

# Connecting our soul and the natural world

unleashing the power to transform our relationship with  
people, profit, and planet

# Three big ideas to take home from today:

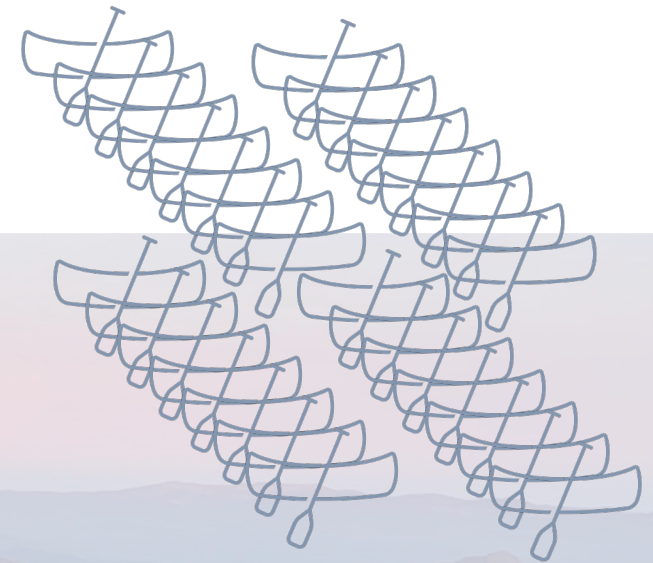
the  
environment  
'r' us



the environment 'r'  
stuffed / up Schitt Ck

We have paddles.

Lots of them 😊



the environment 'r' us



What's the biggest recycling program in the world?

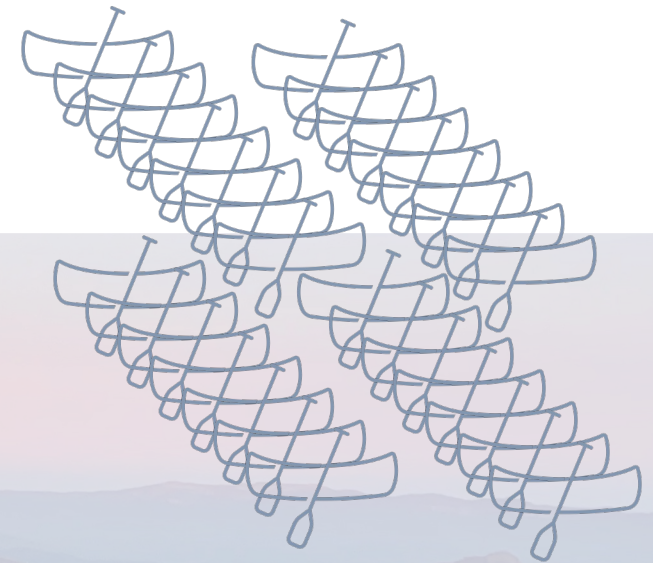
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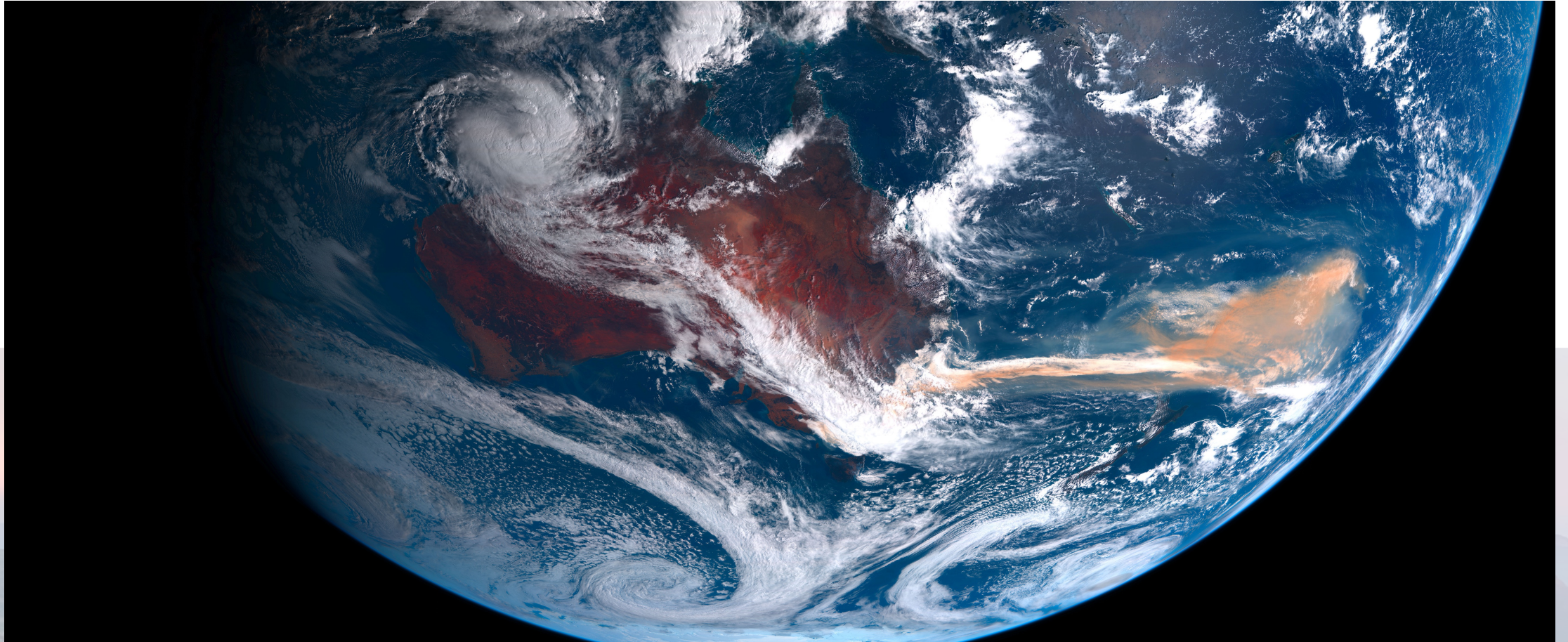
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January 6, 2020





