



# Helping you to help yourself

World Circle of the Consensus: Self-sustaining People, Organizations & Communities (CSPOC)

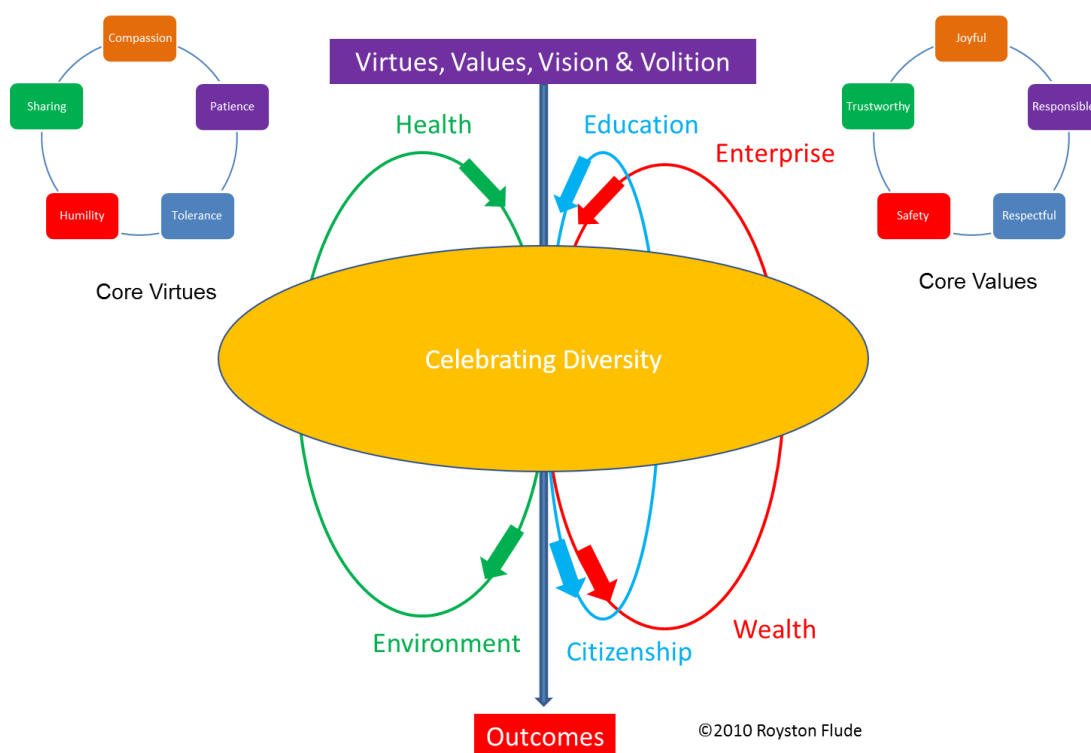
A not-for-profit NGO in consultative status with ECOSOC

Member of CoNGO

## Self-sustainability

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### Special News:

- Health: Well-Being
- Education: SMART Learning
- Enterprise: Enabling Curiosity & Innovation
- Wealth: Women Entrepreneurs
- Citizenship: Institutional Harassment
- Environment: SMART Buildings
- Women Inspiring Change, Peace and a Sustainable Future
- LIFE Meal
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## Delivering Self-sustaining Change

We live in uncertain times, experiencing both Natural and Complex disasters made worse by conflict. These challenges to self-sustaining outcomes, with limited resources, require integrated inputs in Health, Education and Enterprise to deliver

er outcomes in Wealth, Citizenship and the Environment. This multi-variant approach considers how Physical (PQ), Emotional (EQ), Mental (IQ) and Spiritual (SQ) intelligences enables self-sustaining longitudinal outcomes. A Moral Compass illuminates Core Virtues & Values

In our multifaceted world it is essential that we celebrate diversity and empower inclusion for all. CSPOC is working with 'Partnering Organisations' to deliver demonstration projects that combine a top-down and bottom-up approach to give evidenced based outcomes.

