**EMPATHY & COMPASSION**
Developing empathy and compassionate leadership skills to enable meaningful and collaborative relationships with others.

**COLLABORATIVE PROBLEM SOLVING**
Embracing the value of diverse stakeholders, facilitating genuine dialogue and meeting with a shared purpose to co-create confidently.

**ACTIVE LISTENING**
Engaging with diverse perspectives and making sense of wider ideas to enable more reflective and objective views and actions.

**EARTH-CARE**
Revitalising environmental wellbeing by seeing ourselves as part of nature and learning how to bring our lives back into balance with our natural living ecosystems.

**APPRECIATING INTERDEPENDENCE**
Learning how different systems connect and how we rely on and contribute to the health and wellbeing of all natural ecosystems.

**CLIMATE CHANGE AWARENESS**
Understanding the causes and effects of the climate crisis with the capacity to move towards positive climate actions.

**RECONNECTING WITH NATURE**
Learning to put aside the idea that humans are separate from nature, and see ourselves as part of our planet’s living systems.

**RESILIENCE & AGENCY**
Moving from anxiety to action with the knowledge, skills and positive growth mindsets to be a part of shaping a regenerative future.