

# ANNUAL REPORT 2014



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## Our Commitment

My Life Design Foundation is a non-profit organization, classified as a cultural charity. Entered in the Register of Foundations of the Generalitat de Catalunya, its statutes contemplate the intervention in several areas, even internationally, through projects that support the development of initiatives to promote the dissemination and consolidation of high values, through different training proposals which aim to bring social change and improvement.

My Life Design Foundation promotes an education based on consciousness, wellness and the whole individual health, through the study and training in life skills, that is all those skills needed to relate to others and deal with the problems, the pressures and stress of daily life, in order to manage one's emotions, improve welfare and psychosocial health.

The Foundation also aims to transmit models and methods concerning the prevention of risk behaviours, particularly those in childhood and adolescence (bullying, physical, mental and moral violence etc.).

On the other hand, the Foundation promotes researches based in innovation and excellence and is also involved in research and training of the operators in the field of integrated care in the end of life phase.

Methodologies and techniques provided in the training area try to develop a holistic lifestyle that promotes healthy attitudes, responsible and socially acceptable individual choices. They are addressed to subjects such as education in consciousness, the transformation of suffering, conflict and stress management, the development of conscious relationships and leadership.

In summary, the main areas of the foundation interventions are: health, scientific research and individual and collective development.

## The Foundation aims to:

Promote an integrated and interdisciplinary vision of human beings, society and nature, combining technology and ethics, science and consciousness in favour of an individual and collective development more conscious, based on a culture that respects life in all its forms and manifestations and promotes peaceful coexistence based on cooperation and solidarity among individuals, groups, organizations, cultures, people and nations.

To do so, MY LIFE DESIGN Foundation immediate objectives, including but not limited, are:

- a) To facilitate individuals to be able to consciously draw their own lives.
- b) To develop a peaceful culture based on awareness, able to express through the values of cooperation, responsibility, happiness and peace.
- c) Identify and promote the intangible heritage of knowledge, traditions and cultures, developing a multi-ethnic and intercultural concept of human being.
- d) To promote research activities that allow experiencing the profound impact of the consciousness on the individual, relationships, groups, organizations and society, aiming to promote an integrated understanding of individual and collective reality as a way to improve life quality and well-being.
- e) To promote the individuals well-being, quality of life and health and the protection of the environment where they live. Also their personal and professional realization and the protection of their rights as are established by the Universal Declaration of UN.

- f) To promote peaceful, democratic, supportive and cooperative coexistence among individuals, groups, organizations, peoples, cultures and nations.
- g) To promote the protection of every form of life and the environment by a non-violent coexistence among human beings and nature.
- h) To provide assistance and cooperation for the development and perform of activities to promote the respect of ancient cultures and their intangible heritage.

To achieve the foundational purposes, the Foundation carries out activities, directly and/or in collaboration with other institutions or persons that the Board considers necessary, in accordance with the provisions of the law on foundations. The main activities that the foundation carries out are listed below:

- a) The organization of activities, events and projects of all kinds related to the foundational purposes.
- b) To request public and private financial support for activities directly related to the foundational purpose.
- c) Create study centres, schools, institutes and support centres or any other initiative that considers for the development of the activities and aims of the Foundation.
- d) Promote agreements and contracts with public and private entities to put into practice activities that develop the founding objectives.
- e) Create and promote educational materials, publications, scientific research, specialization courses, training and events to develop the foundational objectives.
- f) The edition, sale and distribution of books and any other audiovisual material, both printed or in digital format, that contribute to the dissemination and promotion of the aims of the Foundation.

- g) To promote meetings and dialogues between representatives of different cultures and/or experts in science, economics, philosophy and politics.
- h) To provide grants or scholarships to make activities related to the founding objectives accessible. The beneficiaries are selected according to criteria of merit and ability, as well as economic potential.

## Ethics in the Foundation's Government

My Life Design Foundation applies in its management principles of transparency to ensure donor confidence. The Board of Trustees consists of four members who hold office without remuneration and exercise altruistically.

