

# Exploring coherence

Presenting the work and overall results of the Cohere+ Project  
IFIS Colloquium - June 2025



Co-funded by  
the European Union



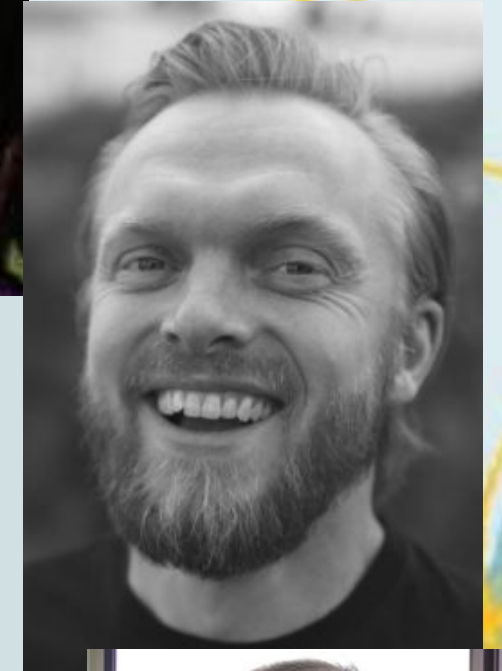
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# Cohere +

## Who we are

- Erasmus+ Collaboration Partnership (2022-2025)
- 5 partners from 4 countries:
  - The Hague Center for Global Governance (NL)
  - Institute for integral Studies (IFIS, DE)
  - Life Itself (F), Emerge (DE), Ekskäret (SE)







## Purpose and Focus of Cohere+

The **purpose** of this 3-year project (**Erasmus+, 2022–2025**) is

- to enhance the collective capacities of European change agents and
- learn and move together towards a regenerative, cohesive, and healthy Europe.

Our **focus** is on the field of "**paradigmatic**" **change agents** in Europe: those who can be identified as taking **whole-systems, integrative approaches towards paradigmatic societal transformation**.

Cohere+ combines **research, events, technology development, and educational offerings**



## What Is Coherence ?

**Coherence** comes from the Latin *cohaerere*, meaning *connected, consistent, harmonious*. Across disciplines—from physics to psychology to complexity science—coherence reflects a **dynamic state of alignment, order, and resonance** within and between systems.

### Working

*A state of harmony and alignment where all parts of a system work in sync to support both the whole and the freedom and efficiency of its parts in order to actualize its goals.*

### Definition:





# What Is Coherence ?

## Three Levels of Coherence (HeartMath Institute):

- **Personal Coherence**

Alignment of heart, mind, and body—enhancing self-awareness, resilience, creativity, and intuitive decision-making.

- **Social Coherence**

Shared alignment in groups and communities—fostering trust, collective intelligence, and emotionally safe collaboration.

- **Global Coherence**

Recognizing and nurturing the interconnectedness of all life—promoting compassion, cooperative behavior, and planetary well-being.





## The unfolding into coherence – “Coherence as a process”

- Coherence as a dynamic state: alignment with the flow of life's energy
- Stages: from anxiety to exploration
- "Agency" (Act as individual and as collective) is what coherence makes possible/fosters AND vice versa
- Integration of difference: subgrouping, presencing and resonance





## The dynamic process of “Coherence in Practice”

- **Coherence is not static**—it’s a **meta-stable process** maintained through intention, trust, authenticity, and “tension skills.”
- It thrives on **diversity and productive irritation**, which help systems reorganize for deeper alignment.
- It can be **scaffolded** through:
  - Art and aesthetic experience
  - Safe, facilitated spaces
  - Practical tools and group interventions
- These practices extend **agency beyond meetings**, building lasting personal and social coherence.
- **Coherence deepens transformation AND vice versa**





