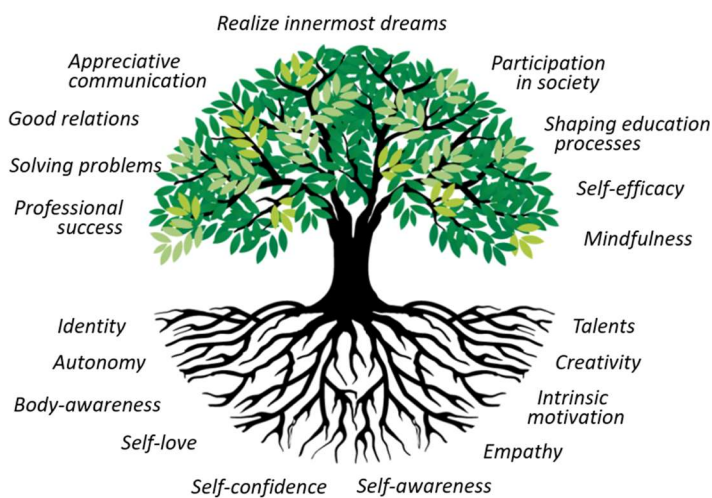


## The Conception of Human Beings in the TGW World

Our conception of human beings is an integral part of the Foundation philosophy, “Focusing on people – learning and growing.” It forms a key foundation for our actions and provides us with guidance in shaping effective development processes on both an individual and collective level.

We believe that all people can possess a positive attitude toward their lives, their tasks, and their relationships with others. It is essential to strengthen, encourage, and perhaps rediscover this attitude and the trust associated with it. Given the right conditions, people are naturally motivated to pursue goals, learn, and engage in creative activities. These positive experiences foster development processes, increase self-efficacy, and lead to human growth. Personal growth is the foundation for addressing new challenges and for forward-thinking, sustainable actions.

### Outside world: becoming active consciously as a human being



### Inner world: be in connection with yourself

Taking responsibility for oneself, one’s life, and one’s relationships leads to a “strong self.” This, in turn, enables the assumption of responsibility for social interactions (a “strong collective”) and forms the basis for strengthening communities, society, and the environment.

We believe that for people to engage meaningfully with the outside world, they must be deeply connected with their inner world. A strengthened inner world is thus the foundation for taking responsibility, building lasting connections with others, and shaping a sustainable environment. A good life for all becomes possible when we start with ourselves.

Holistic human growth occurs through individual processes that cannot be predetermined or predicted. Each person must be seen in their uniqueness and wholeness. We embrace an integral conception of human beings, which encompasses four levels where individual potential can be developed:



**Body.** A physically healthy lifestyle (nutrition, exercise, etc.) is an important component of personal growth. A mindful approach to one’s resources and a gradual expansion of body awareness are key building blocks on this path.

**Emotions.** The development of emotional intelligence, both personally and collectively, is a crucial pillar for human growth and effective cooperation processes. Constructive and conscious management of one’s emotions requires mindfulness and practice.

**Knowledge.** Taking responsibility for one’s thinking and the acquisition of knowledge and skills is the foundation for lifelong learning. A positive attitude toward life and the cultivation of constructive thoughts support self-determined actions.

**Consciousness.** Finding meaning in one’s existence and realizing this meaning is a key driver in human growth processes. The integration of consciousness development into one’s life practice supports this journey.