

***Exploring meaningful futures
together – An integrative approach
to futures and values-orientation
in theory and practice***

*Dr. Thomas Mengel
Professor of Leadership Studies
Renaissance College*



Overview

Existential Analysis

(Frankl, Pattakos, Mengel)

Happiness Research

(Lyubomirsky, Seligman, Vaillant)

Values / meaning

Healthy relations

Exploring
meaningful futures
together

Wise leadership

Futures Scenarios

Human Advancement Program

(Nylander, McKenna et al.)

(Personal) Futures Studies

(Glenn, Wheelwright, Bishop King & West)

Existential Analysis

- **Frankl (1946ff.): 3 sources (dimensions) of meaning / values**
 - Creative – creating / doing something meaningful
 - Experiential – experiencing something or someone as meaningful
 - Attitudinal – reframing / discovering meaningful attitude
- **Mengel (1999ff.): Values and meaning in life and leadership**
 - Values-oriented leadership
 - Futures-oriented leadership (2017ff.)
- **Pattakos (2004): Frankl’s principles “at work”**
 - Living an authentic worklife

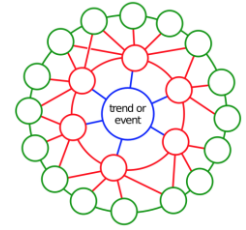
Happiness Research

- **Lyubomirsky (2007): The How of Happiness**
 - 40% of happiness can be influenced (50% genetic, 10% external)
 - Gratefulness; optimism, joy, helpfulness, forgiveness, good social relations, good health care, positive task orientation
- **Vaillant (2012): Grant/Glueck – (longitudinal) Harvard Studies**
 - choosing to be happy with whatever you do,
 - strengthening your closest relationships and
 - taking care of yourself physically, financially and emotionally
- **Seligman (2018): The building blocks of well-being**
 - Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment

Wise Leadership

- **McKenna et al. (2009): Wisdom principles for leaders**
 - Have foresight
 - Use reason, experience, and careful observation
 - Allow non-rational/subjective elements in decision-making
 - Orientation towards the common good
- **Nylander (2015): Upgrade collective wisdom**
 - Human Advancement Program (HAP)
 - Collective wisdom:
 - Life experience,
 - Positive values and virtues,
 - Knowledge and practical skills,
 - Holistic perspective and intuition,
 - Creative and problem-solving abilities.
 - Goals:
 - Reduce global systemic risks
 - Build sustainable and life affirming planet

(Personal) Futures Scenarios

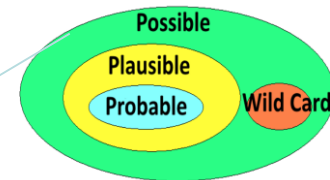


- **Glenn (2009): Futures Wheel**

- Structured brainstorming about the future
- Visualize consequences of events, trends, developments

- **Wheelwright (2010): Anticipate & design your future**

- Possible, plausible, probable, wild card, transformational
- Two axis analysis of events: impact and probability
- Cone of uncertainty: worst vs best extrapolations
- influences of major forces – values



- **Bishop King & West (2018): Playbook**

- Personal futures framework
- Four challenges and sixteen plays: Define, gather, imagine, and reflect
- Our values affect how we think about the future

Present

Future

Integrated Model: FuturesMX

Existential Analysis

(Frankl, Pattakos, Mengel)

Values / meaning

- Foresight and intuition
- Collective Wisdom development
- Sustainability

Wise leadership

- Creative, experiential, attitudinal
- Values-oriented leadership

- Brainstorm and analysis
- Possible, plausible, probable, wild-card, *Futures Scenarios* transformational futures
- Effect of values & events

Happiness Research

(Lyubomirsky, Seligman, Vaillant)

Healthy relations

- Gratefulness
- Positive relations and tasks
- Well-being and accomplishments

(Personal) Futures Studies

(Glenn, Wheelwright, Bishop King & West)

Human Advancement Program

(Nylander, McKenna et al.)

Exploring
meaningful futures
together

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