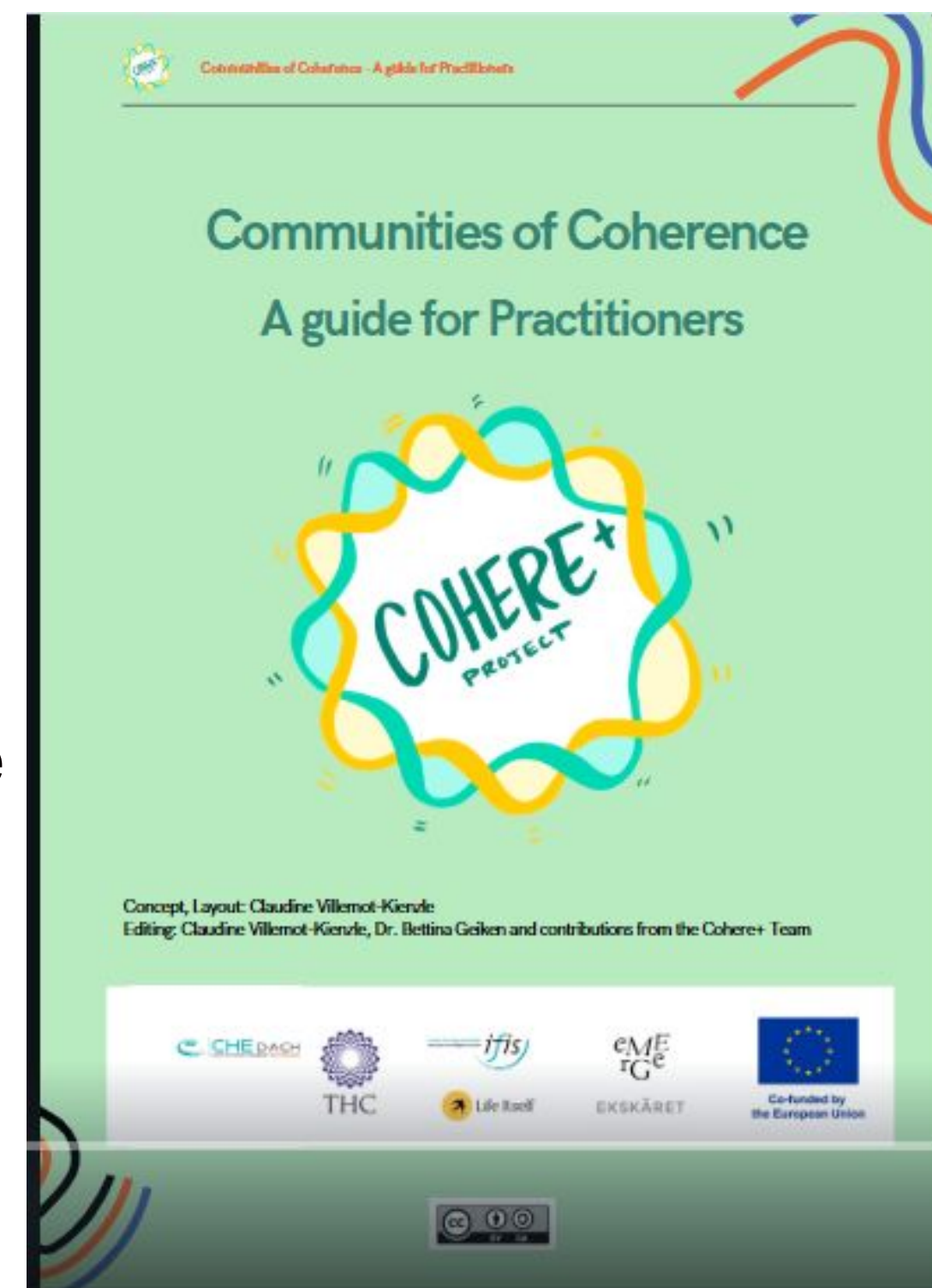
**Our results after 3 years of “delightfully”  
working together**



# Communities of Coherence Guide – Summarizes everything :–) (THC&IFIS)

In the guide we explore the

- **nature of coherence, its potential and its meaning**
- **factors that support or prevent coherence in**
- We offer **tools and practices** to build and expand capacity in consciously designing for the manifestation of coherence.
- We give **inspiration and impulses** how to actively create “**islands**” or “**communities of coherence**”





