



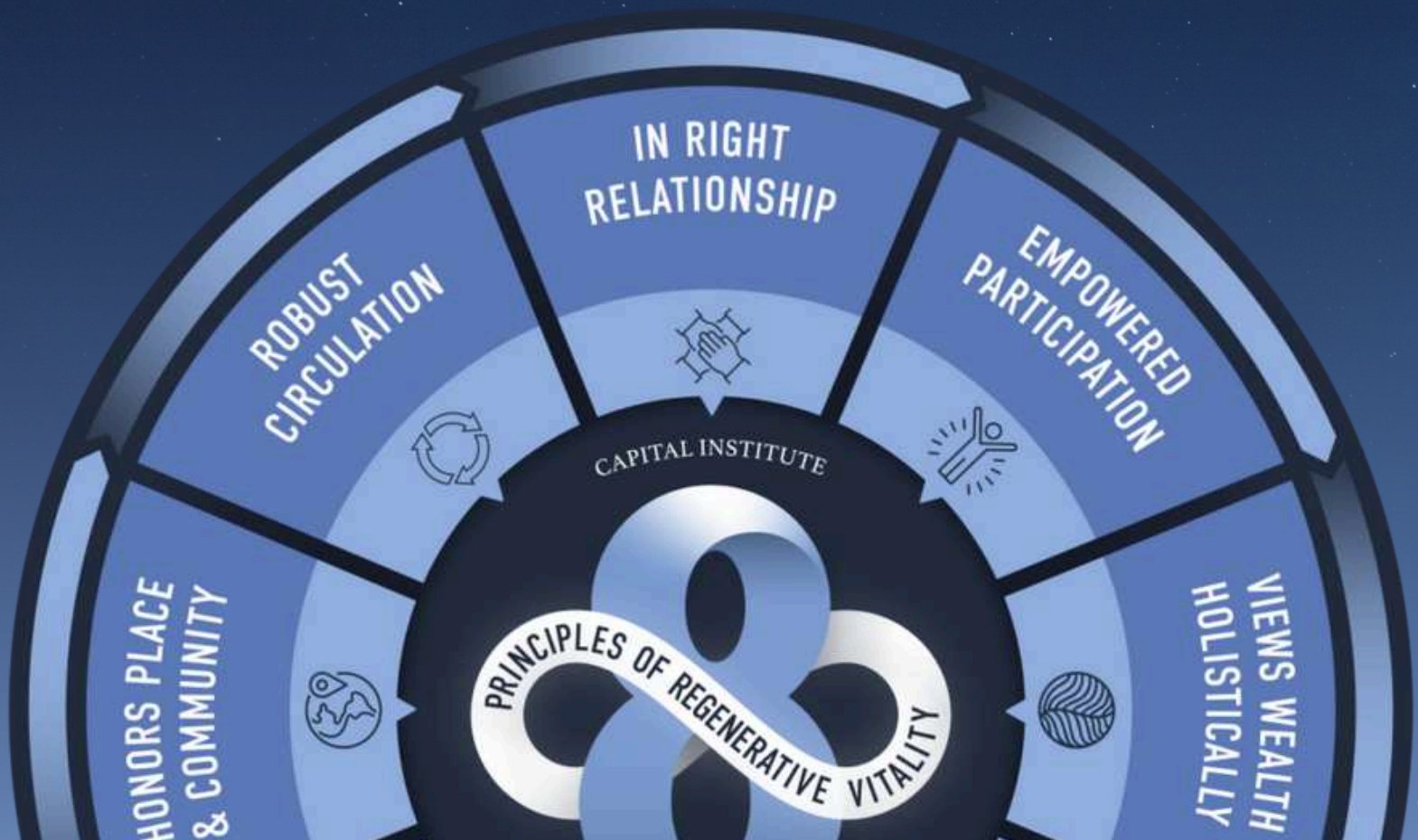
CAPITAL INSTITUTE

Introduction to Regenerative Economics

Join a live cohort to learn a new approach to reimagining and redesigning our economy in alignment with living systems

March - April 2025 Example Syllabus*

**Module details subject to change*



About

"I would bet that if we make this transformation the way I hope we do, the leading institutions of society won't look anything like they do today." — John Fullerton

The Capital Institute is offering a seventh edition of its online course, Introduction to Regenerative Economics: New Ways of Seeing, Thinking, Being, and Leading for the 21st Century starting on March 4th, 2025, hosted by John Fullerton and featuring 30+ thought leaders from around the globe. This course aims to reimagine economics based on a living systems framework, allowing us to participate in the redesign of our economy so that long-term human dignity, social equity, and planetary health can become a reality throughout the world.