## Health: Well-Being

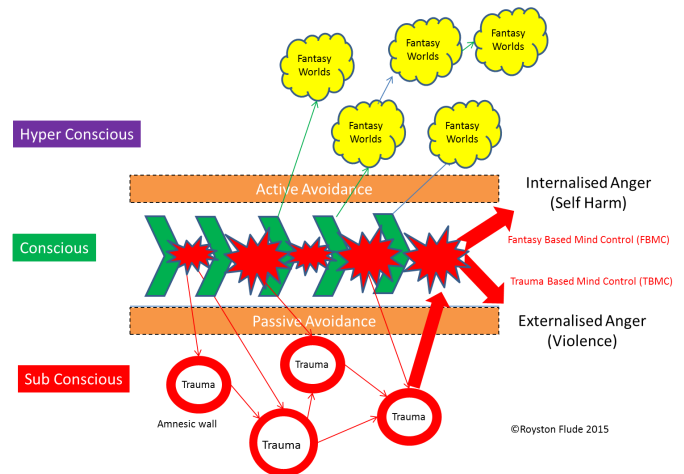
COVID with its multiple variants has generated a Mental Health timebomb resulting in depression, dysfunctional behaviors and in extreme cases suicide.

People deal with Crisis in different ways. Some suppress the trauma into the subconscious sealed off from reality by amnesic walls. Others project into Fantasy Worlds associated with both serial and parallel personalities. Negative outcomes tend to be violent outbursts or self-harm.

CSPOC is working with Health Agencies to develop micro groups (Story Teller, Listener & Observers) to facilitate trauma release.

Early indications are that up to 80% of trauma can be released in pre-clinical conditions and self-worth improved.

CSPOC is implementing PTSD Recovery Protocol for people, particularly mothers & children, surviving disasters and forced migration.



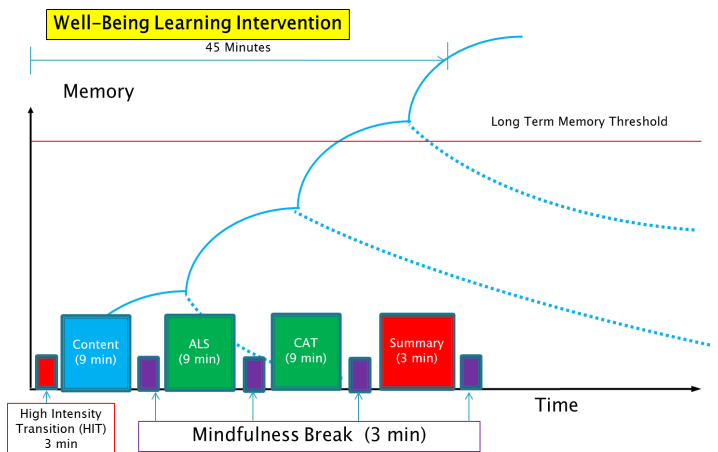
CSPOC is also collaborating with Clene Inc ([www.clene.com](http://www.clene.com)) in the development of 4th Generation Pharma.

## Education: SMART Learning

Disasters have dramatically impacted education. Hybrid SMART Learning provides an approach that recognised that students working from home or in disaster centres are not 'ready to learn'. A High Intensity Transition programme of cardiovascular /stretching exercise helps them let go of the distractions. Content is presented in a nine minute slot,

which is aligned to typical concentration span. The students then work in 'triads' in the form of Action Learning Sets (ALS) to process the taught content. A Mindfulness slot consolidates the knowledge. The triads reform as Critical Action Teams (CATS) to apply the knowledge to the 'real world and so gain wisdom.

Triads provide a Secure Base.



## Enterprise: Enabling Curiosity & Innovation

The **Journey of Enterprise** starts with childhood curiosity, which is often damaged in early years education.

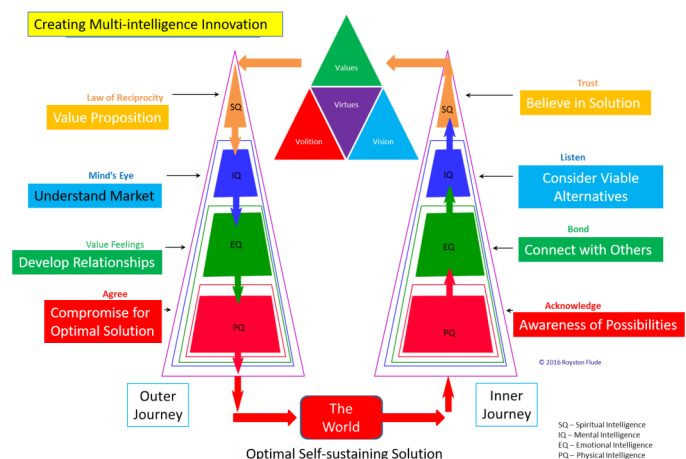
For many entrepreneurs the process of finding funding may be challenging and different resources are required as the entrepreneur progresses.

