Enrichment

Caroline Mason
Founder, Seeds To Thrive
SUPER CHARGERS

ENERGY ZAPPERS
"I believe that when you find problems, you should also find solutions"

Ngozi Okonjo-Iweala,
The First Female Leader of the WTO
QUESTIONS I ASKED MYSELF

Q1 - What does Enrichment meant to me?

Q2 - What were the tools that I used to generate transformation, and therefore business and personal enrichment?
Agroecological farming systems
to tackle the interrelated crisis of climate change, biodiversity and poor public health

#1 - The Farm as an Ecosystem

#2 - The circular Economy

#3 - Health and Wellbeing
Connecting with my soul

Volunteering on a wildlife conservation program in a coastal rainforest in Costa Rica, connecting and experiencing the 3 N's.

Nature
Exploring the abundance, richness and diversity of a coastal rainforest ecosystem.

Newness
Meet new people, experience new things and to have fun.

Noiselessness
Disconnect with the white noise of life, and to connect inwardly with myself, being fully present with my thoughts, feelings and emotions.
#1 - NOISELESSNESS
Listen and silent are spelled with the same letters.

Think about it.
Self care

Podcasts

Coach

Prioritise

Self love
Individual action
THERE IS NO PLANET B !!!
QUESTIONS TO ASK YOURSELF

# What *can* you do?

# What *tools* do you need around you to enable transformational progress in your business and personal growth?

# How do you *want* to lead?

# What *actions* are you going to take?
#2 - NEWNESS
No 16. Once a year, go someplace you've never been before.
"We believe no CEO wants people or planet to suffer because of their value chain.

But if they raise the bar alone, they put themselves at risk competitively.

We help to increase the pre-competitive space and raise industry norms over time"

#3 - NATURE
2022 UN BIODIVERSITY CONFERENCE
COP 15 - CP/MOP10 - NP/MOP4
Ecological Civilization-Building a Shared Future for All Life on Earth
KUNMING - MONTRÉAL
Knowing that you love the earth changes you, activates you to defend and protect and celebrate.

But when you feel that the earth loves you in return, that feeling transforms the relationship from a one-way street into a sacred bond.

Robin Wall Kimmerer
Q - What **bond** do you want to touch, see and feel with the earth?
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Thank you for listening!

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