



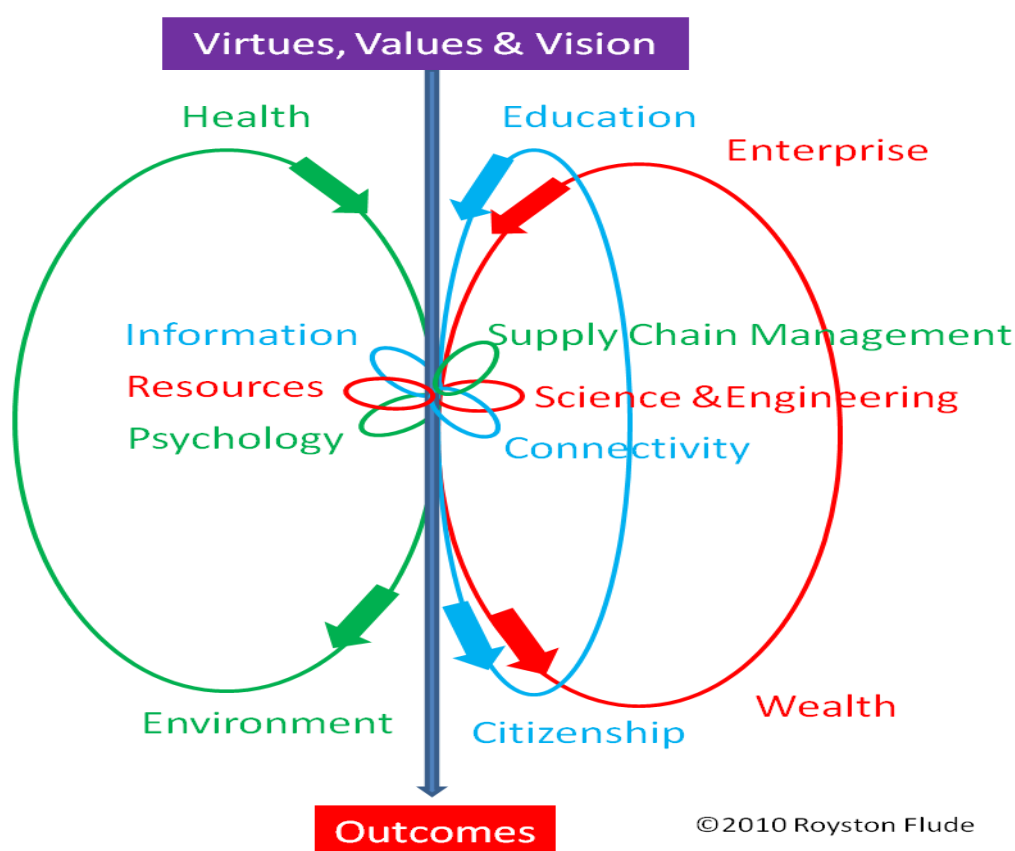
World Circle of the Consensus: Self-sustaining People, Organizations & Communities (CSPOC)

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

## Self-sustainability

### Inside this issue:

<i>Health</i>	2
<i>Education</i>	2
<i>Enterprise</i>	2
<i>Wealth</i>	3
<i>Citizenship</i>	3
<i>Environment</i>	3
<i>Projects</i>	4-5



©2010 Royston Flude

### Special News:

- Health: Nutrition
- Education: SMART Learning
- Enterprise: Enabling Innovation & Creativity
- Wealth: Digital Connection
- Citizenship: Conflict Resolution
- Environment: Hydrogen Powered trucks
- Youth Engagement
- LIFE Biscuit: Retail to Relief
- Educational % & Social Inclusion
- Social Entrepreneur Partnerships
- Transformation Leadership
- CSPOC Cooperative Model

## Delivering Self-sustaining Change

Health, Education and Enterprise inputs need to be integrated to deliver outcomes in Wealth, Citizenship and the Environment.

These 'vectors of change' are facilitated by Supply Chain Management, Science & Engineering, Connectivity, Infor-

mation, Resources and Psychology to deliver longitudinal self-sustainability.

This multi-variant approach considers how Physical (PQ), Emotional (EQ), Mental (IQ) and Spiritual (SQ) intelligences interrelate in the enabling

of self-sustaining longitudinal outcomes.

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: Nutrition

CSPOC has identified nutrition as a key vector for health in combination with lifestyle changes to optimize Life Quality.

Ignorance in both the developed and developing world on what best to eat limits our 'food options'.

**We are what we eat.**

When you map nutrition against the SDG goals every USD invested gives a 16 USD return.

