



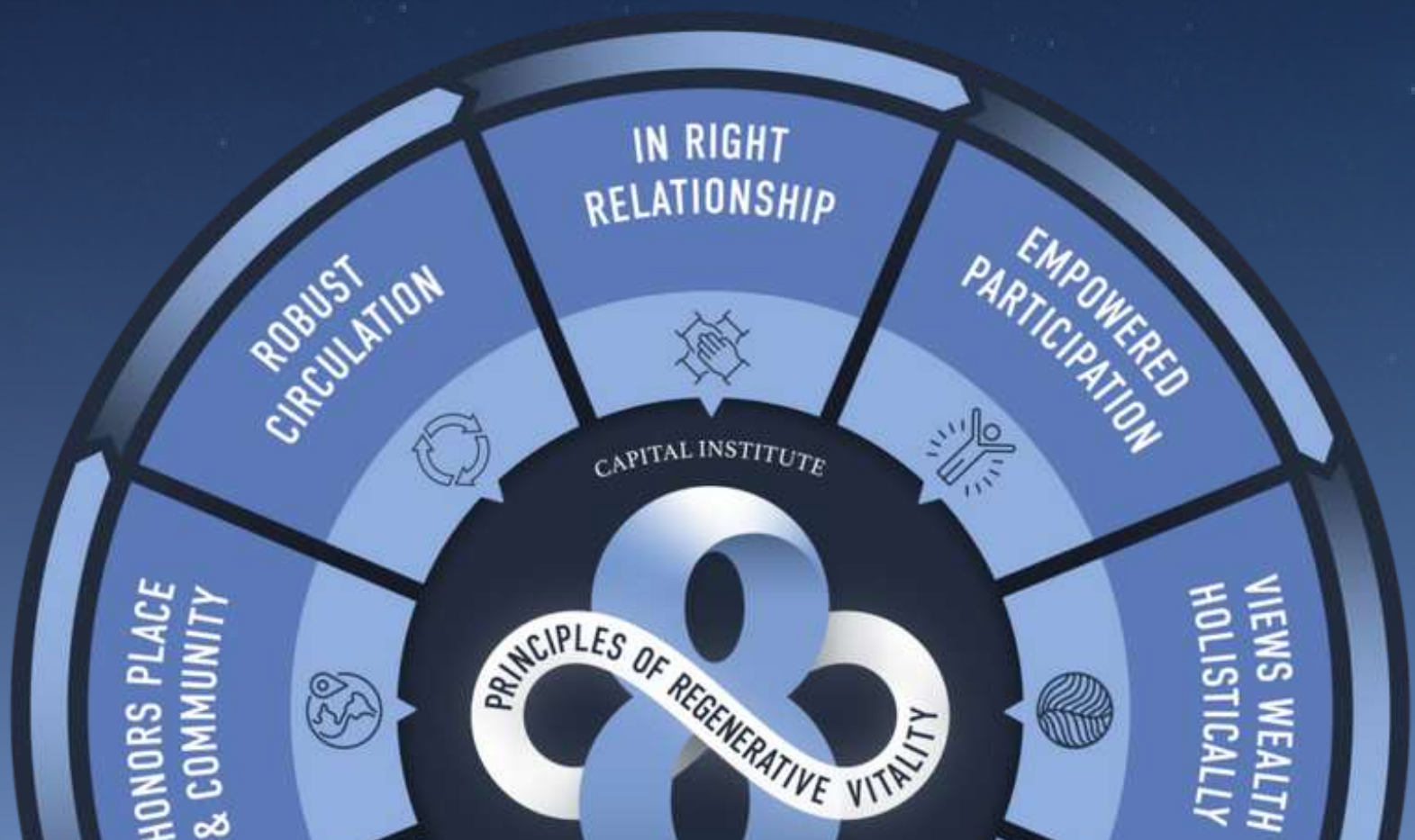
CAPITAL INSTITUTE

# Introduction to Regenerative Economics

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

Sept-Oct 2025 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

September 5th - October 28th, 2025

## Week 0: Welcome Session

Friday, September 5th, 2025

## Module 1: What is Regenerative Economics?

Week of September 8th, 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 September 15th, 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 September 22nd, 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 September 29th, 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

“This course was more than learning; it was a turning point. A journey that awakened both heart and mind, offering not just knowledge but a compass. It gave shape to questions I'd long carried, and direction to dreams I hadn't yet named. Living systems principles became a lens through which the world made deeper sense—and a call to action I could no longer ignore.” - **Marina Skorulskaja**

# Module 5: Macro / Meta Economics

Week of October 6th, 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 October 13th, 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

“The principles apply to one's regeneration, too. I feel stronger, more alive, and in better communication with life. The caliber of connections and extracurricular materials delivers more value than the cost of the course. Truly an abundance of exchange.” - **Nelson**

**Betancourt**

# Module 7: Learning to Lead Together

Week of October 20th, 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 October 27th, 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 Data Lab: People Need People

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

"Capital Institute's Introduction to Regenerative Economics course was life-changing for me in that it integrates perceptions, thoughts, and ideas I had collected over the years into a single holistic vision. John Fullerton's 'living system' paradigm with 8 principles of regenerative vitality is exactly what I already believed to be true! This model gives us an overarching framework to explain and act. I recommend this course without hesitation to all who are seeking a better world and want to join with others to challenge the status quo and forge a regenerative path forward." - **Sara Mears**

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 September 5th, 2025

Enroll at [capitalinstitute.org/course-introduction-regenerative-economics](https://capitalinstitute.org/course-introduction-regenerative-economics)



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