During 2014 they have met twice with the majority support of its members and all activities were approved by consensus and without discriminatory. My Life Design Foundation and its governing body, the Board, ensures that all activities are adapted to the social order of the institution to serve the public interest. The planning of the activities is adapted to the requirements of the Law on Foundations and it's approved by the Board.

The annual Report is deposited in the Protectorate of the Generalitat de Catalunya. Donors have the information about the proper application of funds to social purposes of the entity. Donor's privacy is respected and the income received is declared to the Tax Agency in accordance with the model 182. A policy of diversification of funds it's followed to promote the continuity of the activity.

Accounts are annually presented to the Protectorate of the Generalitat of Catalonia, in which My Life Design Foundation is attached to, and the agency approves them.

Finally, the entity has the participation of volunteers, who perform certain tasks as long as they provide them a personal training; in all cases their activity is subject to the legal regime of the Law on Volunteering.

## Administration

The activity of the Foundation is supervised by the Board. It consists of two full members: Ms. Patrizia Delogu and Mr. Modesto Marcello Cao; a Secretary: Mr. Oriol Lopez-Vidal Munté; and as Chairman Mr. Joan Barniol Beumala. All of them complying the requirements contained in Article 332-3.2 of Law 4/2008, of April 24, of the third book of the Civil Code of Catalonia, relative to the people.

On July 21th of 2014, the Board adopted unanimously the appointment as Managing Director, Daniel Lumera, The office of Managing Director is contemplated and specified in the statutes of the Foundation.

The administrative management is limited to economic control and basic care of the tax liabilities and the legal order of the entity. Economic management's main objective is to facilitate that almost 100% of funds received are intended to the programs of action established in the annual action plan to develop the foundation's objectives.

## Training Activities

The activities and training programs that "My Life Design Foundation" offers, are organized in 4 areas:

### MyLifeDesign-New Way to be Humans

This training area is to improve the quality of life, raise awareness, and increase well-being and health. It consists of several training modules, mainly practical, focused on experience the potential of human consciousness. It is included in this area the development of a new training for professionals paradigm based in consciousness. It has been designed for college students in higher grades and professionals who manage complex emotional issues, such as assistance to the terminally ill patients and the resolution of conflicts in the workplace, and want to deal with such situations in a more conscious and satisfactory way.

### MyLifeDesign-New Leadership

This training area is dedicated to increase the wellness in the workplace, stress management and improving life at work. It includes several instruments designed to improve leadership in teams and encouraging a reduction in stress and conflict in the workplace, while promoting a corporate ethics management.

### MyLifeDesign-Social Consciousness

This training area is aimed at restoring consciousness in relations between human beings and all life forms. This area is aimed at redefining and transmitting new models of collective development in all spheres of social activities: health, education, human society and relationships. These models are based on the culture of the interdependence of life in all its forms and levels, in the idea that everything is part of a unique ecosystem, which is based on self-sustainability, cooperation, inclusion, integration and unity.



### MyLifeDesign-Natural Heritage

This area is dedicated to the conscious relationship between humans and nature through the reintegration of the individual with the surrounding environment, to favor a symbiosis of empathic maturity and develop the sensitivity and the attention necessary to encourage habits and behaviors dedicated to safeguarding biodiversity.

Natural Heritage is a training area dedicated to the development of social and life skills through contact with nature, to promote and develop awareness, creativity, empathy, determination, leadership, team spirit and ability to express and promote their talents. Natural Heritage, the nature understood as heritage and consciousness, is the name that contains a set of formative experiences dedicated to the Manager and individuals who want something more of the professional training and personal growth, in terms of efficiency, creativity and consciousness. In the formative experiences also trips are foreseen, understood as experiential moments related to the individual and professional growth.

## Summary of training programs and activities in 2014

### Postgraduate Course in Leadership and personal development at the University of Girona

The training program focuses on the application of the My Life Design's methodology for conflict management, emotional intelligence, the development of empathy, the ability to turn problems into resources, integrate the past, conscious and peaceful management of the relational dynamics. The proposed techniques and protocols are focused on: managing stress, forgiveness and negative capability.

