

# CERTIFICATE OF ATTENDANCE



THIS CERTIFICATE IS PROUDLY PRESENTED TO

*Sara Olgaard*

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THIS CERTIFIES THAT THE PERSON ABOVE HAS ATTENDED THE INNER DEVELOPMENT GOALS **MANASLU COHORT OF THE IMMERSION AMBASSADOR PROGRAMME, OCTOBER - NOVEMBER, 2025**. PLEASE REFER TO THE REVERSE SIDE FOR A DETAILED OUTLINE OF THE PROGRAMME'S CONTENT.



**JAN ARTEM HENRIKSSON**

Executive Director,  
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AMBASSADOR PROGRAMME

## IDG AMBASSADOR PROGRAMME

THIS CERTIFIES THAT THE PERSON HAS ATTENDED THE INNER DEVELOPMENT GOALS **MANASLU COHORT OF THE IMMERSION AMBASSADOR PROGRAMME**, FROM NOVEMBER 13 – NOVEMBER 16, 2025.

**Purpose:** Empowering changemakers to advocate for inner development as a critical leverage point for achieving global sustainability and planetary flourishing.

**Format:** 4 online sessions and 4 days immersion at Ekskäret.

**Content based on the The IDG Handbook:** The history of the IDG framework and the foundation. The relationship between IDGs and Sustainable Development. Research in the field of Inner Development. IDG Theory of Change, IDG Mission, Vision & Strategic Priorities. Guiding Principles. Important stakeholder groups of the ecosystem; Hubs, Networks, Centers, Research circles and Corporate Partnerships. IDG Dimension related Exercises. How to contextualize presentations of the IDGs. Introduction to the Ambassador Programme Learning Community.

LEGAL DISCLAIMER: THIS DOCUMENT SERVES AS A RECORD OF PARTICIPATION IN THE INNER DEVELOPMENT GOALS (IDG) AMBASSADOR PROGRAMME -. IT DOES NOT REPRESENT A CERTIFICATION, DIPLOMA, OR FORMAL QUALIFICATION IN IDG TRAINING, NOR DOES IT IMPLY ANY RIGHT OR CREDENTIAL TO CONDUCT IDG TRAINING OF TRAINERS OR EXCLUSIVE RIGHTS TO PERFORM ACTIVITIES ON BEHALF OF THE IDG ORGANIZATION.

