

The Future of Wellness



Building a Healthier Tomorrow Together

Banff, Canada
October 11-13, 2011

Ruben Nelson
Foresight Canada

Our Work



Wellness

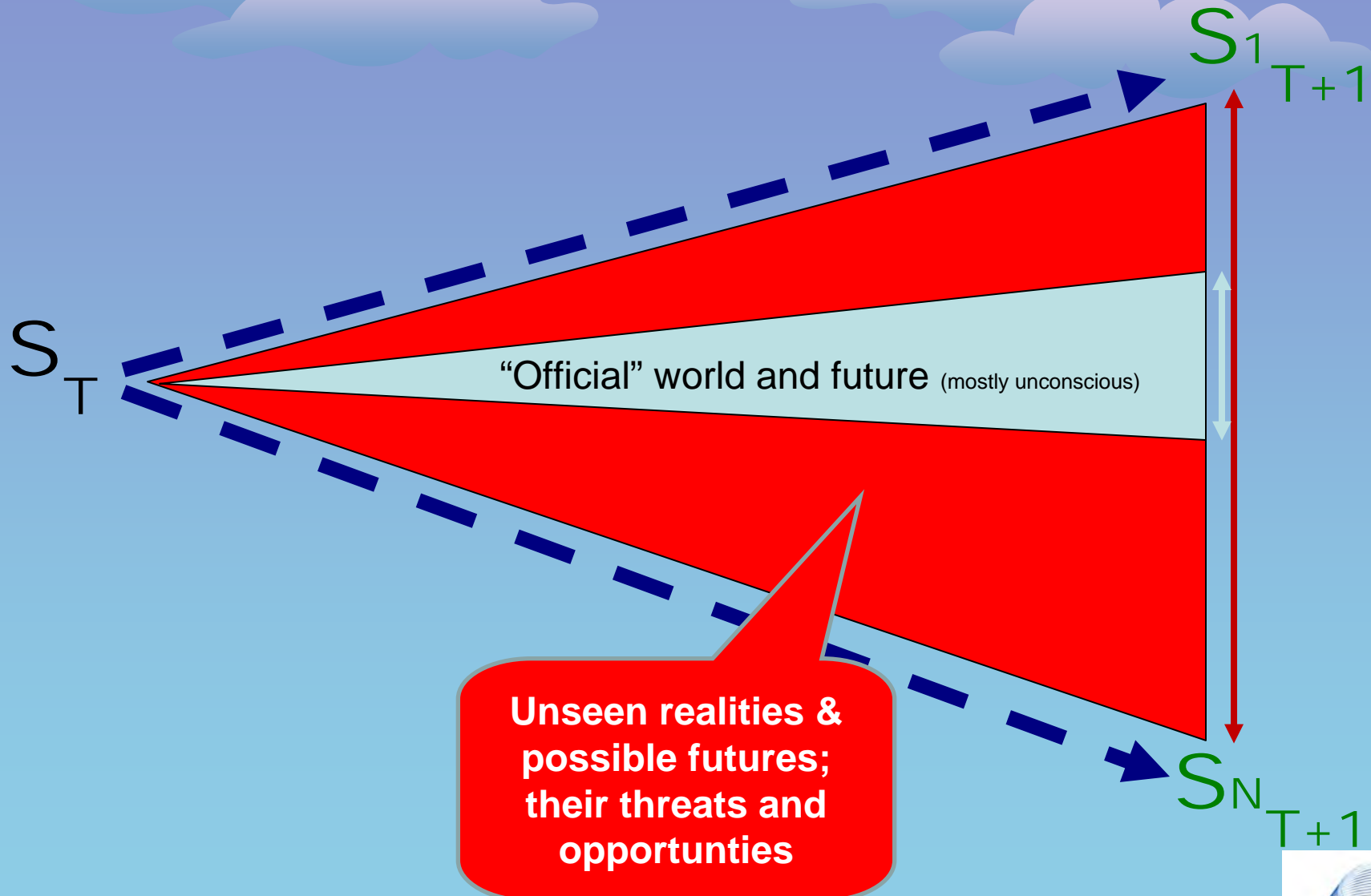
Wellness is an active process of becoming aware of and making choices toward a more successful existence.

www.definitionofwellness.com

Foresight 2.0

Foresight 2.0 is an active process of becoming aware of the whole range of possible future conditions and their implications... and making choices toward a more successful existence.

Our Core Challenge – See More ...