### "Forgiveness: Protocols of Well-being and Quality of Life Science."

Opening of an annual training course dedicated to teaching the therapeutic value of forgiveness, with the Fondazione Maruzza Lefebvre (Roma).

### "Education to Awareness, stress management and conflict in the helping professions" at the Fundación Tutelar, Girona

The program develops a methodology to face difficulties in interpersonal relations, emotional and psychological faced by the different health professionals when they practice their profession, especially those who develop emergency services and dependency management. Acquire tools for the management of the tensions allows a better therapeutic relationship with the patient and also improves control of occupational stress that can often lead to burnout.

The main objective are:

- Encourage the acquisition of communication skills.
- To promote the acquisition of practical tools to increase:
  - The level of awareness of one's and others emotions.
  - The ability to identify and respond effectively to stress.
  - The ability to manage in an effective way the emotional state.
  - The ability to manage personal resources.
  - The sense of responsibility (both individual and collective).
  - The State of "centering" (self-centered person).
  - Psychological wellness.

The Fundació Tutelar was born sponsored by the Healthcare Institute (IAS), health public company of the Generalitat de Catalunya, and manages the network of Mental Health and Addiction of the Girona region.

## Social Intervention projects

During 2014, two important projects have been presented, whose objective is to apply the methodology of My Life Design to groups that require a change of values and social strategies. These programs have been prepared to collaborate with the organizations of the social fabric that are targeted to meet with the aim to help and change the groups that live in situations of social, economic, health and cultural exclusion.

## IRECARE

"In the field of the dependencies, the overcoming of physical dependence is a minor obstacle compared to the problems concerning the existential, environmental and psychological sphere. The root of the dependencies is in the "therapeutic" aspect of the same dependencies related to the physical and psychic pain. The sense of malaise is considered worse than the drug itself. The research and methodology is developed from the consideration that to eliminate a behavior counterproductive these needs to be replaced for one that meets the same requirements, all this through tools that eliminate this sense of discomfort. Regarding the profound impact on individual and relational level of the methodology used in the Life Design, the project develops applications and specific training courses applied to the recovery of the dependencies.

## Clochard

The project was developed in 2014 for the rehabilitation and recovery of people living in social and economic exclusion, called "homeless".

The program has three main functions:

- 1 – To have a positive impact on clochard's health and quality of life: improve the psycho-physical health by practicing forgiveness of My Life Design, meditation and an integrated lifestyle. Release suffering and heal the wounds.
- 2 - Learn how to increase awareness can radically change your life and can transform your past to create a new reality more conscious and prosperous.

3 - Train them so they can pass this methodology to other people who are in the same situation as they have been and to become an agent of change for society, while they recover a professional and social role of maximum value.

The project aims to:

1. Reinsert clochard into society and economy through a work that brings awareness, mental and emotional peace and cooperation with other clochard.
2. Evaluate the effectiveness and the benefits of working on consciousness based on the methodology and instruments of My Life Design.
3. Get a level of Health and Healing: to influence positively on the level of health, welfare and quality of life of the clochard.
4. exponentially reverberate throughout society: provide service to other clochard in the same condition, reenter in the job market, etc.

The main themes developed, both at theoretical and practical levels, are:

- The ability of coping: to face the problems.
- The inner locus of control.
- The constructive criticism.
- The ability to manage conflict.
- The ability to manage stress.
- Determination
- The ability to release stress and get relax.
- Assertiveness.
- The ability to concentrate.
- The ability to transform problems into resources.

B-COM (Bullying Prevention and well-being promotion. New conflict-management models in Life Skill Education).

In this project, the My Life design Foundation collaborates with CNA Reggio Emilia, the Istituto Superiore di Sanita, the Xunta de Galicia, AntiBullying Center of Dublin and with the Università di Messina.