It used to be enough  
to refer to a flood  
by the year  
it happened.  
Last year, the  
Hawkesbury River to  
Sydney's west  
flooded 4 times



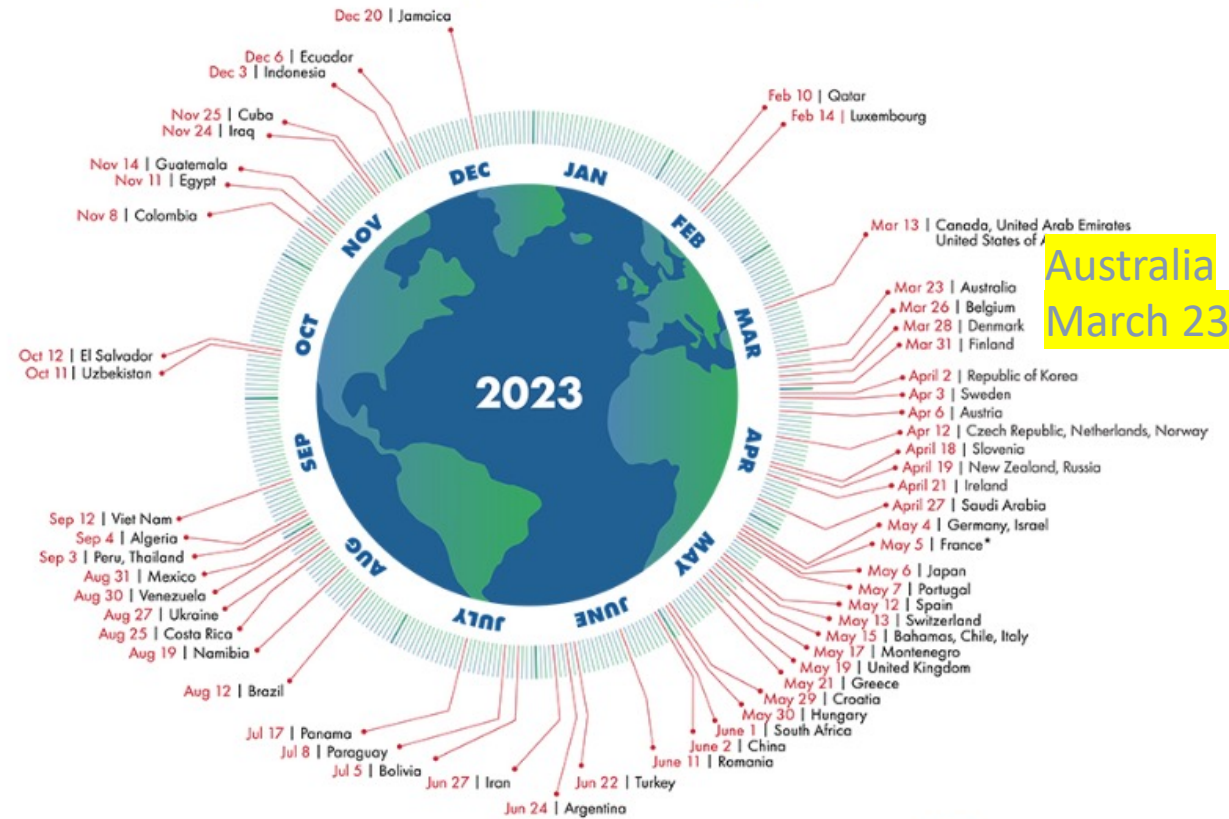
# Earth Overshoot Day

Since 1970, we have been eating into our planet's capital reserves – consuming more than the planet can produce each year.

In 2022, we crossed over that threshold on July 28.

## Country Overshoot Days 2023

When would Earth Overshoot Day land if the world's population lived like...



Australia  
March 23



For a full list of countries, visit [overshootday.org/country-overshoot-days](https://overshootday.org/country-overshoot-days).  
\*French Overshoot Day based on nowcasted data. See [overshootday.org/france](https://overshootday.org/france).  
Source: National Footprint and Biocapacity Accounts, 2022 Edition  
[data.footprintnetwork.org](https://data.footprintnetwork.org)





‘Climate change is a threat to human well-being and planetary health. There is a rapidly closing window of opportunity to secure a liveable and sustainable future for all.

‘The choices and actions implemented in this decade will have impacts now and for thousands of years.’

Synthesis Report of the IPCC Sixth Assessment Report  
Summary for Policymakers  
March 2023



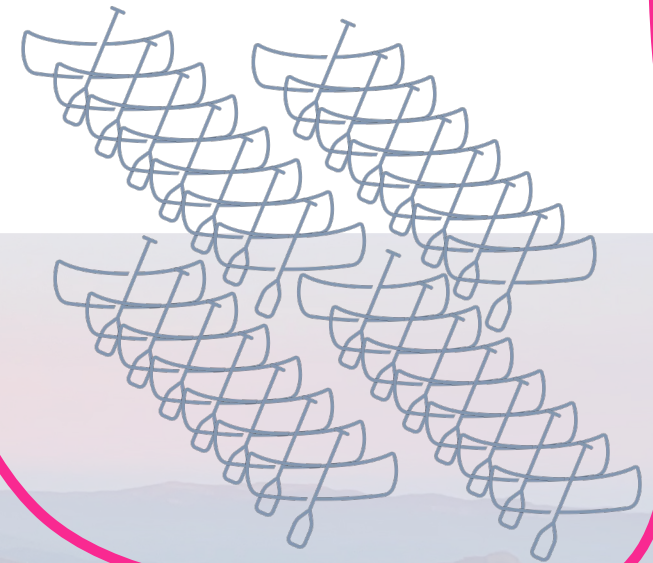
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The best way to predict the future is to create it  
*Abraham Lincoln*



Step 1. We need to slow down, turn around,  
and paddle in a different direction,  
towards regenerative futures