**Better nutrition education is the key.** CSPOC is developing online learning systems.



## Education: SMART Learning

SMART Learning provides an approach that can help teachers be up to nine times more effective. By learning in 'tetras' (seed plus three), the education process can be part of a cascade within the individual, the school and the community. Education can be delivered to large groups using multi-modal communication.

This person-centred approach can liberate struggling learners and develop a Cascade Mentoring network that is joy-based and self-monitoring for performance assessment.

A reliance on examinations can be replaced by self-motivated learners that are inspired by natural curiosity and team working.



## Enterprise: Enabling Innovation & Creativity

Following an in-depth residential period at the Leysin American School. Dr Flude has been introduced to the TZBZ, ([www.tzbz.coop](http://www.tzbz.coop)).

TZBZ, which is part of Mondragon University, (a division of is the Mondragon Corporation [www.mondragon-corporation.com](http://www.mondragon-corporation.com)), has developed an approach through

Teambuilding and now has centres in Bilbao and Shanghai. Their approach helped Middle School learners discover innovation and creativity by addressing 'real world' challenges. The journey for each individual to discover their unique entrepreneurial skills is encouraged and celebrated at every stage.



## Wealth: Responsible Digital Connection

Wealth increasingly depends on 'digital connectivity' which brings with it the need for effective governance that matches technological innovation with responsibility. Dr Flude attended the Internet Governance Forum in Geneva where the impact of Artificial Intelligence (AI), self-learning systems and robotics were discussed. The AI revolution will see up to 70% of jobs as we know them disappear, particularly in the light of quantum computing. Google is developing the next generation beyond D-Wave and block-chain systems are a new security paradigm.



Dr Flude with Marcelo Garcia a Block Chain specialist ([www.broadlights.org](http://www.broadlights.org)) and Vinton Cerf the Chief Evangelist from Google.



The IGF was hosted by the Swiss Federal Office of Communications OFCOM

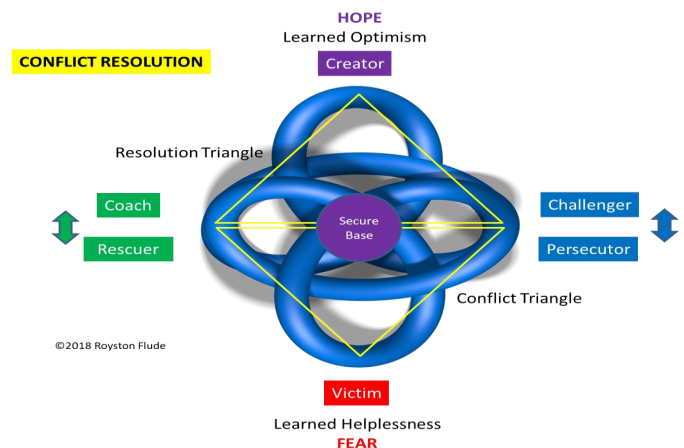
## Citizenship: Conflict Resolution

Unfortunately, we now live in a world where conflict is becoming common at all levels of society. In many cases, conflict has gone beyond a Generation and it may continue to be passed on for hundreds of years as we have seen in Northern Ireland.

A new form of Citizenship will be required to ensure that individuals respect their own moral compass and that of the community as a whole.

There is a need for a new approach that incorporates Complexity Science, a new form of Governance based on the Swiss Constitution, the empowerment of women as Transgenerational Change Agents, improved Education to provide Secure Base, Socio-economic regeneration, a Cooperative model for societal empowerment and Rotary International as a Peace Continuity Partner.

Cyprus could be a pilot study.

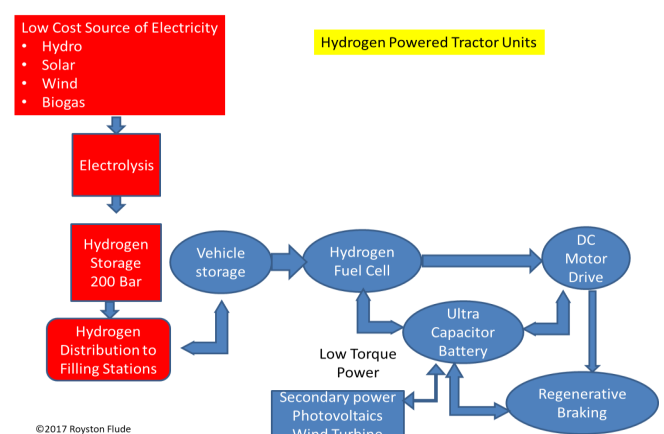


## Environment: Hydrogen Powered Trucks

CSPOC has been in dialogue with Galliker ([www.galliker.com](http://www.galliker.com)) and H2 Energy AG ([www.h2energy.ch](http://www.h2energy.ch)) concerning the development of Hydrogen/photovoltaic powered vehicles. The use of photovoltaic panels with quantum amplification facilitates range and cost viability. Hydrogen can be generated using low cost off-

peak electricity. H2 Energy plan to use power from hydroelectric schemes to produce Hydrogen for distribution via Coop Service stations in Switzerland.