Bring share competencies together is critical.

For many countries Innovation is pivotal to achieve economic and social prosperity.

Costa Rica is an example where investment in Education and Third Tier Technology has facilitated one of the highest levels in the Social Progress Index.

CSPOC is exploring similar development Island States.



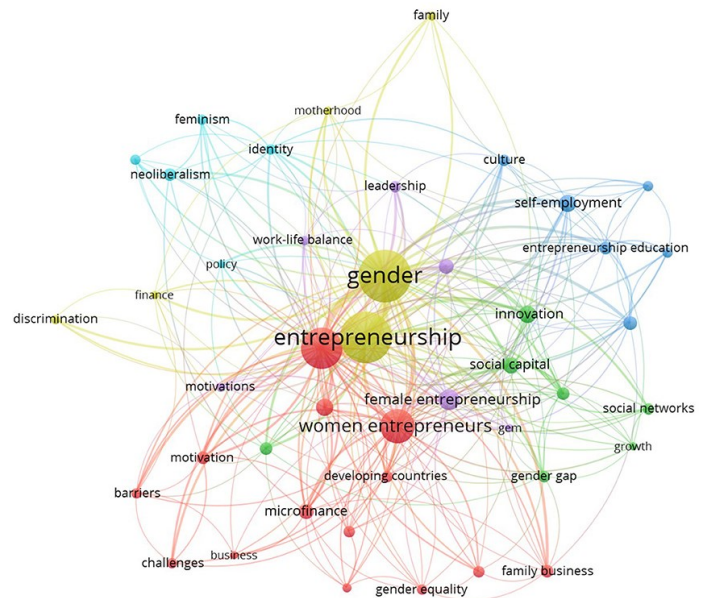
## Wealth: Women Entrepreneurs

The **Crisis in Ukraine** is resulting in many women and children being displaced. It is likely that the repercussions of this conflict will require women to find employment, where they may be targeted for abuse.

An alternative is to establish microfinance clusters of women entrepreneurs that include child care provision.

The microfinance of women has very low debt delinquency and a well established funding stream. As these businesses prosper resources can be allocated via Mutual Funds for the next generation.

This requires introducing new ideas and innovation with many challenges



## Citizenship: Institutional Harassment

**CSPOC Institutional Harassment Model** considers the impact on people, organisations and communities and the development of a framework to access physical, emotional, mental and spiritual harm. Taking a trans-generational perspective, explore how the various Actors mitigate or aggregate dysfunction with associated fiscal and social risks. Women are the

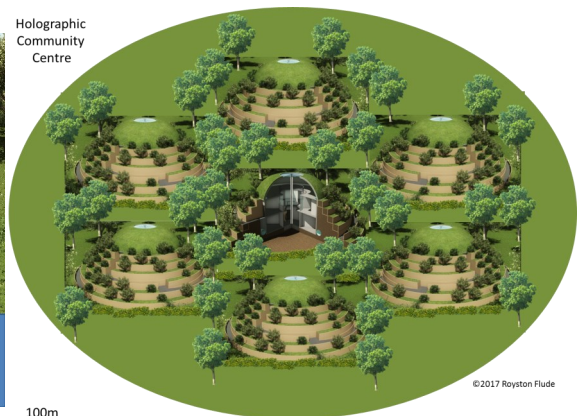
Wisdom Keepers and Agents of Possibility. Harassment results from a power imbalance that may lead to suicide. Examples may be found in Family Courts, Health, Education, Enterprise, Public Agencies CSPOC Statement to the Human Rights council (2021). A Truth, Justice and Reconciliation approach provides a longitudinal solution.

### WHAT IS TRUTH, JUSTICE & RECONCILIATION



## Environment: SMART Buildings

CSPOC is developing SMART Buildings to provide disaster resistant self-sustaining accommodation. Quantum Solar Power generation combined with integrated water and waste management, facilitates 'off-grid' living. Food is grown on the exterior and interior gravity gardens. Communities of 500 people are envisaged.