Step 2A. follow da money  
Step 2B. follow da women



the good ancestor

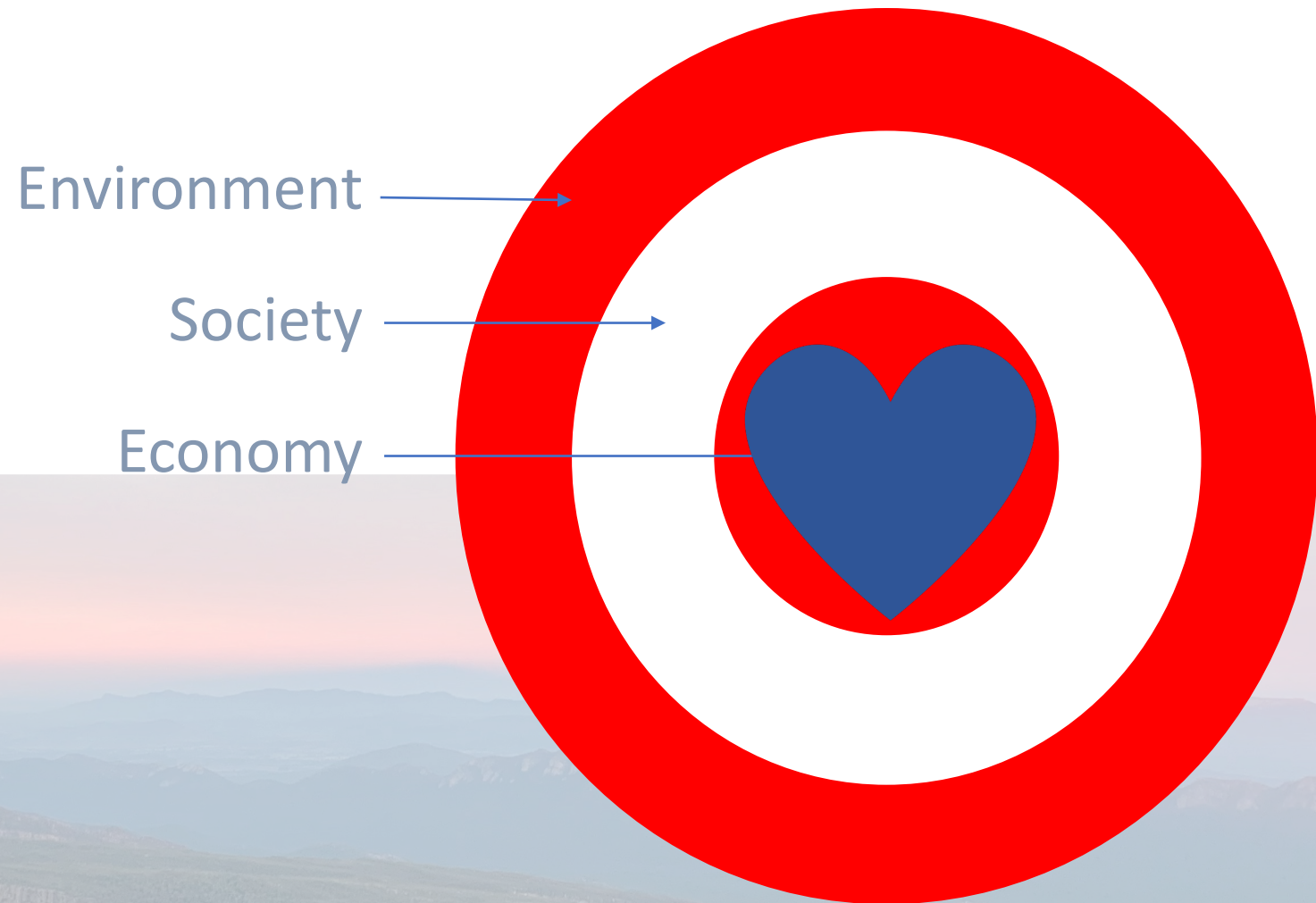
*Bayo Akomolafe:*

“the times are urgent; let us slow down.”