In order to prevent bullying and promote the health of young people it is necessary to build and strengthen healthy emotional, mental and social skills. The process of forgiveness is a full path to acquire all the skills needed to overcome this problem. These skills (like empathy, courage, ability to manage emotions, self-efficacy, critical thinking, decision making, etc.) allow teens to adequately address critical situations and changes. Those are effective means to prevent the participation in health risk behaviors. The school is the main setting for promoting the acquisition of life skills and, consequently, the psychological welfare of the teenagers. Through the implementation of a "multimedia manual on bullying prevention and health promotion" for young people from high school, the project aims at preventing bullying, promoting self-awareness, conflict management and quality of life through the development of specific skills and social behaviors.

The manual is addressed to the development of a series of personal and relational skills that are not necessary only relate to others, but also to address the problems, pressures and stress of daily life. In fact, they aim to build a series of skills that can

counteract the conflict and abuse, improve personal psychological and physical well-being (OMS, 2004).

## Broadcasting and Cooperation actions. Application of the Principles of My Life Design

The My Life Design Foundation undertakes a series of outreach initiatives and cooperation with other institutions, with the aim of spreading an education based on consciousness, dialogue of peace and understanding of the value of forgiveness, and in general, the philosophical and practical methodologies collaborating with different entities and personalities.

### Global University Network for Innovation from UNESCO for Higher Education in the World Report 5

"Knowledge, Engagement and Higher Education: Contributing to Social Change". Published Palgrave MacMillan (<http://www.guninetwork.org/resources/he-articles/5th-guni-world-report-knowledge-engagement-and-higher-education-contributing-to-social-change#sthash.IGauduWw.dpuf>) with the article "Personal transformation and consciousness revolution. Conscious life design in the holistic-biocentric evolutive model".

"The Higher Education in the World Report 5: Knowledge, Engagement and Higher Education: Contributing to Social Change and the project "Consciousness education".

Event in collaboration with GUNI UNESCO and presented in Torino, Italy.

Participants: Cristina Escrigas (Guni Unesco), Anna De Santi and Andrea Geraci (Superior Health Institute), Don Luigi Ciotti (Founder of Libera Association and Gruppo Abele), Carla R. Crowther (International Relations My Life Design

Foundation) Renato Accorinti (Mayor of Messina) and Daniel Lumera (Director of My Life Design Foundation).

250 people attended the event, which was sponsored by the City of Turin, the Italian Higher Institute of Health, the Global University Network for Innovation by UNESCO, the International School of Forgiveness and the My Life Design Foundation. ([https://www.youtube.com/watch?v=shfMhUjF\\_Pw](https://www.youtube.com/watch?v=shfMhUjF_Pw)).

### City of Messina

Meeting with Mr. Renato Accorinti, mayor of Messina, for the partnership with the City of Messina to develop different projects, among which we highlight:

1- The Partnership between My Life Design Foundation, the Higher Institute of Health and the Region of Sicily (regional governing body) to carry out the project "Education in Consciousness" at schools. It is going to start in Sicily on September 2015. 24 schools in the city of Messina will participate in the training.

2- The International Day of Forgiveness in the City of Messina as the first city in which this international project will be launched.

### Forgiveness Ambassador Award, Torino

Presentation and delivery of the Forgiveness Ambassador Award to Don Luigi Ciotti and Renato Accorinti in the Granieri Rocca's Palace from Torino.

(<http://www.mylifedesignfoundation.org/it/evento/happening-educare-alla-consapevolezza>)



### "Dialoghi sul perdono e la giustizia riparativa "

Meeting at the headquarters of the Mondadori in Milan with Former Judge Gherardo Colombo (President of Garzanti) and Daniel Lumera (Director of My Life Design Foundation).

(<https://www.youtube.com/watch?v=69mHoj8PvmU>)

(<http://www.mylifedesignfoundation.org/it/contenuto/gherardo-colombo-dialoghi-sul-perdono-mondadori-2-dicembre-2014-milano>). 100 attendees.

### "What is forgiveness and what does it mean to forgive"

Interview between Daniel Lumera, director of My Life Design Foundation and Gerardo Colombo, Former Judge.