The Danger of Naive Visioning

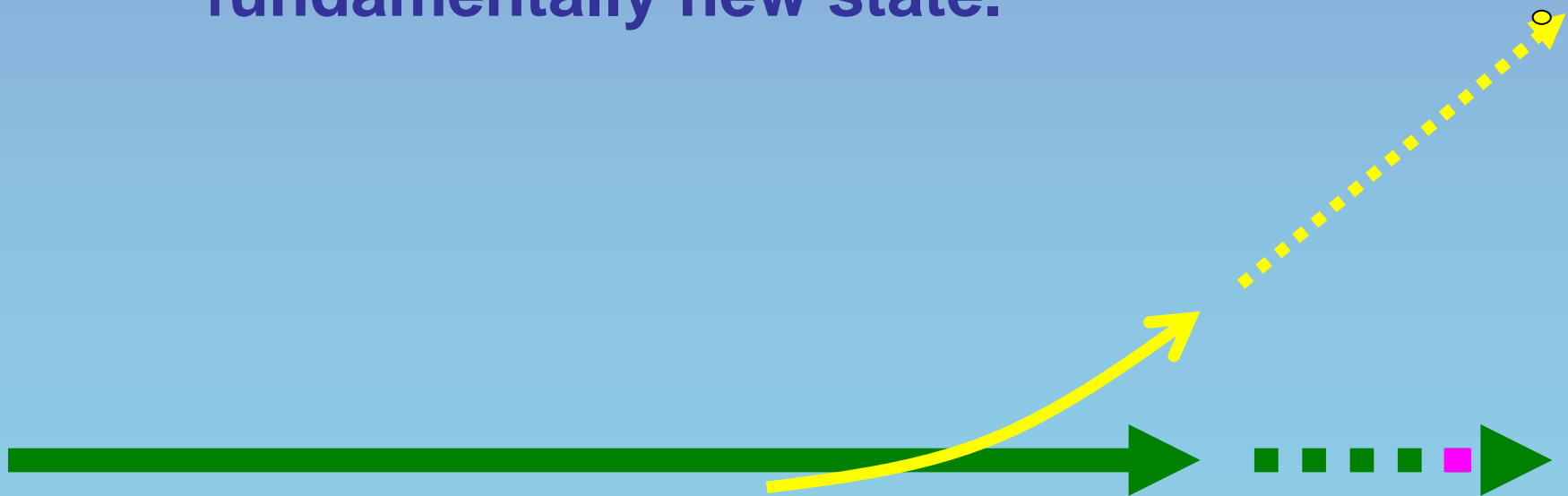
Much of what passes for future-think is an imagination of what the world would look like if it “worked right” ... it is an imagination dominated by *now*, which aims to imprint the “best” of now upon the future. The trouble is that the “best” of now... is not very satisfactory.

William Bernbaum
1969

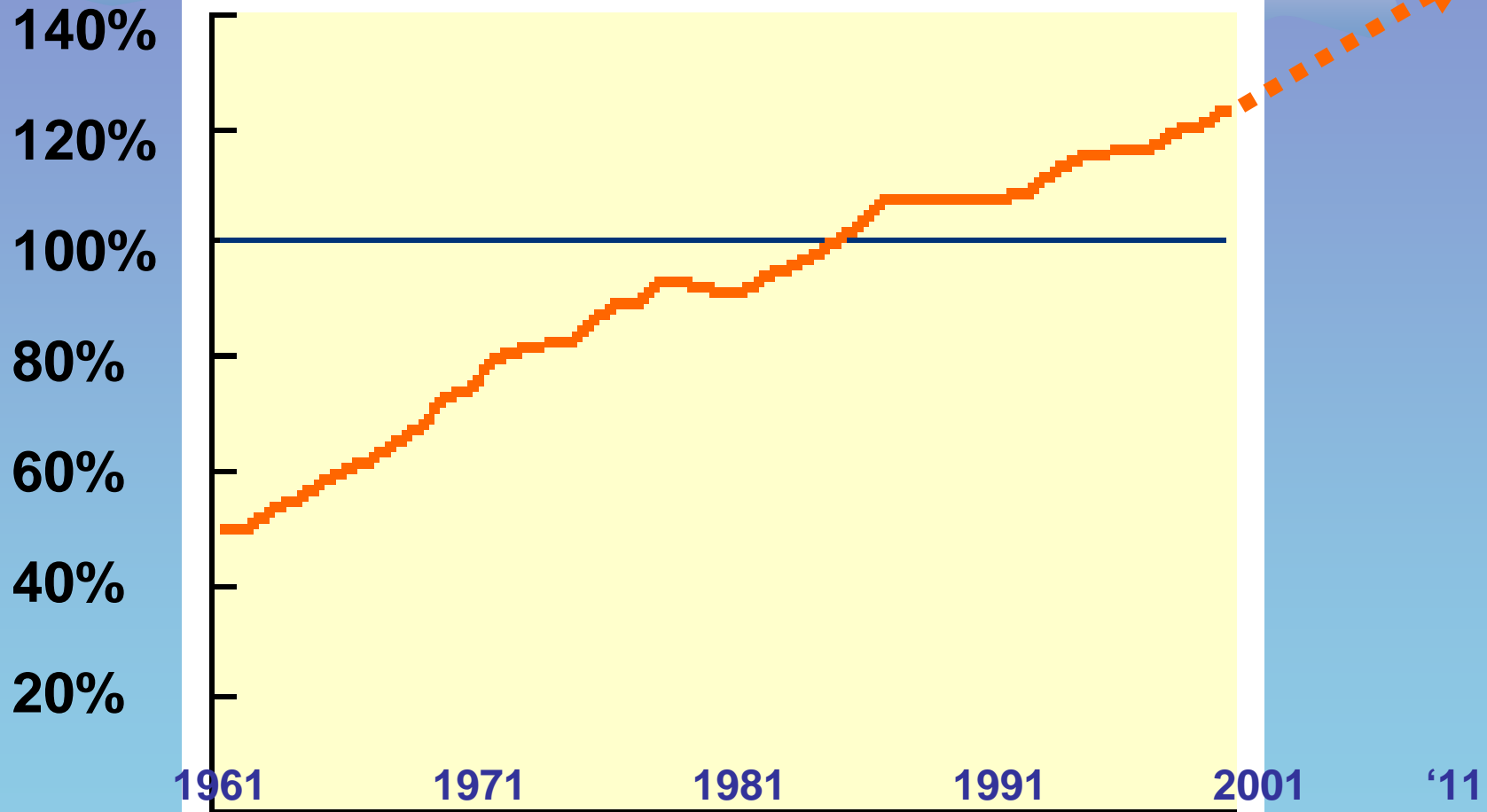
Overshoot is “Normal” (and Dangerous!)