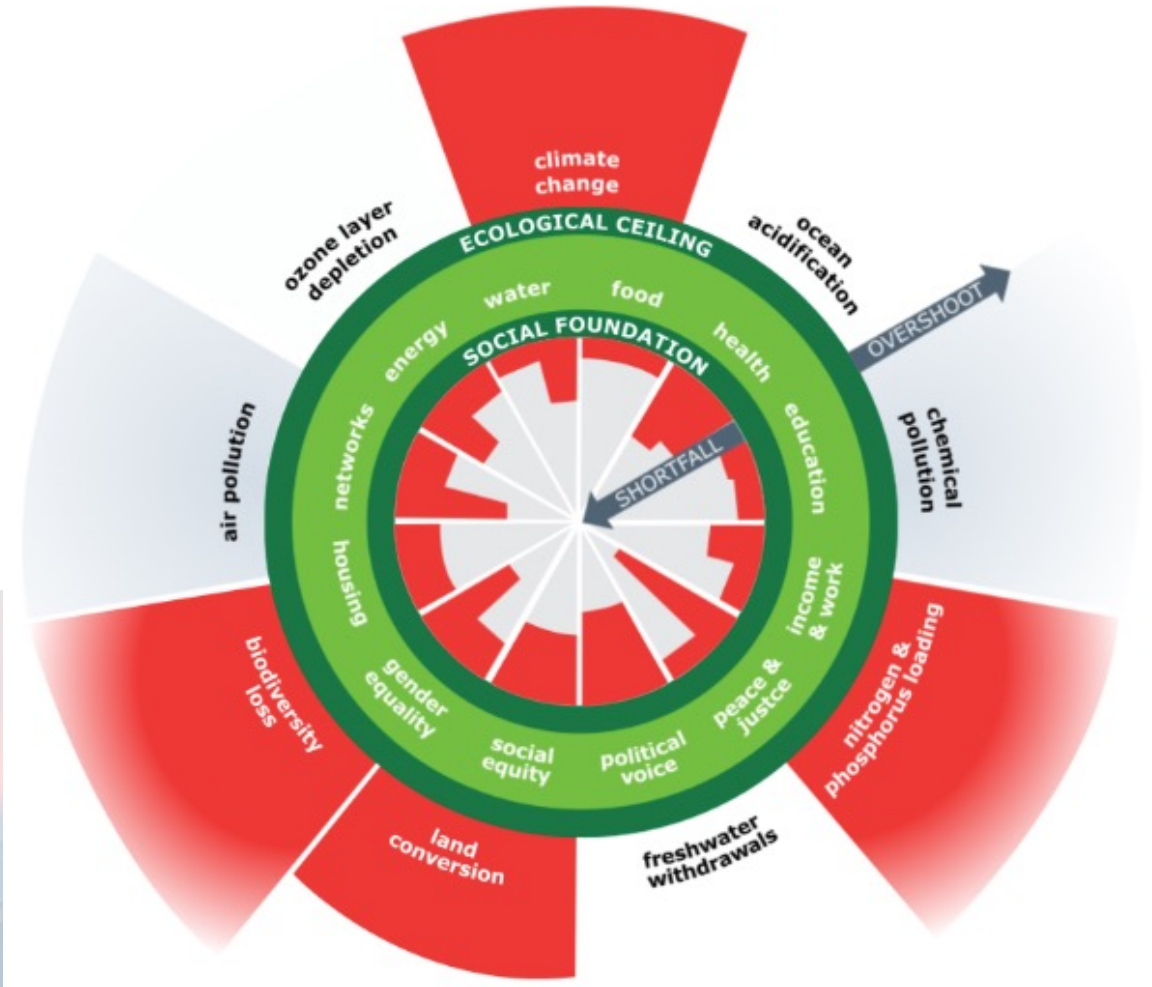
And, the idea of slowing down is not about getting answers,  
it is about **questioning our questions.**