## Women Inspiring Change, Peace and a Sustainable Future

Celebrating the tremendous efforts by women around the world in shaping an inclusive and thriving future.

On 16 May 2022, CSPOC will be host a Conference at the United Nations in Geneva in collaboration with Global Citizen Forum (GCF) & WIN.

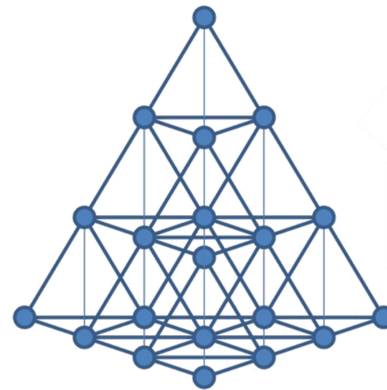
This meeting explores the impact of women in leadership inspiring others to live up to their full potential and leave a mark on their organizations, companies and the world. It also looks at how women do this in a way that creates peace as we work to-

wards a sustainable future for all.

Coming from companies, associations and institutions, participants will have a chance to meet in small working groups to accelerate projects inspired by the different aspects of sustainability: the environment, women's leadership, diversity and inclusion, education and training and more.

Through Purposeful Networking (Tetras triad +1) it will strengthen and mobilise connections to work together as a Movement for Change.

Speakers will include Dr Modi from GCF and Kristin Engvig from WIN ([www.winworld.global](http://www.winworld.global)).



Donations to the Ukraine Refugee Appeal via the Rotary Club of Manchester

## LIFE Meal

CSPOC in partnership with Kambly have developed the Life Meal, which provides total nutrition and can be used as a sole food source for up to 100 days.

As a first meal of the day, it lifts attention span, which is particularly important for students, high intensity workers (pilots, drivers etc.) and the elderly.

The LIFE Meal has undergone extensive testing with a shelf life of four years

The CSPOC Buy-to-Give model enables Retail purchase to matched with a Relief Meal focused on Mothers & Children. After registration with QR code on the packet, subsequent purchases create a Block Chain token.

Relief Life Meals are amalgamated in a Life Box with family water filter, education tablet and global tracking.

The LIFE Meal provides a solution for famine in Afghanistan and the Ukraine conflict. Ukraine has provided much of the wheat for the World Food Programme, with resulting shortages.



## Education— Supporting Disability & Neurodiversity

In education, there continues to be an attainment gap between disabled and non-disabled students

Also, over the last decade, three percent fewer disabled students in higher education attained a first- or second-class degree when compared

with their non-disabled counterparts

An over-emphasis on numeracy and literacy means that Special Educational Needs and Disability (SEND) students see their conditions become immediate and immovable barriers to success. The disconnect between edu-

cational practices and the essential needs of SEND students means that neurodiverse and disabled students leave education lacking the qualifications, self-confidence and independence more readily afforded to their neurotypical and non-disabled peers.

Dr Nasser Siabi (Microlink) has strived to help bridge the gaps that have formed as a result of these systemic problems. Bringing assistive technology and accessibility solutions into both educational and workplace environments, aiming to remove barriers typically faced by people with disabilities and long-term health conditions.



## CSPOC Partnerships

CSPOC is funded by philanthropic donations.

Whilst administrative costs are maintained as low as possible, the development of new projects and initiatives will require an increase in costs.

The COVID Crisis has dramatically reduced fundraising and our operations have been held on a restricted basis for the last three years.

Our 2022 strategy requires a significant uplift in funding

**We are seeking Partners** who share our vision and are willing to sponsor our endeavours

Bronze – CHF 10,000 per annum  
Silver – CHF 25,000 per annum  
Gold – CHF 100,000 per annum  
Platinum – CHF 250,000 per annum

Our motivation has always been to put something back focused on tangible benefits that enable rather than disable with **the focus on women as the trans-generational change agents**. We are hoping to televise our approach in the form of documentaries and personal vignettes that will reach a global audience.

