

## PANEL 2024

### A multi-dimensional perspective on Quality of Life and Social Change

The aim of this panel is to offer a panorama of theories and practices related to quality of life in an uncertain world, and the social change that needs to happen to make their impact sustainable. The selection of speakers considers social, economic, environmental, and political/governance aspects that favor or hamper aid, recovery and overall social change dynamics. To achieve this aim and provide a multidisciplinary perspective, both practitioners and academics will be represented.

The varied set of perspectives deriving from the authors' field of experience and expertise will result in a kaleidoscope of first-hand knowledge about different paths that are conducive to individual and collective levels. Whereas some speakers will concentrate on the policy dimension, others will provide case-studies, and others methodological innovations. Their common theme is a holistic angle to 'social change' processes that is not limited in its scope to either the material or the immaterial side of societal transformation. Each contribution will illustrate connections between micro changes (individual) and the dynamics that derive from them at the meso (community), macro (country) and meta level (planet) nurturing quality of life if they are sustained through time. A central understanding is that we have a common responsibility, but differentiated abilities.

The moderator will provide an introduction of POZE (*Perspective – Optimization – Zeniths – Exposure*), the holistic perspective to social transformation that is illustrated, respectively and combined, by the speakers.

The key messages of this panel are 1) the understanding that collective wellbeing is the cause and consequence of collective wellbeing; and 2) quality of life is the result of alignment between the twice four dimensions that influence human existence at the individual level (soul, heart, mind and body; expressed as aspirations, emotions, thought, sensations), and collectively (micro, meso, macro and meta; or, individual experiences, communities, countries and the world). Investments in one dimension without consideration of the others is unsustainable, whereas all can be promoted by systematically assessing and addressing the mutual interplay that connects them.

Within this framework speakers will provide their own views, practical experience and theoretical approximation on how the multiple dimensions at stake play out in relation to quality of life without ties to a monolithic orthodoxy.

#### NOTE

This Panel is connected to the 'Handbook on Quality of Life and Social Change', which is scheduled to appear in December 2023 as part of the Springer Handbook Series on Quality of Life.

#### GOAL

The expected outcome of this panel is to identify and connect like-minded thinkers and practitioners to learn and share best practices and ideas.

#### SESSION STRUCTURE

Following a brief introduction to the scope and paradigm of the Panel (Introduction/ 5 min) the moderator will offer the floor to each of the four panelists

to introduce themselves and their present scope of work (Question 1 / 5 min each). They will then in turn answer the Questions that are directed to them specifically (Questions 2 to 5/5 min each). Subsequently the audience will be invited to ask questions to the speakers (10 min). To conclude the moderator will give each speaker the flow to summarize their key take-away. (10 min)

## Questions

### Entry question to all speakers:

1. How does this multidimensional understanding of being and becoming, of individual change and collective transformation relates to your body of work and current research interests?

### Specific questions to the respective panelists:

#### Micro

What influences individual wellbeing from the inside out, and how does this influence the environment in which a person evolves?

#### Meso

What are the causes and consequences of solidarity that is taken beyond theory to practice, both for the individuals who are taking action and those who evolve in their community and society?

#### Macro

How does the macro-economic and political context influence individuals' quality of life, and how is it influenced by it in return?

#### Meta

What are the cornerstones of happiness that are common to individuals beyond borders, and what are the differences that distinguish people and peoples?

#### Moderator

Cornelia C. Walther, PhD combines praxis and research. As a humanitarian practitioner, she worked for two decades with UNICEF and the World Food Program in large scale emergencies in West Africa, Asia and Latin America. As lecturer, coach and researcher, Cornelia collaborates with various universities; including the Center for humanitarian leadership at Deakins (Australia), the Fachhochschule Münster (Germany), the University of Palermo (Argentina) and Aix-Marseille's Law faculty (France). She is a senior fellow at the Center for Social and Behavior Change at the University of Pennsylvania. Cornelia holds a doctorate in Law and is a certified yoga and meditation teacher. In 2017 she initiated the POZE dynamic in Haiti; which has since then benefited people on all continents. Recent books include "[Development, humanitarian action and social welfare](#)"; '[Humanitarian work, social change and human behavior](#)'; '[Connection in times of Covid](#)', '[Technology, Behavior and Social Change](#)' and '[Leadership for Social Change and Development](#)'. [Macmillan Palgrave/Springer, New York].

LinkedIn Profile <https://www.linkedin.com/in/corneliawalther>

Website <https://www.poze.cc>