

# About the Regenerator Lab

## From Roots to Fruits - what makes the Regenerator Lab unique

The Regenerator Lab is rooted in two powerful bodies of wisdom: the [Inner Development Goals \(IDGs\)](#) and ancient wisdom traditions. The IDGs are a science-backed framework of the inner capacities we need to tackle the world's greatest challenges — from how we relate to ourselves, to how we collaborate with others. Together with wisdom traditions, they offer a living map to hold, shape, and transform ourselves — and the systems we want to change.

- ❖ **Regeneration as the Foundation:** Real change grows from the inside out. Like roots that must run deep before a tree can bear fruit, inner regeneration is the foundation from which sustainable impact emerges. This is where we begin.
- ❖ **Deep IDG Knowledge – Science Meets Embodied Practice:** From that foundation, you explore the Inner Development Goals framework across its 5 dimensions: Being, Thinking, Relating, Collaborating, and Acting. You don't just understand the IDGs – you develop skills like self-awareness, complexity thinking, empathy, collaborative leadership, and courageous action through direct experience and practice.
- ❖ **A Rare Blend: Science + Wisdom Traditions:** The IDG framework is enriched with the depth of contemplative wisdom traditions – an integration inspired by programs like "Zen and the Art of Saving the Planet." This combination is rare. And it is not borrowed – it is lived and embodied by your facilitator herself.
- ❖ **A Toolkit You Can Apply Tomorrow:** You leave with a personal collection of practices and tools — ready to bear fruit: accelerating regenerative change in your personal and professional life.
- ❖ **Live Cohort Experience:** All of this unfolds in a small, curated in-person group – designed for deep connection, co-creation, and shared learning. Between sessions, mini-practices help you integrate insights into daily life. The cohort itself becomes part of your regenerative ecosystem.

### How the Regenerator Lab unfolds:

- **We RESET:** We explore the root causes of the polycrisis and the potential of our inner dimensions. We learn how the Sustainable Development Goals (SDGs) and the IDGs relate, and how wisdom traditions can accelerate change at individual and system levels.
- **We REBUILD & RECONNECT:** With embodied practices and time in nature, we reconnect with ourselves, find refuge, and build trust as a group.
- **We REGENERATE:** Inspired by the IDGs and wisdom traditions, we strengthen collaboration and co-create an Impact Compass to bring purpose into action.
- **We RIPPLE:** We stay connected beyond the Lab to nurture support, community, and ongoing ripple effects.

## About your facilitators

Jasmin Khalifa doesn't just teach inner development – she lives it. She works at the intersection of inner and outer transformation: with over a decade in a Big Four environment, including six years in corporate sustainability, and more than ten years of teaching mindfulness and yoga, she knows both worlds from the inside — and what it takes to bridge them. As a certified IDG Ambassador and internationally certified yoga teacher, she is trained in mindfulness and contemplative practices in the tradition of Jack Kornfield, and has completed the *Zen and the Art of Saving the Planet* program within the Plum Village tradition of Thich Nhất Hạnh. What she brings is not borrowed knowledge — it is lived, tested, and deeply integrated. She has (co-)led formats for sustainability professionals at GreenBuzz and Climate Week Zurich — integrating inner development and embodied practice to help changemakers build resilience, find clarity, and flourish again.

The Regenerator Lab is the synthesis of that journey — and her invitation to you.

*"I feel empowered to go back to my job and drive the change we need to see."* —

**Participant, IDG Working Group Session, Fall 2025**

Our most **powerful teacher – Nature Itself**: Throughout the Lab, we step into nature — and nature steps into us. Nature is a living guide for regeneration, resilience, and renewal. Outer nature mirrors inner nature.

We will be joined by **inspiring guests** who embody how regeneration can come to life — within ourselves and across the systems we shape.