CSPOC is also in dialogue with innovation centres to produce quantum ultra-capacitor batteries using graphene, allowing one million recharges without power loss.







## Youth Engagement

CSPOC have been working with the Rotary Club Genève International to develop Rotaract (18-30) and Interact (12-18) Clubs as part of a Rotary International Youth Empowerment initiative.

For the first time, the Rotary Day at the United Nations has been moved from New York to Geneva with more than 1,200 attendees from 87 countries.

The President (Lara Eckes-Chantes) and Vice President (Alex Govender) from our Interact Club spoke at the UNOG conference.

This was a celebration of Youth Engagement.

## LIFE Biscuit– Retail to Relief

CSPOC in partnership with Kambly have developed the Life Biscuit, 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 biscuit has now undergone extensive testing and a Retail product, selling at CHF 9 will subsidise the provision of food to those that are less fortunate. The QR code on the packaging enables registration with subsequent purchases being registered and amalgamated in a Life Box (300 meals) with water filter and global tracking.

This Robin Hood approach uses 4th Generation CMS architecture to give the retail purchaser total transparency and choice of destination for their donated packet.

Weight management trials have also shown outstanding efficacy. Recent test results show no nutritional loss after two years

with anticipated shelf life now four years.

Dialogue with LIFERAY as the ICT partner is in progress.

Social Media engagement is planned for 200 million people.

## Educational & Social Inclusion

The challenge of Special Needs continues to be a core theme for CSPOC.

In partnership with Micro-linkPC, we have provided seven ruggedized computers for a Dyslexia pilot at Beech Hall School in Cheshire, UK..

The feedback from the Headmaster, James Allen, was very positive.

“The laptops have been enormously beneficial for our pupils with dyslexia, specifically enabling them to access longer written pieces and therefore this becomes their “normal way of operating”. This al-

lows them use the laptop in their formal GCSE examinations. Some pupils use the software *Read Write Gold* which reads text to the pupil, reducing the need for additional adult support and improving the learner’s independent working skills. This has been predominantly with pupils in Years 10 and 11,

although has also enabled access for younger pupils to work on a cross-curricular themed unit focused on teaching pupils transferrable skills.

Thank you, once again, for all your support.”

## Social Entrepreneur Partnerships

CSPOC operates a pure funding policy with over CHF 2.8 million being raising in donations that are fully assigned to projects.

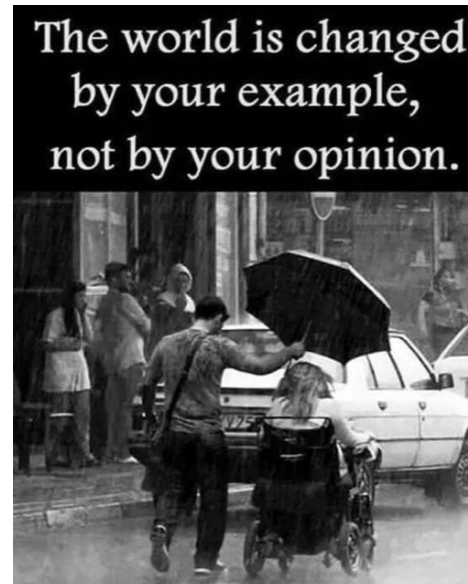
This does create challenges in the development of new projects and initiatives that required seed-corn capital.

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

**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.



## Transformation Leadership

CSPOC, are developing an approach to Transformational Leadership. It incorporates a Diagnostic Review to celebrate 'shared history' and release fear. A Shared Reflection workshop to theme concerns and introduce innovation. This is followed by a process to Deliver longitudinal change through a combination of one-to-one and cascade mentoring and coaching.

All participants feel 'listened to and inspired to change through a combination of High Intensity Short Duration (HISD) and Low Intensity Long Duration (LILD) interventions.

A Mentoring Volunteer demonstration project as been developed with the UK Commonwealth to facilitate more than 700 Women Leaders, using the 'tetra' approach.

