

LARGER US

Thanks so much for your interest in the Larger Us course!

Who are we?

Larger Us supports a breakthrough from a them-and-us to a Larger Us world: one in which the 'us' we identify with includes 7.8 billion people, all other species, and future generations of both.

We do this by creating spaces and structures where we can imagine and co-create new forms of citizenship, change-making and leadership – above all at the places where our states of mind and the state of the world intersect. Our [website](#) sets out much more about our ideas and approach.

Why have we created this Course?

Right now - at a moment when we're teetering between breakthrough and breakdown - we need a different kind of citizen, change-maker and leader. One who can bridge divides instead of deepening them; who sees victory in terms of healing rifts rather than defeating opponents; who recognises that this involves working on our states of mind as well as the state of the world.

There are many people who resonate with this vision, and are interested in learning what it takes. Perhaps you're one of them?

We've developed a **Course** that introduces and explores the kind of capabilities we need to develop in order to become those citizens, change-makers and leaders. Capabilities that are relevant to our individual mental health and the health of our relationships and communities *and* the health of our democracies. Critically these capabilities involve being willing to change ourselves as well as the world around us.

In the spring of 2021 we ran two prototype versions of the Course with small groups of 10 people each - and we were blown away by what emerged. Now, we're preparing to shift up a gear, integrating all that we've learned at a larger scale.

If you're interested in being part of the next cohort in autumn 2021, [then we'd love you to register your interest!](#)

The Course will run online over four consecutive weekly sessions of 90 minutes each, with additional assignments and optional buddy groups between sessions. Dates and times will be confirmed in September.

What will we cover?

We'll be exploring the big questions that emerge from the places where our inner and outer worlds converge.

- Week 1: Why and how do we need to become a larger us?**
Breakdown versus breakthrough
- Why are them-and-us dynamics so dangerous at this point - and how can they be defused?
 - How does the interplay between our states of mind and the state of the world shape our future?
 - How is the rise of political extremism connected to feelings of anxiety and threat perception?

- Week 2: Why does becoming a larger us start with ourselves - and what do we need to do?**
Work on ourselves
- What does self-compassion have to do with reducing political polarisation and them-and-us dynamics?
 - How can our cognitive biases and information sources skew our perceptions?
 - Why is the way we respond to perceived threats - fight-or-flight versus tend-and-befriend - so important?

- Week 3: Why do we need to become better at navigating our relationships and communities?**
Work with each other
- Why might we need to learn to disagree well with people who see the world differently from us?
 - What happens if we make a concerted effort to break out of our homogenous tribes and meet 'the other'?
 - What enables communities to recognise what they have in common and reduce othering?

- Week 4: What does 21st century citizenship look like - and how can we model it in our lives and work?**
Work together
- What kinds of collective stories do societies need during conditions of crisis and turbulence?
 - What examples are there of driving change in ways that bridge divides rather than deepening them?

- What does collective healing look like on collective traumas from colonialism to climate breakdown?

Who is this Course for?

This Course is for you if you:

- Want to explore what it means to be a 21st century leader or change-maker.
- Are fired up about the issues that we're facing - whether local, national or global - and are searching for better solutions to those challenges.
- Think we can only navigate this threshold moment in human history if we cooperate rather than compete, and come together rather than unravel.

The Course is *not* for people who think they already know the answers – because none of us has this stuff nailed, and all of us have a part to play in steering our future from breakdown to breakthrough.

Instead, it's a place for identifying and exploring the big questions together.

We're keen to include as diverse a range of people as possible: whatever your age, gender, ethnicity, or disability status; wherever you live, whatever your political orientation, education level, or life experience, we'd love for you to apply!

Sound like you?

Great! Please fill out this [short registration form](#) to record your interest and we'll be in touch nearer the time as soon as logistics have been confirmed.

All places are fully funded, but we do ask those involved to commit to attending the course in full, as well as giving us their honest feedback.

If you've got any queries or hesitations, or if there's any other way we can help, please get in touch with us via hello@larger.us.