

ENLIGHT Inner Development Goals Conference 2025

Dates: 26th and 27th of May

Location: University of Groningen, RCS Building & USVA Groningen

About the Conference

The ENLIGHT Inner Development Goals (IDG) Conference brings together students, faculty, and community partners from across the ENLIGHT university alliance for two days of transformative dialogue, collaborative workshops, and personal development. Together, we explore how the Inner Development Goals framework can empower individuals and institutions to lead societal change in the face of global challenges.

With keynote lectures, interactive workshops, and outdoor reflective sessions, the program offers inspiration and tools to integrate inner development into our academic, professional, and personal lives. It aligns with ENLIGHT's mission to support innovative, transdisciplinary responses to sustainability challenges across Europe and beyond.

The goal of the conference is not only to inform the audience but also entrust the audience with the ability to reflect upon the material and engage with the experts.

At the start of the Conference you will be provided with a QR-code that leads you to the IDG Framework, you can otherwise already find them [here](#).

Key Themes

- How can the IDGs support the transition toward a sustainable society?
- How can the IDGs help build thriving and inclusive communities?
- How do we live with loss, grief, and anger in a rapidly changing world?
- How can the IDGs be integrated into daily life?

PROGRAM OVERVIEW

Day 1: RCS Building – University of Groningen

10:00 – Walk-in

10:15 – Plenary Opening with Introduction and Video

Keynote Speakers:

- **Vadim Lacroix** – *Harnessing the Potential of the IDGs*

Lacroix's talk integrates both enthusiasm and critique of the IDG framework, offering a nuanced perspective on how it can serve educational innovation and systemic transformation.

- **Eva Rutten** – *Discomfort in Change*

Drawing from her extensive leadership experience in international corporations, Eva offers sharp insights into navigating uncertainty, transformation, and inner development through courage and connection.

- **Maria Grazia Testa** – *Where are you in the change?*

We will take a closer look at your personal stance, when faced by the current changes in the political, economical, environmental, cultural and social systems to which we are exposed. How are you witnessing what is happening? What role are you taking? Is there something you can ignite from the place you have taken?

12:15 – Lunch

Location: RCS Building Hall

13:00–14:00 & 14:15–15:15 – Workshops (parallel sessions):

- **Eva Rutten** – *Dealing with Change (Part II)*

A continuation of her keynote, this workshop applies real-life leadership challenges to inner development concepts through reflection and practical exercises.

- **Maria Grazia Testa** – *A Greater, Deeper way to Care*

In the session with Eva Rutten we will be mapping, addressing and empowering the intricacies of change. In the parallel session with Maria Grazia Testa we will connect the power of change to a sense of expansion in our vision, agency and commitment,

by having a look at the state of the world through the lenses of the UN Sustainable Development Goals, and the lenses of our minds and hearts.

Day 2: USVA Cultural Centre

10:00–11:00 & 11:15–12:15 – Workshops (parallel sessions):

- **Erno Hannink** – *Co-creating Hopeful, Sustainable Futures*

Participants will explore leadership skills, future thinking, and take practical steps toward creating a sustainable, values-driven future.

- **Taslim Alade** – *Game-based Reflection & the IDGs*

This workshop links the Inner Development Goals to the Gibbs reflective cycle, introducing an interactive method for reflection and self-awareness.

12:30 – Lunch

Location: USVA Café

13:30–15:00 – Parallel Sessions

- **City Walk**

A guided walk through Groningen.

- **Daniel Mossberg & Jan van Boeckel**

Outdoor reflective workshop based on a nature-immersive learning experience.

15:00–17:00 – Closing Plenary and Drinks

- **Maria Grazia Testa** – *And What Now?*

In the closing session we will hold a plenary discussion, where together we are all agents of the change that start from within.

We will ask you to reciprocate the learnings of the 2 days: with your own insight, perspective, sense making, courage and critical skills, we will answer the difficult questions still remaining open, and shape what needs to happen next.

Location: USVA Café

Speakers

Keynote Speakers

Vadim Lacroix

Focuses on integrating the Inner Development Goals into broader societal frameworks while addressing their critiques and limitations. His keynote offers critical insights on education, sustainability, and values-led transformation.

Eva Rutten

A seasoned leader and change facilitator with 25+ years in global companies (Ahold, Shell, BP, Disney, HEMA), Eva now works independently and with de Baak on leadership development. Her style is personal, playful, and bold—rooted in the belief that “real change starts from within.”

Maria Grazia Testa

Maria Grazia Testa is an expert in systemic approaches that enhance compassionate cognitive and behavioural responses. She helps private, public and non-governmental organisations with accelerating and intensifying their sustainable impact, embracing complexity, and a human centric approach.

She has been running operations in 6 continents, driving transitions for multinationals worldwide, and leading global programmes affecting ecology, people and economy, in collaboration with United Nations, the European Commission, local institutions, businesses and civil society.

Workshop Facilitators

- **Eva Rutten** – Deep dive into practical change leadership tools.
- **Maria Grazia Testa** – The state of the world through the SDGs.
- **Erno Hannink** – Development of leadership skills for a sustainable future.
- **Taslim Alade** – Game-based learning and reflective practice using IDGs.
- **Daniel Mossberg & Jan van Boeckel** – Art-based, nature-immersive learning experience.

About the Inner Development Goals

The IDGs are a research-based framework designed to support the inner capabilities needed to meet the UN Sustainable Development Goals. Created in collaboration with over 1000 experts, the framework identifies 5 key dimensions (Being, Thinking, Relating, Collaborating, Acting) and 23 transformative skills to foster personal and collective agency.

Learn more: <https://innerdevelopmentgoals.org/framework/>