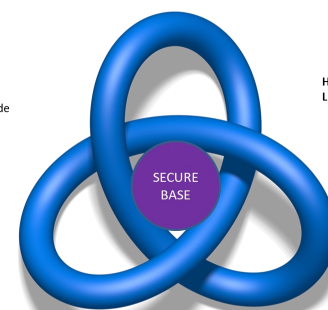
### SHARED REFLECTION

#### Managing Transformation Workshop (HISD)

Day 1: Diagnostic Review Feedback - Past

Day2: Envisioning - Future (new ideas)

©2018 Royston Flude



HISD – High Intensity Short Duration  
LILD – Low Intensity Long Duration

### FEAR

**Diagnostic Review**  
1:1 Structured Interviews  
Theme Outcomes  
Non-attributable Report

### HOPE

**Delivering Change (LILD)**  
Senior Executive Mentoring  
Cascade Mentoring & Coaching

## CSPOC: Cooperative Model

Dr Flude visited Bilbao as the guest of the Mondragon University to work with the TZBZ team that have developed a degree in Innovation that brings together people from multiple cultures to generate innovation solutions and businesses. Based on the Team Academy approach developed in Finland, they now have centres in Bilbao,

Shanghai, the Netherlands and USA.

This has resulted in a dialogue on the role of the Cooperative movement that encompasses both Worker and Retail cooperatives.

Dr Flude also visited the Co-op in the UK with Professor Ian Smith to explore the potential for a cooperation.



# CSPOC

27 ch. des Crêts-de-Pregny  
Grand Sacconnex  
Geneva  
CH-1218  
Switzerland

email: [info@cmdc-spoc.org](mailto:info@cmdc-spoc.org)

---

[www.c-spoc.org](http://www.c-spoc.org)

---

## *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.

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

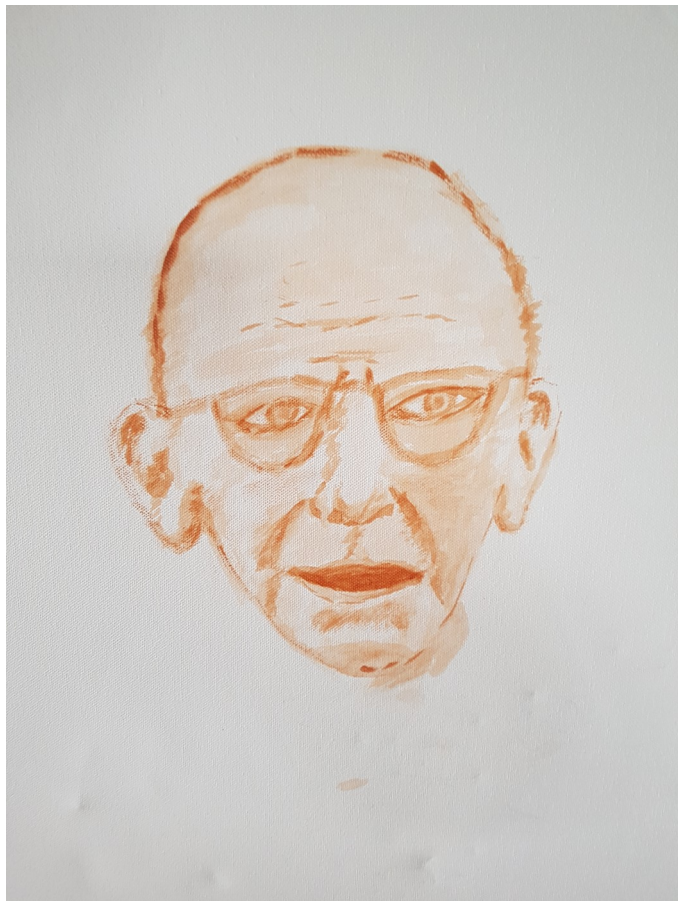
*Give a person a 'fishing rod' and you feed them for a lifetime.*

*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@cmdc-spoc.org](mailto:royston@cmdc-spoc.org)



## Unsung Heroes

Dr Flude (FRSA) has been invited by the National Portrait Gallery in the UK to submit a painting for consideration for the Summer Exhibition. He has chosen to paint an image of his father Arthur John Charles Edwin Flude.

His father ran away from home when he was fourteen and joined the Royal Engineer in Ireland for 'a rest' in 1914. The following four years of war and a year in the Army of Occupation in Germany resulted in terminal duodenal ulcers and chlorine gas poisoning. Returning to the UK he met a remarkable woman who nursed him back to health. They married and he

became a Founder of the British Institute of Radiology in 1926, funding his own research.

Like many of the 'pioneers' at this time he had the passion to move forward science & innovation based on the 'joy of discovery'.

In his later years he joined the Veterinary profession.

The picture represents 'Charlie' as he was known at seventy-nine, shortly before he passed away. His life was that of a passivist innovator, having seen more horrors than anybody should experience.

It is unfinished and imperfect but is representative of all 'unsung heroes'.