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

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Overview

Existential Analysis
(Frankl, Pattakos, Mengel)

Happiness Research
(Lyubomirsky, Seligman, Vaillant)

Values / meaning

Healthy relations

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
Integrated Model: FuturesMX

Existential Analysis
(Frankl, Pattakos, Mengel)
- Foresight and intuition
- Collective Wisdom development
- Sustainability

Values / meaning

Wise leadership

Happiness Research
(Lyubomirsky, Seligman, Vaillant)
- Creative, experiential, attitudinal
- Values-oriented leadership

Healthy relations

Exploring meaningful futures together

Foresight and intuition
- Brainstorm and analysis
- Possible, plausible, probable, wild-card, transformational futures
- Effect of values & events

Futures Scenarios

Human Advancement Program
(Nylander, McKenna et al.)

(Personal) Futures Studies
(Glenn, Wheelwright, Bishop King & West)
References

- Wheelwright, V. (2010). It’s YOUR Future… Make it a good one!. Harlingen, TX: Personal Futures Network.