Continuing behaviours *that have been successful*, long after the conditions that made them successful have evolved into a fundamentally new state.

Hey!
Over
Here!



Overshooting the Earth's Capacity



The Human Ecological Footprint

Strategic Foresight Questions

1 Is our knowing as reliable and thorough as possible?

1

2 What range of external conditions may emerge? Why? When?

2

3 What range of strategic challenges may we face? Why, When?

3

4 What is the best future that we can co-create with others?

4

5 What does this future required of us? What must we aspire to & become?

5

6

6 What truly strategic initiatives could shape our future?

Context
is
King!



Mapping Our Journey To Wellness

X Axis



Is Change Real?



NO
Timeless Truths
Static Conditions

YES
Contingent Truths
Dynamic Conditions

Y Axis



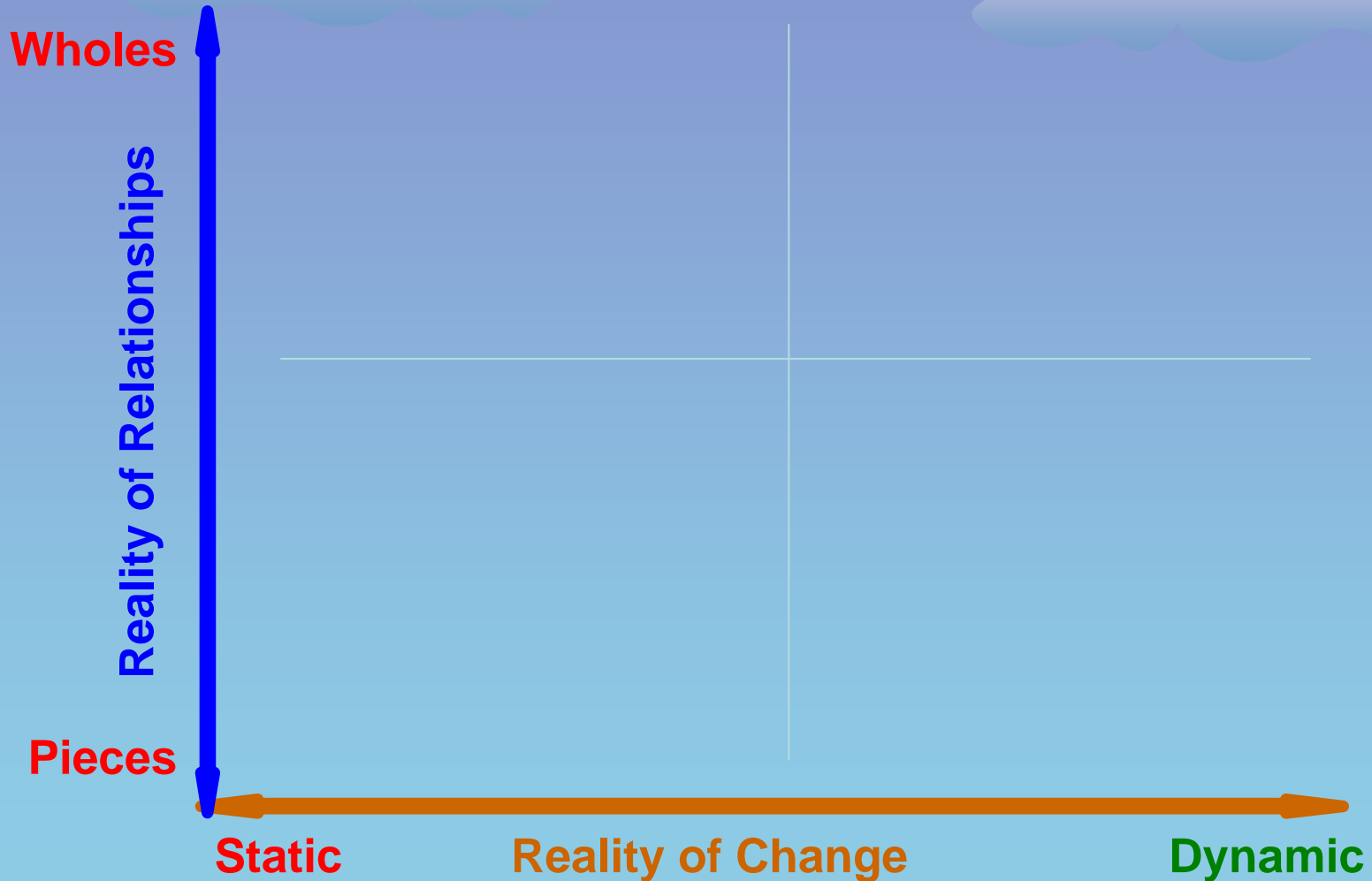
Do Relationships Matter?