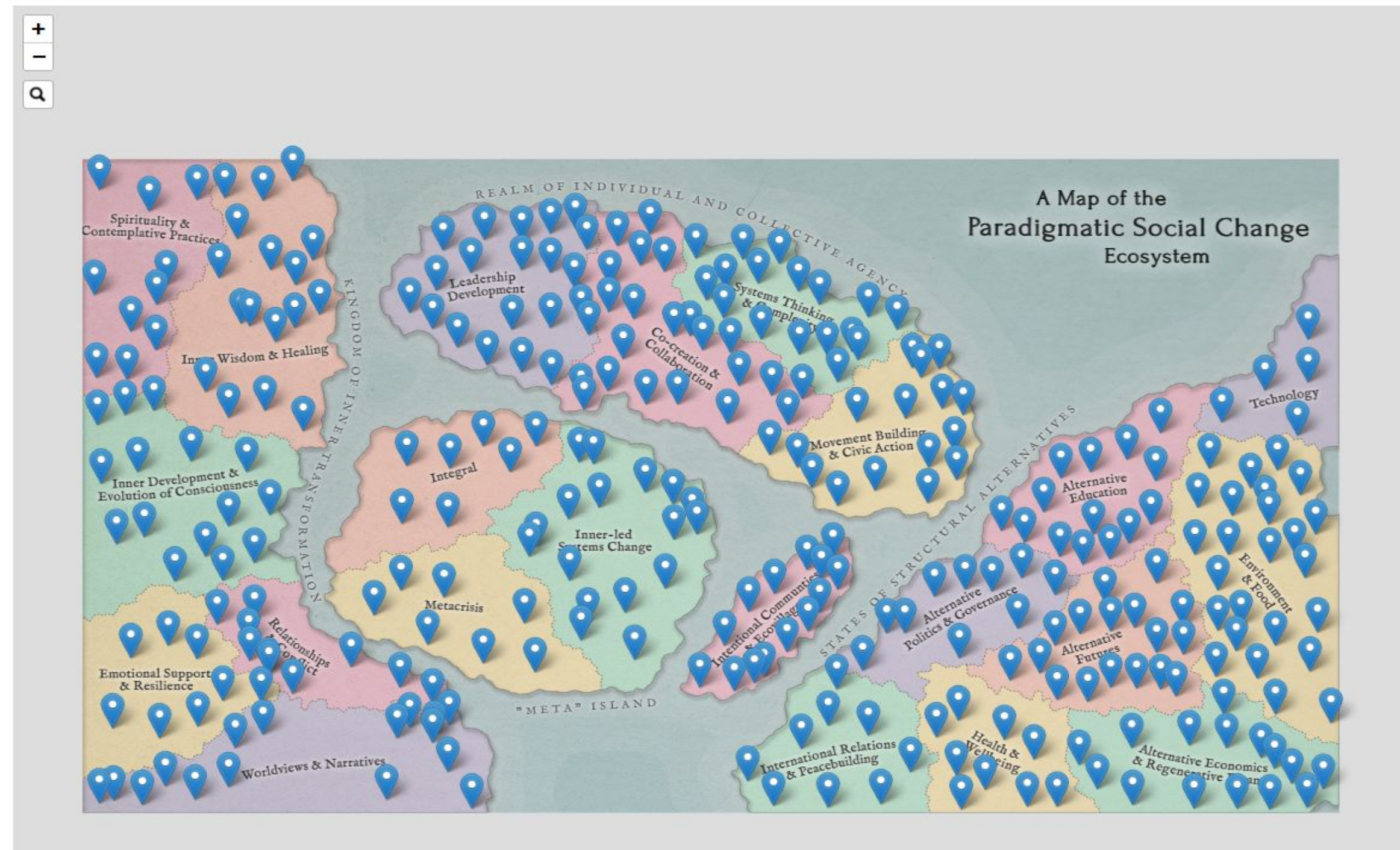
# Mapping the Field - 300 organisations - (Life Itself)

Second Renaissance

[Whitepaper](#) [Art](#) [Ecosystem](#) [Course](#) [Wiki](#) [Events](#) [About](#) [News](#) [Chat](#)

## Map of "Second Renaissance" Ecosystem

Explore the map of organizations, communities, and initiatives who are taking action towards paradigmatic social change in Europe.







# Understanding Key challenges and capacities of change agents (Life Itself)

## “Gap Analysis Report” – Emergent Power

What [inner capacities](#) do change agents in the emerging ecosystem need to develop so that the ecosystem becomes more powerful and better able to contribute to life-serving socio-ecological transformation?

See here for the [Gap Analysis Report - “Emergent Power”](#)

### 3 Key ecosystem-level challenges

1. Developing healthy relational cultures
2. Cultivating emergent ways of working together
3. Reckoning with dominant cultural paradigms

### 6 Key “capacities for the future”

1. Ease with uncertainty and complexity
2. Critical inquiry into existing mental structures
3. Addressing reactivity, tension, and conflict
4. Agency and capacity to implement vision
5. Acting in service of the greater whole
6. Collective inner resourcing



# Examples of essays identifying capacity building tools + Recent profiles of key actors (EMERGE)



## THE TROUBLE WITH PARTICIPATIVE GROUP PROCESSES

*Anne Caspari*

In case of emergence, don't call a facilitator



Kateryna Yasko

*Leigh Biddlecome*

Collective Bildung for Ukraine



Sensing coherence from the fringes

*Leigh Biddlecome*

AN INTERVIEW WITH ANNE CASPARI



Dissonance, Resonance, and the  
'Interface problem'

*Leigh Biddlecome*

Nathan Vanderpool, Part II



Towards a systemic investing approach  
for wisdom infrastructure

*Nico (Nicolas) Michaelson*

What if we invested in wisdom cultivation like we  
do in cities and infrastructure?