16th UN Internet Governance Forum, Poland

**HORASIS (Speaker)**

**New York - Nurturing New Growth Prospects Post-COVID**

**Global - Transformation in Action: Cooperating Beyond Post-COVID**

**Asia (Singapore) - Diversity and Impact Investing**

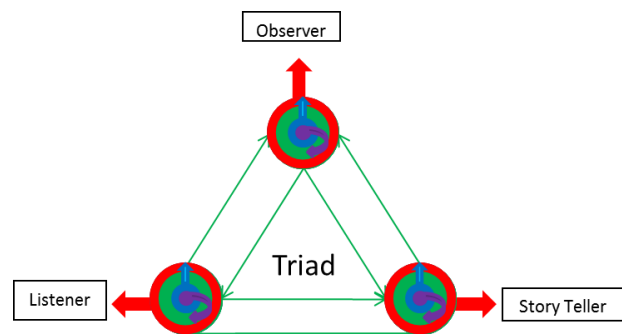
**USA -Social Entrepreneurship for a Better Tomorrow**

**49th Session Human Rights Council**

## PTSD Recovery Protocol

This model is a simple, speedy practical approach to facilitate individuals or communities exposed to trauma as a result of natural or complex disasters and conflict. Its aim is to assist people to engage with the recovery process at a time when professional resources are far away or limited. This recovery phase of proactive

'healing' is accomplished in small groups of three people plus a Seed (Tetras), to lessen long term damage due to the locking away of painful experiences. People are brought together who share the 'same story' building relationships that will create a Secure Base for many years



## Afghan Women Judge Refugees

Following the collapse of Afghanistan, more than 300 women Judges and their families left the country. Many received temporary housing in Qatar and the Presidential Palace in Athens

At the request of Baroness Kennedy, CSPOC has endeavoured to establish opportunities for resettlement

in the UK, EU and Canada. Whilst connections have been established with a view to keeping this community together, the Ukraine conflict has made it much more difficult.

The private evacuations are expensive. Each chartered airplane, holding about 397 passengers, costs \$800,000 to

\$1 million, says Baroness Helena Kennedy, a member of the U.K. House of Lords who, in her role as director of the London-based International Bar Association Human Rights Institute, arranged two planes for Afghan women judges and their families. Many that still remain are the subject of death threats.



# CSPOC

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## *Helping you to help yourself*

CSPOC is a United Nations accredited, not-for-profit NGO that is a conduit for ideas and resources to understand better how to build self-sustaining people, organizations and communities. It draws on the talents of like minded individuals, organizations and communities to implement change at both strategic and grass-roots levels. CSPOC is a member of CoNGO.

*'Give a person a 'fish' and you feed them for a day.*

*Give a person a 'fishing rod' and you feed them for a lifetime.*

*Give a person 'relationships' and you create the possibility of working together with other people to share ideas and actions for the common good.*

*Give a person a 'community' and you have the inspiration to transcend generations'.*

*Dr Royston Flude, President, CSPOC*

[royston@c-spoc.org](mailto:royston@c-spoc.org)

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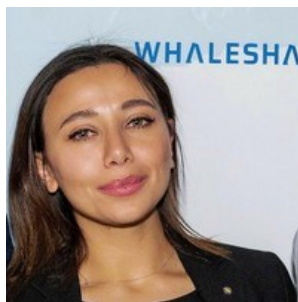
## Executive Committee Update



**Aynur Eleanor Ergun**

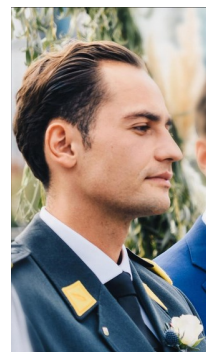
15 years of senior leadership experience in global pharmaceutical industries.

Lead and or support business transformation in senior management, post-merger integration execution, scenario planning, and organizational and operating model redesign



**Maria Dahrhieh**

Swedish visionary, humanist, self-starter and creative in finding solutions. Impact-driven and committed to education and those generating positive and sustainable contributions to human and environmental development.



**Stevan Kovacevic**

Staff Officer with the rank of Captain in the Swiss Army . Specialist in digital media and social networks

**Dr Royston Flude**

Hon Senior Research Fellow, University of Manchester  
Member, The Explorer's Club (New York)  
Fellow Royal Geographical Society  
Member International Bar Association