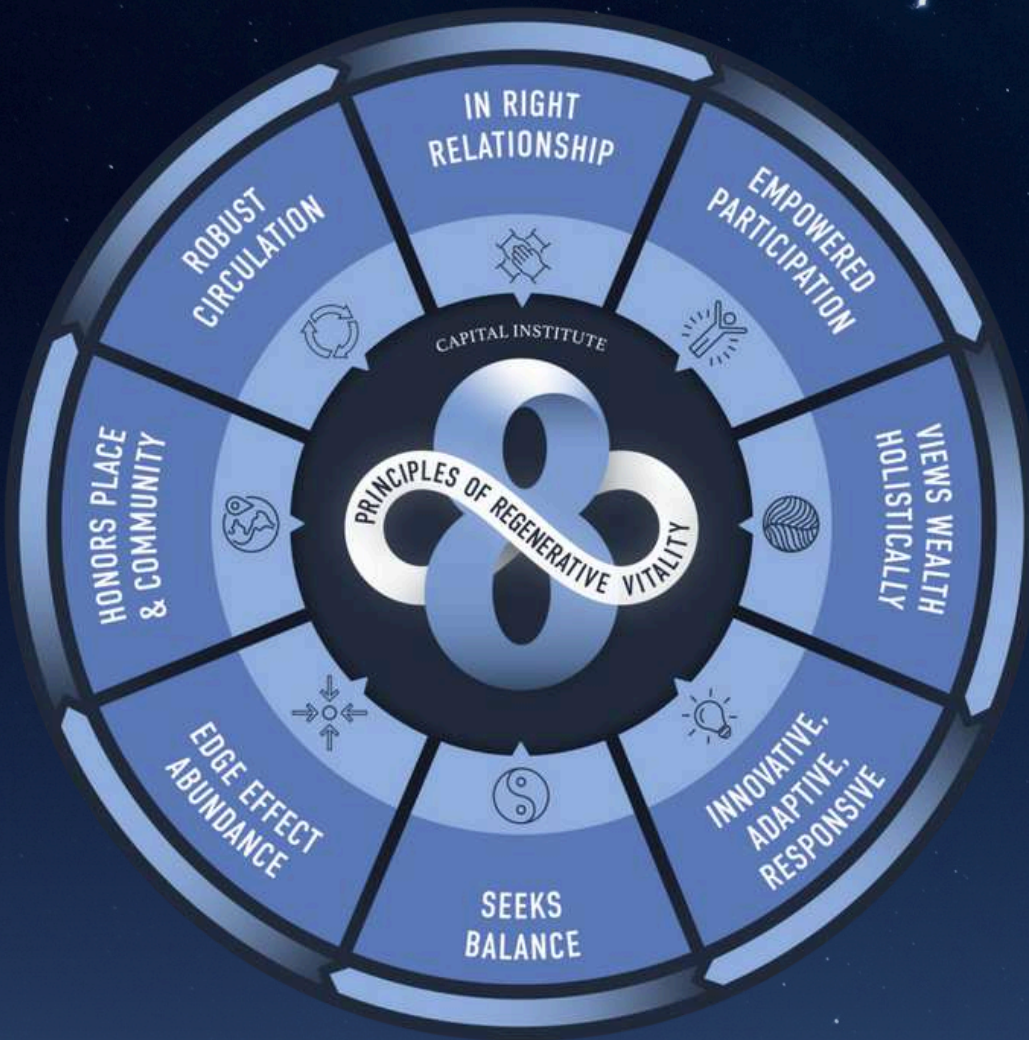
For over a decade, the Capital Institute has been working on a new holistic approach for reimagining economics and finance that is grounded in reality, arising from the universal laws, patterns, and principles that guide all living systems. The regenerative economy we foresee is a powerful one, capable of unleashing presently unseen potential and self-sustaining prosperity for all. This potential derives from remembering the intrinsic wisdom that resides in us all that can be cultivated to create regenerative enterprises, institutions, and policy frameworks that work collectively in service to a larger whole.