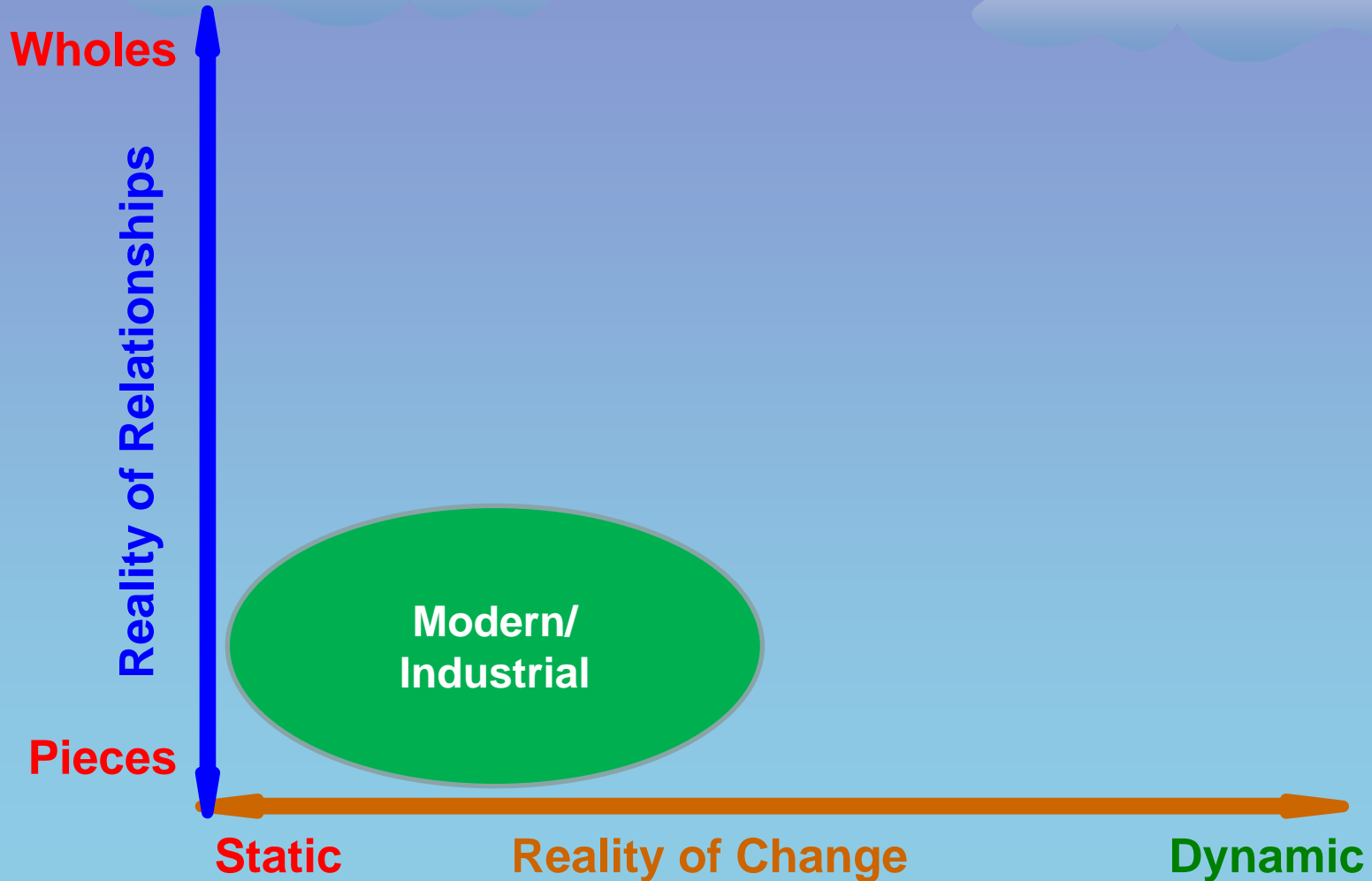
NO
Individual Things
Ignore Context

YES
Relational Things
Context is King

A Map of Possible Futures



