



# **WELCOME PACK 2**

# **SUSTAINABLE WORLD**

# **LEADERSHIP PROGRAM**

**Educational Institutes**



# **How to bring excellent job preparedness, high grades and exceptional soft skills?**



**To produce  
powerful results  
we need to create a  
powerful context!**



**The context of the  
Sustainable World Project is  
to create a world that works  
for ALL people by  
the year 2050**





**On our online Empowerment Platform we  
create a global experiential learning  
environment. We connect your students  
with the most inspiring international  
Change Makers, Youth Leaders and fellow  
students from around the world. This will  
inspire your students into becoming  
powerful leaders!**



**Teach students what powerful  
CEO's do. Bring the mind from Beta  
(Egoic Consciousness) to Alpha.  
(Unity Consciousness) This is a  
what produces powerful results!**



# **SIX SPECIFIC BENEFITS OF HIGHER CONSCIOUSNESS**

When we shift to a higher consciousness, brain activity reduces. The state of mind will shift from Beta to Alpha. This will:

1. Relieve stress and promote a lasting and substantial reduction in people prone to violence and/or states of anxiety.
2. Facilitate a deep physical relaxation and mental clarity.
3. Increase verbal ability and also the performance IQ.
4. Better synchronize the two hemispheres of the brain.
5. Recall mental images live and spontaneous imaginative and creative thinking.
6. Reduce pain and suffering, promote euphoria and stimulate the release of endorphins.

**These 6 benefits will bring  
Excellent Job Preparedness, High Grades and  
Exceptional Soft Skills!**





## What is different? Why would this work?

To teach young people unique values and skills you have to own these values and skills. **Values and skills cannot be taught from an intellectual level, but have to be taught from an experiential level.** The life experience of our Founder Richard Alexander has taught him how to shift his own mindset from Beta to Alpha and get access to unique values and skills.

Having lived on three different continents and having traveled all over the world he has connected with people from almost all countries. He has experienced, that ALL inter personal and inter cultural problems can be overcome by transcending Egoic consciousness and shifting to unity consciousness.

Having been exposed to being falsely accused and jailed, abused, threatened to be killed, being broke, homeless, jobless, chronically sick, depressed and being suicidal, he has experienced, that ALL personal human problems can also be solved by transcending Egoic consciousness and shifting to unity consciousness. For this the brain waves need to slow down from Beta to Alpha.

This shift can be accomplished through the 9 programs for radical transformation Richard Alexander developed from his life experience. These 9 programs form the vehicle to have your school, college or university transform students into powerful higher consciousness leaders.

Besides exposure to our coach Richard Alexander, your students will also get exposure to many other (youth) leaders.





# **RADICAL TRANSFORMATION**

**Nine partly offline and partly  
online programs will bring  
your students excellent job  
preparedness, high grades and  
exceptional soft skills**

Transformational Interactive Dialogues

A Reconnection with Earth Program

A Rhythmic Movement Program

A Vocal Expression Program

An Awakening Program

A Spirituality Program

A Well-Being Program

A Projects Program

A Healing Program



**The following  
137 Values will be  
instilled in the being of  
your students**



# VALUES

|                  |                |                 |                     |                 |
|------------------|----------------|-----------------|---------------------|-----------------|
| Acceptance       | Dependability  | Genuineness     | Originality         | Speed           |
| Accountability   | Determination  | Goodness        | Passion             | Stability       |
| Accuracy         | Devoutness     | Grace           | Peace of Mind       | Strategic       |
| Achievement      | Diligence      | Growth          | Playfulness         | Strength        |
| Adventurousness  | Discipline     | Happiness       | Positivity          | Structure       |
| Altruism         | Discretion     | Health          | Power               | Success         |
| Assertiveness    | Diversity      | Holiness        | Practicality        | Support         |
| Authenticity     | Dynamism       | Honesty         | Preparedness        | Selflessness    |
| Balance          | Effectiveness  | Honor           | Presence            | Self-reliance   |
| Belonging        | Efficiency     | Humility        | Prudence            | Teamwork        |
| Boldness         | Elegance       | Humor           | Quality-orientation | Temperance      |
| Calmness         | Empathy        | Independence    | Reliability         | Thankfulness    |
| Carefulness      | Enjoyment      | Ingenuity       | Resourcefulness     | Thoroughness    |
| Challenge        | Enthusiasm     | Initiative      | Responsibility      | Thoughtfulness  |
| Cheerfulness     | Equality       | Innocence       | Restraint           | Timeliness      |
| Clear-mindedness | Excellence     | Inquisitiveness | Being-oriented      | Transparency    |
| Commitment       | Excitement     | Insightfulness  | Rigor               | Trustworthiness |
| Community        | Expertise      | Inspiration     | Security            | Truth-seeking   |
| Compassion       | Exploration    | Integrity       | Self-actualization  | Understanding   |
| Consistency      | Expressiveness | Intelligence    | Self-control        | Uniqueness      |
| Contentment      | Fairness       | Intuition       | Self-Esteem         | Unity           |
| Contribution     | Faith          | Joy             | Selflessness        | Usefulness      |
| Collaboration    | Fitness        | Leadership      | Self-Reliance       | Vision          |
| Courage          | Fluency        | Legacy          | Sensitivity         | Vitality        |
| Courtesy         | Focus          | Love            | Serenity            | Vulnerability   |
| Creativity       | Freedom        | Loyalty         | Service             |                 |
| Curiosity        | Fun            | Mastery         | Simplicity          |                 |
| Decisiveness     | Generosity     | Open Mindedness | Soundness           |                 |