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Approach

8 Principles of Regenerative Vitality



This course is based on [8 Principles of Regenerative Vitality](#) and how these principles can be applied to build a vibrant and self-sustaining economy that is in service to all life. Grounded in the science of living systems as well as practical real-life examples, the syllabus for this 8-week course includes key topics as outlined in following pages.



Course Syllabus

March 4th - April 29th, 2025

Week 0: Welcome Session

Tuesday, March 4th, 2025

Module 1: What is Regenerative Economics?

Week of March 10, 2025

- Explore how the “fatal error” in current economic thinking has resulted in significant, even if unintentional, long-term harm.
- Examine how prior tweaks to neoclassical economics fail to recognize the reality of how life actually works and why a fundamental re-think is essential.
- Define the principles of Regenerative Economics and discover how they offer not only a pathway out of the current interconnected crises cascading all around us, but also the promise of presently unimaginable human prosperity and the flourishing of life on earth.

Module 2: Moving from Reductionism to Holism:

Week of March 17, 2025

- Identify the uses and limitations of reductionist thinking.
- Define holism within the context of living systems principles.
- Compare and contrast the science of energy flow networks and process ecology with current economic practices.



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Module 3: Thinking in Systems: Introducing the 8 Principles of Regenerative Vitality

Week of March 24, 2025

- Deepen our understanding of the Eight Principles of Regenerative Vitality and analyze how together they can unlock hidden potential to deliver more equitable abundance for all.
- Discover how a living systems approach opens up fresh perspectives on seemingly “wicked problems.”
- Learn to apply the Eight Principles to real world contexts.

Module 4: Firms for the Future

Week of March 31, 2025

- Define the characteristics of regenerative organizations and how they align with the Eight Principles of Regenerative Vitality.
- Explore how regenerative companies and organizations are designed to generate true wealth for all stakeholders, without undermining the health of the planet, our only home.
- Learn from leading company executives how they are working to apply regenerative principles to their organizations.

What Course Alumni Are Saying

“What we have learned as truth seems daunting, but doing so in an honest international community, guided by the principles of LIFE is truly grounding. We humans have built so many systems that we have set ourselves into patterns of decay and self destruction. The larger this community grows to deconstruct these systems and build new ones within the dynamics and also limits of life, the better suited we will be to truly thrive and let others thrive. Sharing these months with John and the With Life Community is not only enlightening but inspiration to action..” - **Marlene Gras**

Module 5: Macro / Meta Economics

Week of April 7, 2025

- Understand the geophysical planetary boundaries of our economic activities, and identify measures of wellbeing that go beyond GDP.
- Reimagine money in the context of Regenerative Economics.
- Understand fiscal and monetary policies through the regenerative paradigm.
- Explore the critical missing institution of a Regenerative Economy: The Commons Sector, consisting of all co-inherited wealth.
- Understand how the essential self-governance feature of all living systems can be achieved through the integration of the Commons Sector into the macro/meta economy.

Module 6: Finance in Service to Life

Week of April 14, 2025

- Examine modern finance ideology and practices through a regenerative lens.
- Explore the confusion surrounding ESG and “sustainable investment” practices through the Eight Principles of Regenerative Vitality.
- Understand how banking and finance can be aligned with the Eight Principles to mitigate the present extraction while enabling true wealth and prosperity.

What Course Alumni Are Saying

“It is abundantly clear that the current growth-driven economic system is inconsistent with a sustainable, equitable future. The Capital Institute course in Regenerative Economics has given me the theoretical basis, practical examples and inspiring network to start contributing towards the creation of a better system, a regenerative system. I would highly recommend the course to anyone (not just economists) who is grappling with how to wean our society of its current trajectory and forge a better path.” - **Joel Backwell, Cohort 6 Alumni**

Module 7: Learning to Lead Together

Week of April 21, 2025

- Define regenerative leadership and how it differs from hero leadership.
- Analyze how regenerative leadership can help organizations shift from a mechanistic way of operating to a living-systems way of leading.
- Hear from world-class practitioners learning to lead highly conscious, future fit organizations.