Modern/Industrial Defaults

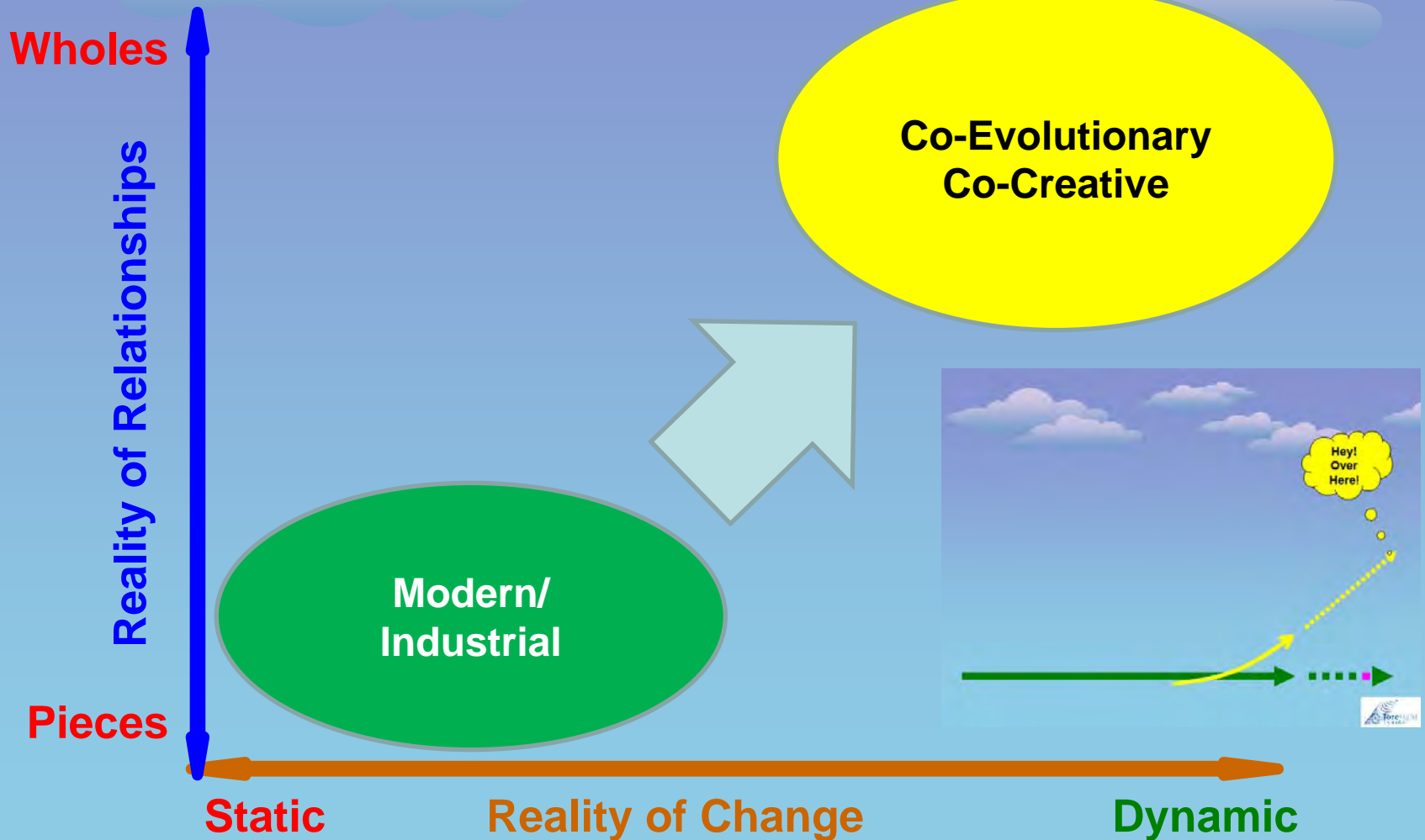


Inspiration

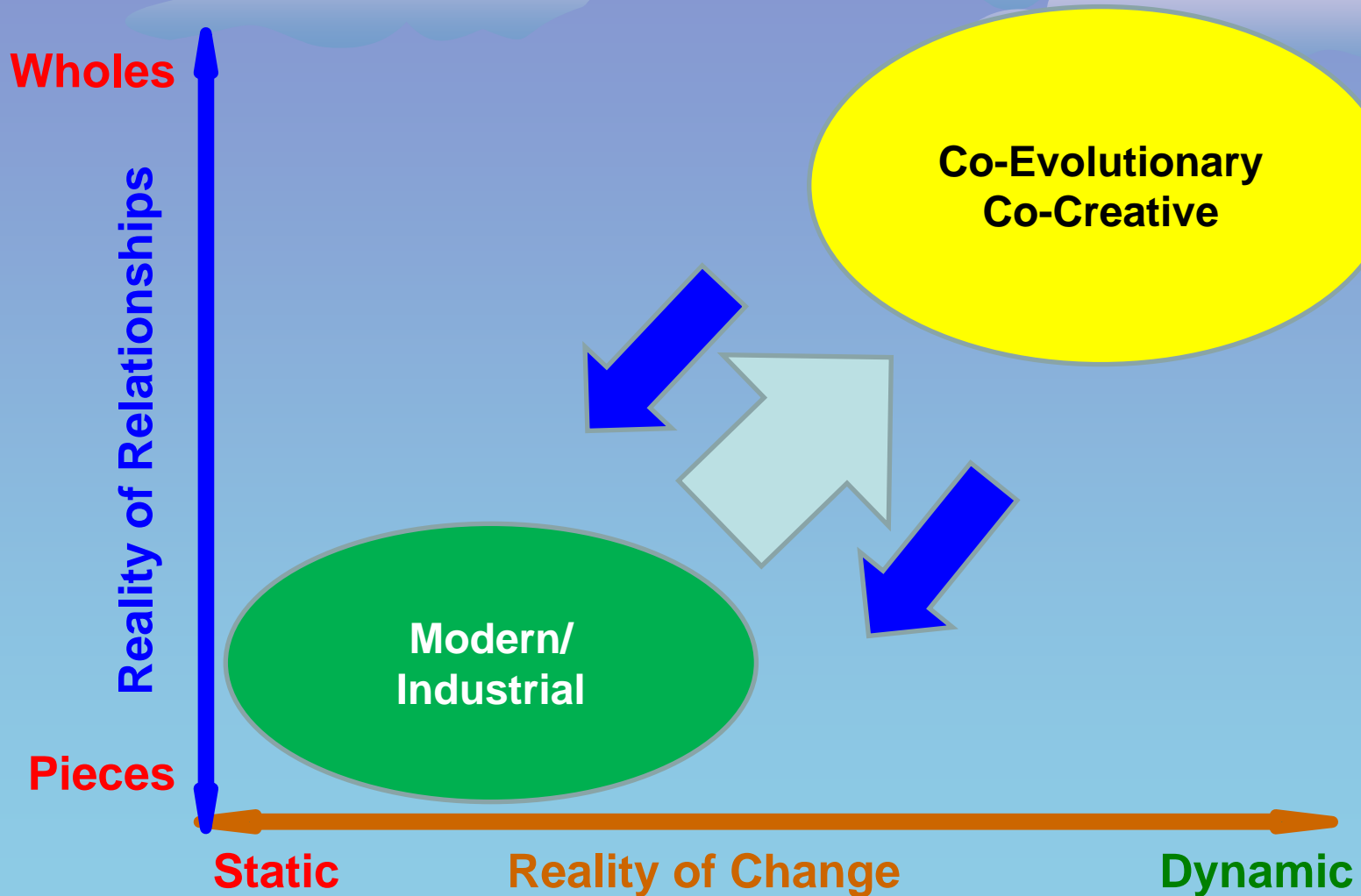
The World Health Organization (WHO) defined health in its broader sense in 1946 as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

