



Courses and Education

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- **Pathways to Sustainability** - Free course.

The course introduces ideas, approaches, cases, and methods for sustainability, research and action.

In six sessions, the role of knowledge, uncertainty, policy processes, technology and innovation, resource politics, and research and action methodologies are explored.

There is no fee or time-limit for individuals who wish to take the course.

Course information: <https://justpaste.it/p2s>

[#Permaculture](#) [#sociocracy](#) [#Research](#) [#resistance](#) [#Commons](#)

- **Design Thinking, Social Innovation, and Complex Systems**

Set of short **video lectures** by [Scott Boylston](#), Designer, Author, Professor of Design for Sustainability.

With this introduction to social innovation, systems thinking, equity and the capabilities approach, you have even more to offer it. We've always used our skills to bring new things into the world and now we can bring new ways of interacting with each other into the world. All we have to do is reimagine our intentions and develop new skills and mindsets that guide us along the right path of innovating for the greater good.

<https://www.linkedin.com/learning/design-thinking-social-innovation-and-complex-systems/>

Via: <https://cutt.ly/social-designing> [Dropbox downloads - High and Low Resolution]

- **Sociocracy - Making decisions by consent**

<https://www.sociocracyforall.org/> - <https://sociocracy30.org/> -

<https://bit.ly/orga-db>

- **Discovering Personality with [Dr. Jordan B. Peterson](#)**

An 8-module personality course taught by renowned psychologist and bestselling

author Dr. Jordan B. Peterson, aimed at helping you understand yourself and others based on the “Big Five” model of personality.

<https://courses.jordanbpeterson.com/library>

- **Suicide Awareness Training**

FREE online training courses teach you the skills and confidence to have a potentially life-saving conversation with someone you're worried about.

<https://www.zerosuicidealliance.com/training>

- **"I Am Feeling..."** Press on whatever emotion you're feeling and it provides you duas (prayers) from the Quran and hadeedth (sayings or acts of prophet Muhammed (PUH)) for help through that emotion. <https://www.islamestic.com/i-am-feeling/>

- **Suicide / Emotional Distress Links**

Domestic abuse, Homelessness, Debt, Fraud, Cancer, Bullying, Addiction, Crime victims, Bereavement, ... <https://www.bbc.co.uk/actionline>

- **LifeSaver**

Excellent *interactive* movie to learn to recognise signs of stroke and learn about CPR.

<https://life-saver.org.uk/>

- "Bloom": A Touching Animated **Short Film** about Depression and What It Takes to Recover the Light of Being. <https://www.themarginalian.org/2020/02/27/bloom-depression/>



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