### Forgiveness in the School, Taranto

In Taranto, a training event with 300 young students from the Liceo Ginnasio Aristosseno on the therapeutic value of Forgiveness by Daniel Lumera (Director of My Life Design Foundation). The meeting generates the creation of a group of students who will elaborate material based on the forgiveness' value, a selection of them will be published.

### "The pedagogical value of forgiveness"

Dialogues on forgiveness between Daniel Lumera, director of My Life Design Foundation, and the journalist Gabriele La Porta in the Taranto Aristosseno School. Attendance: 300 high school students (age 15-18) and their teachers.

### Disclosure Event "The 7 Steps of Forgiveness"

By Daniel Lumera, Director of My Life Design Foundation, sponsored by the City of Cagliari. Art and Culture Community Center "Il Ghetto". Attendance: 180 people.  
April 2014

### Excellence in Education Congress, Madrid

Presentation by Daniel Lumera, Director of My Life Design Foundation, in the IV Congress "Excellence in Education", sponsored by the Spanish Ministry of Education, with a speech entitled "Educating to awareness: the pedagogical value of forgiveness". Attendance: 250 persons, all related to education field. November 2014.

## International School of Forgiveness

The ISF is created. International School of Forgiveness is a prestigious institute that shares, deepens and celebrates the values of forgiveness and respect for life in all its manifestations.

It is dedicated to the study and research on forgiveness, based on the model used in the "My Life Design" methodology and "The 7 Steps of Forgiveness" devised by Daniel Lumera.

The ISF develops and promotes a unique search activity of its kind, focused on making the experience of forgiveness accessible to all people who want to experience the resulting benefits of this process, and consistently apply them to everyday life.

Among the first educational programs offered, the school gives special attention to programs addressed to children through a training course devoted entirely for children and their families.

Forgiveness, awareness, gratitude, happiness and love are essential and fundamental forces, around which the existence in all its manifestations revolves.

The International School of Forgiveness is based on the development of an education focused on these aspects, an example of how these forces can be experienced and applied to a new way of living life.

10 students have enrolled in the first formation in Life Designer on Forgiveness.

## Life Design Trainings

The Life Designers training has over 60 participants from different countries.

The principles and values taught in them are an education to consciousness, happiness and peace.

The training consists of an innovative methodology based on the empowerment of own life skills through the development of self-awareness.

The objective of the training is to accompany and facilitate people a process of recovery and empowerment of talents and skills. The My Life Design methodology is used to cover the main topics: stress manage, internal and external conflict manage, development and construction of aware and peaceful relationships, integration of the past, transformation of the problems in resources, development of concentration skill.

## Forgiveness International Day

The Forgiveness World Day is an international project, born from an idea of Daniel Lumera. Counts on the participation of representatives of entertainment, culture and politic, all together to celebrate the value of forgiveness.

The initiative combines art, culture and health. Is developed by Carla R. Crowther, currently International Relations Director of My Life Design Foundation, which captures the meaning and develops it into a global event to celebrate the education to awareness and the culture of peace among individuals, governments and nations.

Accorinti Renato, mayor of Messina, was one of the first persons to welcome the initiative, offering the city as a venue to remember the ethical commitment to a nonviolent political solution for the conflict resolution and peace.

## Integration in Nature Classroom

It is developed mainly abroad, in a privileged location, surrounded by unspoilt nature, in the Catalan pre-Pyrenees at a range of 150km from Barcelona.

The memory of the forest is part of our own memory. It is the memory of the past but also the future because without trees and forest there is no possible future. Ancient cultures developed a strong awareness and unity with nature. The formation foresees the development of a harmonious life style with nature. The study and recovery of the values of the ancient cultures of the planet and its applications to improve the quality of life and relationships are the objective of the training: to recover, understand and express the responsibility we have as human beings.

More than 35 people participated in the organized workshops throughout 2014.

Another objective of the Integration in Nature Classroom of the My Life Design Foundation, is to spread an environmental and bio sustainable culture based on respect for the natural values.

Regarding the relationship between nature, health and man, My Life Design Foundation publishes information through its channels of media distribution.