Brock Chisholm
1946

The Drift of Current History



The Counter Currents of History

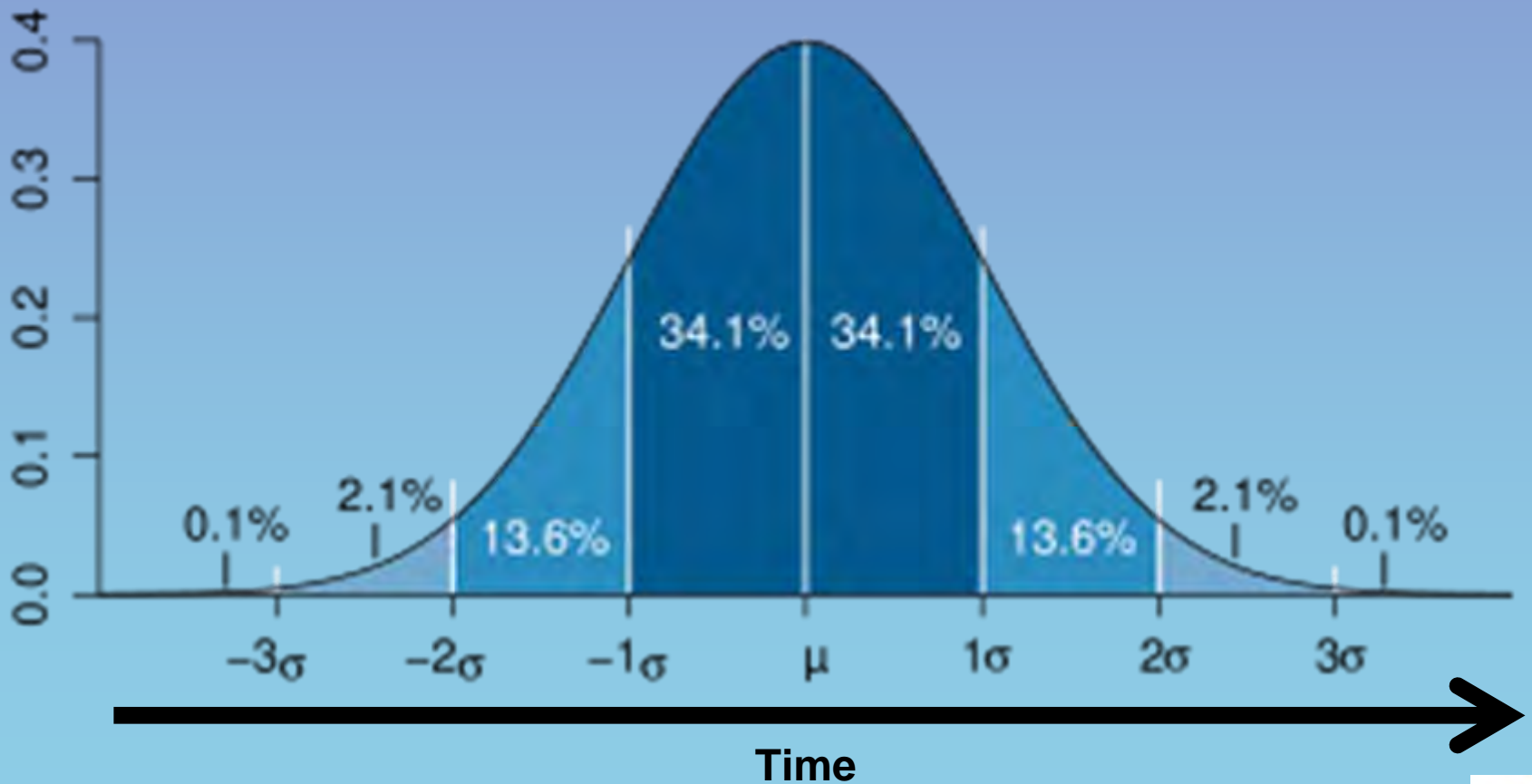




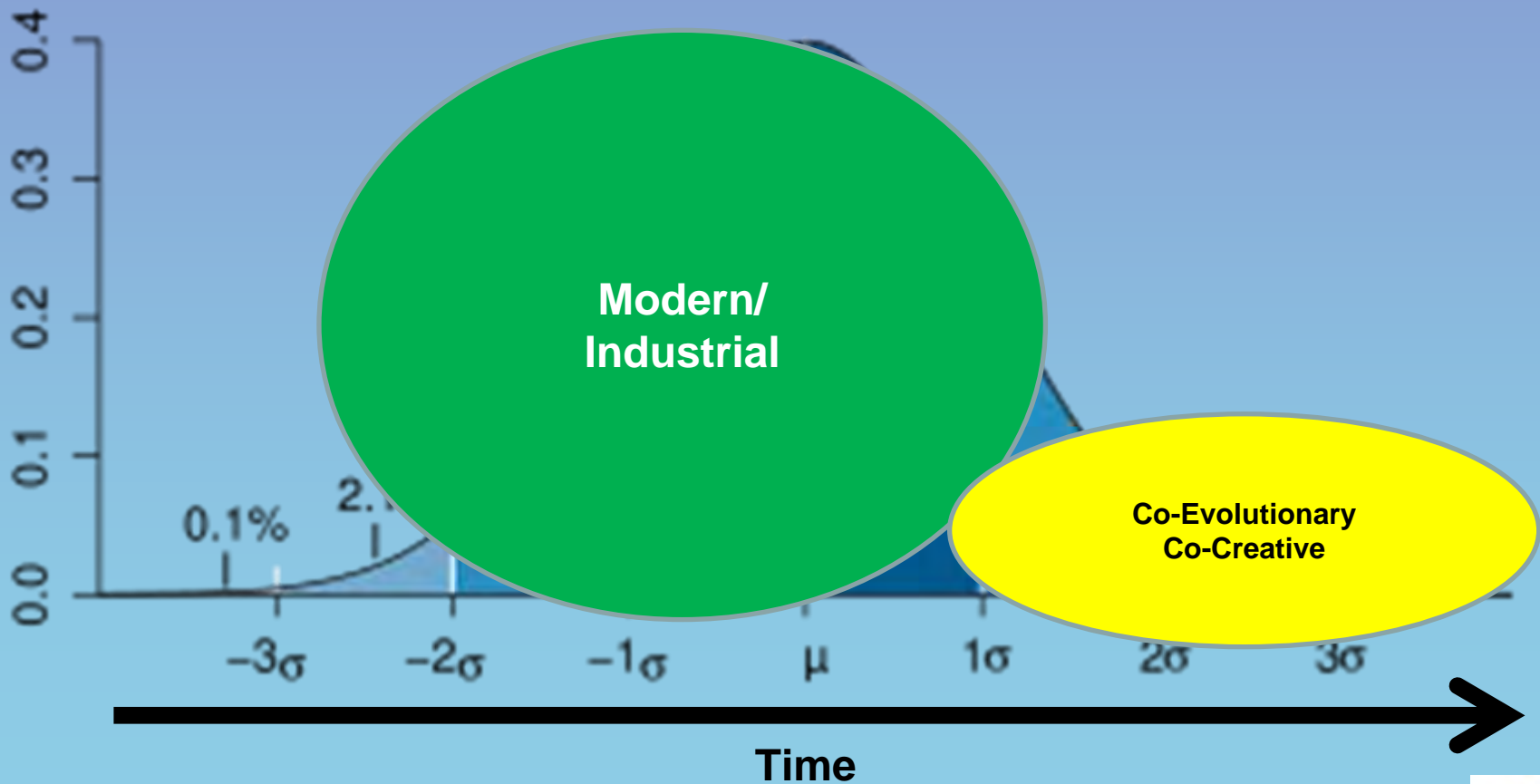
Summary

How then shall we live?

Our Conumdrum



Our Conumdrum



The Scale of Our Challenge

- Canada has a great 20th Century culture.
- We still have a 20th Century dream (imagination).
- The 21st Century will not be a replay...
It is already taking us off our inherited mental maps & existing business models.
- We need new maps for new times – fresh and powerful understandings of where we are in history and what we can become in the 21st Century...
as if our future hangs on it.



The Scale of Our Opportunity

To become the world's leading, living, learning laboratory for the development of a civilization that is truly aligned with and able to meet the emerging requirements of the 21st Century – one that is wise, prophetic, visionary, courageous, respectful, secure, prosperous, inclusive, innovative, sustainable, healthy, deeply humane and easily moved to both tears and laughter.

Things to Do

- Deepen our own understanding and commitment to the co-creation and restoration of healthy...
- Speak up for insights, processes, decision rules, structures, conversations, persons, communities... that nurture our cooperation with our own evolution as critically conscious co-creators.
- Speak up for and participate in province-wide conversations on seeing and shaping our future.
- Give away your insights, ideas and initiatives to all who will poach them.

Personal/Societal

In a co-evolutionary and co-creative world the deeply personal is a major driver of the lives, societies and the futures we shape together.

Inspiration

**The biggest things are always
the easiest to do because
there is no competition.**

William van Horne
Canadian Industrialist
1843-1915



Over to YOU!

Our Future of Wellness **is** in Your Hands, Minds and Hearts

Thank you

Contact

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