Module 8: A Roadmap to Transformation: Timeless Wisdom of Regenerative Vitality

Week of April 28th, 2025

- Understand how the fundamentals of Regenerative Economics parallel the time-tested wisdom traditions reflected throughout Indigenous, Eastern, South Asian, and Western traditions.
- See that our modern scientific understanding of how life works serves to validate these ancient traditions and alternative forms of knowing, yet at the same time conflicts with modern economics and finance, both theory and practice.
- Explore the transformative, and even alchemical potential of regenerative wisdom.
- Discover how our latest science and ancient wisdom traditions merge into a profound and breathtaking Unitive Narrative.



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Course Design

LIVE LECTURES

2-hour sessions, Mondays at 11:00 am ET

For each module, course participants will have access to experience a live lecture and engage in live group dialogue. These lectures provide the core framework of the curriculum and are augmented by selected readings and other content. In addition to this material, we are creating a growing library to provide an unparalleled source of emergent regenerative theory and practical application in the real world.

DISCOVERY DIALOGUES

1.5-hour sessions, 3 x live at 11:00 am ET

Mindfulness Dialogue is a core learning tool of the course. We now have a library of over 20 “Discovery Dialogue” recordings with global thought leaders. Select recordings will be assigned as part of the core curriculum each week. In addition, there will be four live Discovery Dialogues during the Course. You will continue to have access to all the content after the course ends.

PRACTICE LABS

2-hour sessions, 4 x Tuesdays at 11:00 am ET

With the intention of supporting course participants in applying their learnings to their own work and life context, we offer three interactive and engaging workshops. Course participants will have the opportunity to work in small groups to workshop the Eight Principles of Regenerative Vitality in real-life case studies and scenarios to deepen their learning and offer practical ways the frameworks and tools shared in the course can be applied.

Inner Work for a Regenerative Economy with Sandy Wiggins

1.5-hour sessions, 2 x Thursdays + Closing Session at 11:00 am ET

In these sessions, guided by Sandy Wiggins, participants will use breathwork and meditation as a tool to overcome fears and limiting beliefs, facilitating personal and collective growth towards a regenerative economy. Breathwork, a natural process of conscious connected breathing, helps release physical, emotional, and mental blocks, enhancing connection to essential aspects of life. Sandy, co-founder and Chief Learning Officer of Future Tide Partners, brings over 45 years of experience in breathwork and meditation, aiming to support transformational development for a sustainable and equitable future.

Warm & Cold Data Lab: Regenerative Technology with Jessica Groopman & Sahra Brubeck Bateson

2-hour session, 1 x Tuesdays at 11:00 am ET

About People Need People: The Warm Data Lab is created to help release and revitalize sensitivity to the sacred processes of life that have been fragmented by history. It was originally designated for helping communities begin to perceive and articulate the possible projects which would be responses to the complexity of the issues they are facing. People Need People Online adapts this practice to offer uniquely rich and storied online communication, in contrast to the common experience of polarized and divisive digital communication patterns.

WITH LIFE COMMUNITY

Course alumni consistently remark on the strong, purposeful community we've built for exploring the profound paradigm shift at the core of the course. In many ways, the community is the curriculum. Upon enrollment in this course you will get access to the With Life Community – an ongoing learning community filled with new ideas, knowledge, and inspiration that supports a new regenerative mindset, as we learn to view the world through a living systems framework and to apply the patterns of living systems to seeing, working, and being in the world.

What Course Alumni Are Saying

"This class really upleveled my understanding of the context in which a regenerative economy becomes coherent. All the voices included through Discovery Dialogues and learning labs really expanded and enriched my experience and I never felt like I was getting "business as usual" spun back as greenwashing. In fact, between the cohort and the broader community I feel more supported than ever to think big about how we can make this happen together." - **Geoff McNeely**

It is this regenerative potential that holds the promise of exponential and unending prosperity for humankind and the living world in which we are embedded just as life expands in the face of entropy. Such is the promise of simply participating in — and contributing to as only humans uniquely can — the journey of evolution itself. But, and this is an important but, such promise is open to us if and only if we shed our arrogant ignorance and learn to live synergistically with these patterns and principles that describe living systems and just so happen to be aligned with the wisdom traditions that have stood the test of time.

Let us choose life as the basis of our economic system design.

Introduction to Regenerative Economics Cohort 7
Begins on March 4th, 2025

Enroll at capitalinstitute.org/course-introduction-regenerative-economics



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