**The following  
15 Skills will be instilled  
in your students**





# SKILLS

1. Social Skills
2. Leadership Skills
3. Visualization Skills
4. Critical Thinking Skills
5. Decision Making Skills
6. Non Judgmental Listening Skills
7. Enrollment and Registration Skills
8. Non-Violent Communication Skills
9. Non verbal Communication Skills
10. Complex Problem Solving Skills
11. Conflict Management Skills
12. Granting Being Skills
13. Manifestation Skills
14. Observation Skills
15. Reflection Skills



**The following  
77 Topics will be taught  
to your students**



# Topics

1. Breathing – Access to Present Moment Awareness
2. Enrichment through Diversity
3. Speaking in Public
4. What is Success?
5. Money and Scarcity
6. How to Transcend the Survival Mentality
7. The Conditioned Mind
8. Stress
9. Goal Setting
10. Managing Relationships
11. Understanding Universal Love versus Romantic Love
12. Effective Non-Violent Communication
13. The old and new Paradigm in Communication
14. Integrity and Honesty
15. The 3 levels of Integrity. Honoring your word. Honoring who you are. Creating a World that Works for all People.
16. Wealth and Health
17. Using Authority or Inspiration
18. Dictatorships, Democracy and Sociocracy
19. What works for me versus what works for all
20. What is Consent – Consensus Building Skills
21. Choosing a Job versus Pursuing your Passion
22. Being Assertive
23. Being Resilient
24. How to create Inner Peace
25. What is being Self-Aware
26. Why your thoughts are not 'yours'



27. Developing the six Heart Virtues – Appreciation, Compassion, Forgiving, Understanding, Humility and Valor
28. Creating a Vision
29. Time Management – Creating Structures in Existence
30. Dare to be Unique
31. In Front of the Crowd or Following the Crowd
32. Incredible Interview Skills
33. Being on Camera
34. Freedom, Responsibility and Consequences
35. How to Lead
36. Being Playful
37. Being Genuine
38. How to be Charismatic
39. How to start a Successful Business
40. Self Value => You have a Unique Contribution for our World
41. Thinking out of the Box
42. Discussion versus Dialogue
43. Faith, Surrender and Trust
44. How to trust beyond external events
45. How your Identity Sabotages your Goals
46. Ego versus Self
47. The programmed mechanisms defining your Ego
48. How to go beyond Judgment, Denial, Projection, Resistance, Attachment, Guilt, Fear and Sacrifice
49. Non Judgmental and Empathic Listening
50. How to Dress as a Successful Leader
51. How to Take Care of your Body
52. Respecting someone's Process leads to Self Value
53. Communicate your Intentions
54. All Communication is Expression of Love or Request for Love





- 55. Beware of your Expectations
- 56. Gratitude => Learn How Appreciation Attracts Support
- 57. Money follows Passion
- 58. A Small Team can Change the World
- 59. Being Extraordinary. Exceed your Customers Expectation
- 60. Being Unstoppable
- 61. Your Being Speaks Louder than your Words – Non Verbal Communication
- 62. Do you Know your Purpose
- 63. Before Anything gets done You Need to Know Who You Are
- 64. Concentration and Focus
- 65. Being Present in the Moment
- 66. How to get Power over your Past
- 67. Being Complete – Safe Passage through Thought
- 68. How to avoid Anxiety for the Future
- 69. Meditation for a Powerful Mind
- 70. Love, Joy and Peace of Mind => We all want the Same
- 71. What is Power?
- 72. Access to Power by Understanding Consciousness
- 73. How to shift your Mindset to a State of Higher Consciousness
- 74. How to slow down your brain frequency
- 75. Programs for Radical Transformation
- 76. Egoic, Duality & Separation Consciousness
- 77. Heart & Unity Consciousness



# Payment

We have chosen for a payment system where 25% of the payment remains with the Educational Institute, 50% will be paid to us and 25% gets returned to the students if they complete all assignments. This way we encourage them to do the assignments that will bring them value. One of our Sustainable World Leaders will be your contact and guide this entire process. Students pay a fee of Rupees 1200 per 3 month module. (12 sessions)

The sessions can be joined in the live stream on our public Empowerment Platform on Facebook. For students to be in our live interaction on Zoom there will be a selection process.