# Putting the economy in perspective



# Kate Raworth's game changer 'Doughnut Economics'





# A Wellbeing Economy: Wales, its legislated goals, and its Commissioner for Future Generations



**A Prosperous Wales**



**A Resilient Wales**



**A More Equal Wales**



**A Healthier Wales**



**A Wales of Cohesive  
Communities**

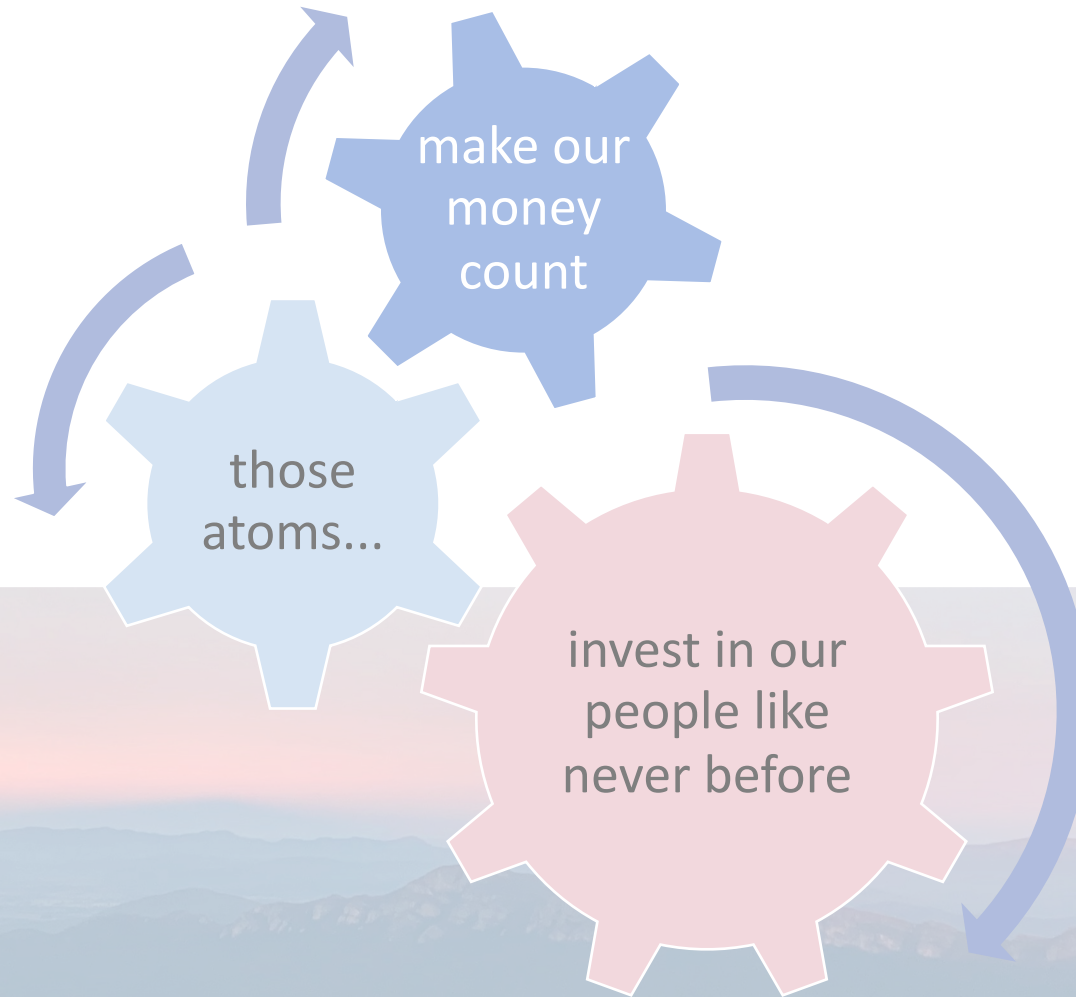


**A Wales of Vibrant Culture  
& Thriving Welsh  
Language**



**A Globally Responsible  
Wales**

Where to begin?  
Anywhere really.

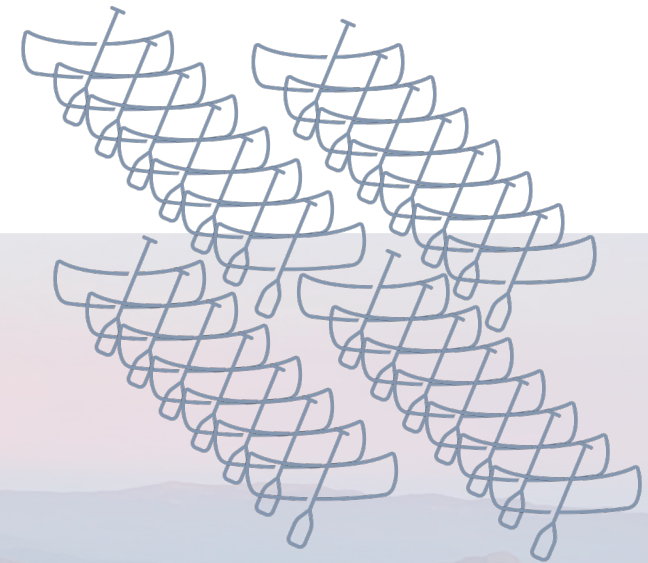


Three big ideas that are flexible enough to fit into everyone's kit bag so you can take them home, and make them yours:



the environment 'r'  
stuffed / up Schitt Ck

We really do have  
lots of paddles 😊





We can be better together.  
We can make our love fierce enough.  
Yanaay.

Cynthia Mitchell  
[cynthia@thegoodancestor.com.au](mailto:cynthia@thegoodancestor.com.au)

“Another world is not only possible, she is on her way.  
On a quiet day, I can hear her breathing.”

*Arundhati Roy*

# Places you can find out more so you can make a difference that's meaningful in your world 😊

- Bayo Akomolafe: <https://www.bayoakomolafe.net/>
- Tyson Yunkaporta, *Sand Talk*
- Mary Graham on Stewardship of Country <https://youtu.be/j5afkf6LQE0>
- Miriam Rose Ungerr Baumann on Dadirri: <https://www.miriamrosefoundation.org.au/dadirri/>
- Adam Rutherford, *The Book of Humans*
- Earth Overshoot Day and personal footprint calculators : <https://www.footprintcalculator.org/home/en>
- For basic practical sustainability hints, try NUDJ: [www.nudj.life](http://www.nudj.life)
- Kate Raworth, *Doughnut Economics 7 Ways to Think Like a 21<sup>st</sup> Century Economist* <https://doughnuteconomics.org/about-doughnut-economics>
- Regen Melbourne: <https://www.regen.melbourne/>
- Future Generations Commissioner for Wales <https://futuregenerations2020.wales/english>
- Sophie Howe, 2023 Menadue Oration <https://www.youtube.com/watch?v=Qzn77HVrf58>