## **THE LINK TO JOIN THE SESSION ON THE EMPOWERMENT PLATFORM**

**<https://www.facebook.com/groups/725583880829287/>**



## THE WEEKLY SESSIONS

The weekly sessions will be on Saturdays at 7 pm IST. The session will be facilitated for 2 hours. The link to join the session on the Empowerment Platform is: <https://www.facebook.com/groups/725583880829287/>

## A FEW LOCAL START TIMES IN AUGUST 2021

For US West Coast (PST) 6:30 am.

For US East Coast (EST) 9:30 am.

For Jamaica 8:30 am.

For Mexico 8:30 am.,

For Ghana, Mali, Togo, Liberia, The Gambia and Sierra Leone 1:30 pm.

For UK 2:30 pm.

For Nigeria and Cameroon 2:30 pm.

For Germany, France 3:30 pm.

For South Africa, Rwanda, Burundi, Malawi, Zimbabwe and Botswana 3:30 pm.

For Uganda, Kenya, Ethiopia and Tanzania 4:30 pm.

For Afghanistan 6:00 pm.

For Pakistan 6:30 pm.

For India and Sri Lanka 7:00 pm.

For Bhutan and Bangladesh 7:30 pm.

For Myanmar 8:00 pm.

For Cambodia, Vietnam 8:30 pm.

For Japan 10:30 pm.

For Sydney Australia 11:30 pm.

For New Zealand 1:30 am Sunday.

**DISCLAIMER** – Some countries have a daylight savings time. The start times of the session therefore change. Pls check online for the correct starting time by searching 'time difference between [your country] and India'. The session will always start at 6 pm IST. (India Standard Time) If for example the time difference is 3.5 hours then the session in your country starts at 3:30 pm (or 15:30).

The students can join the session from the comfort of their own home on every Saturday. For now the session will be facilitated on Zoom with a live stream on Facebook. The session will be supported through posts with audio, video and text on Facebook so all viewers can interact live with us during the session. The session can be joined through smart phone, tablet, laptop or desktop.

On the next page you find a few of the many organizations which are also working on creating a world that works for ALL people. We will introduce these organizations to your students.



**HeartMath®**



**Humanity's  
TEAM**



**THE VENUS PROJECT**

**BEYOND POLITICS POVERTY AND WAR**





## **PROFILE RICHARD ALEXANDER**

He was born in the Netherlands in 1969. He graduated Cum Laude, top of his class, as Civil Engineer. For 5 years he was the CEO of a European IT Company. Then in 2001 he sold his house, retired from his company and returned his car to the dealer. He left all behind to pursue an impossible dream. A dream of creating a world that works for all people.

Now in 2021 he is the Founder of the Sustainable World Project. His objective is to eradicate all poverty, war and environmental destruction by the year 2050. To do so he has launched an online Empowerment Platform. This platform is currently uniting 24.000+ (young) leaders from 212 different countries. Using ancient Indian wisdom and the latest consciousness science, a critical mass of young people is inspiring a new mindset for humanity. A mindset filled with love, joy and inner peace. A mindset based on the 6 heart virtues of appreciation, compassion, forgiveness, humility, understanding and valor. A mindset ready to care for one another and share with one another.

Bangalore, India has become his home. Students worldwide are getting an opportunity to change the world. Are your students ready to be trained in higher consciousness leadership skills?



# NEXT STEP

**If you have any questions, then send an email with your questions and we will respond. Our email address is [info@sustainableworldproject.com](mailto:info@sustainableworldproject.com)**

**If you are ready to inform your students of the online Empowerment Platform in our Sustainable World Project, then download our Starter Pack Educational Institutes.**

**[Download Starter Pack](#)**



# Sustainable World Project Videos

Here is a link to our playlist with videos on the Sustainable World Project.

[https://www.youtube.com/playlist?list=PLy\\_y\\_fjWT51SpXfE3cQAf-hxaZjUoSFW](https://www.youtube.com/playlist?list=PLy_y_fjWT51SpXfE3cQAf-hxaZjUoSFW)

## More Information

1. Get a visual of our vision for the year 2027.  
<http://www.sustainableworldproject.com/downloads/Vision2027.pdf>
2. Visit our website [www.sustainableworldproject.com](http://www.sustainableworldproject.com)