FINDING COHERENCE IN 'STEADY  
STATE RESONANCE'

An interview with Engin Ayaz

— 2.7.2025

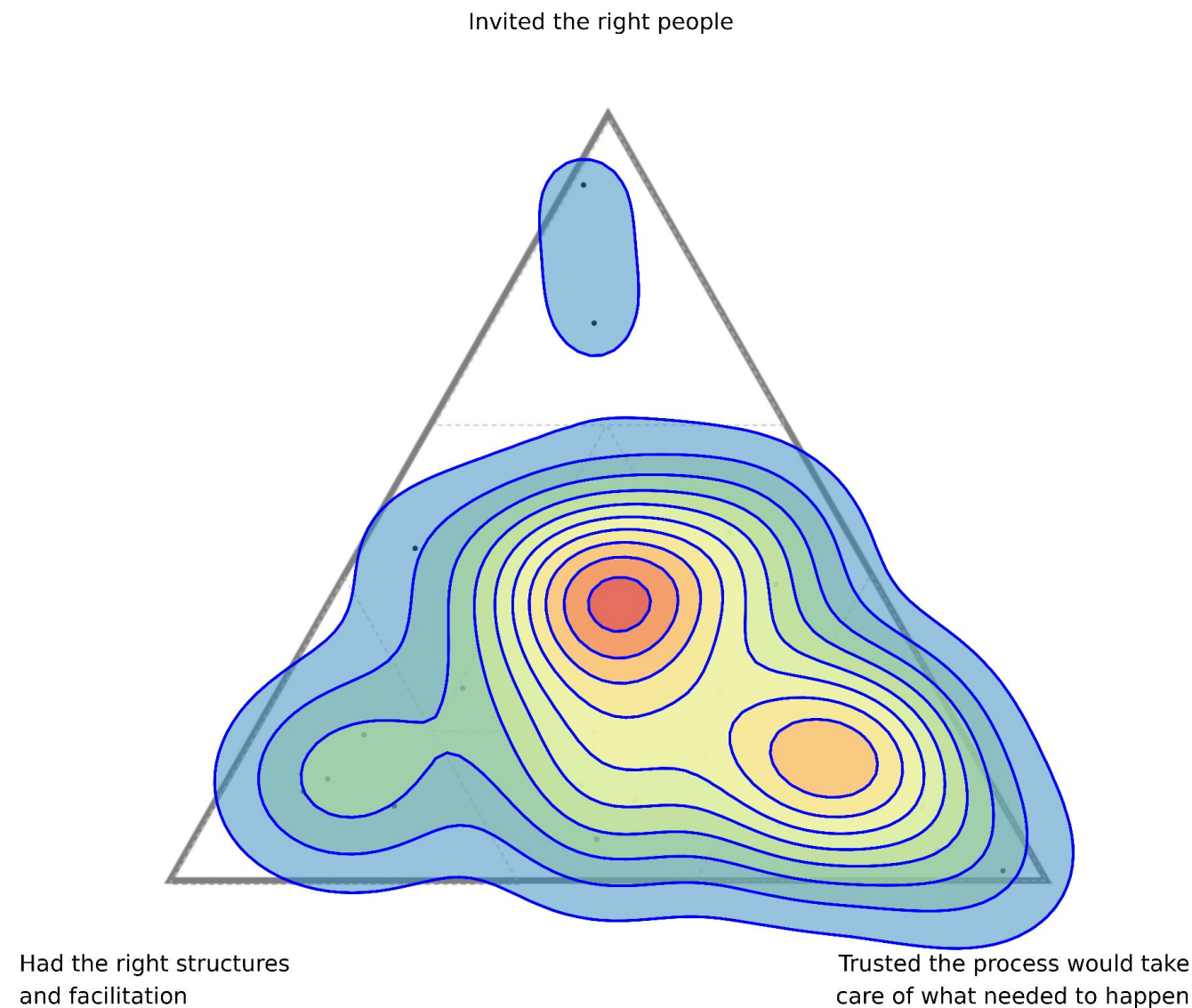
The full list of all essays and profiles by EMERGE can be found [here](#)



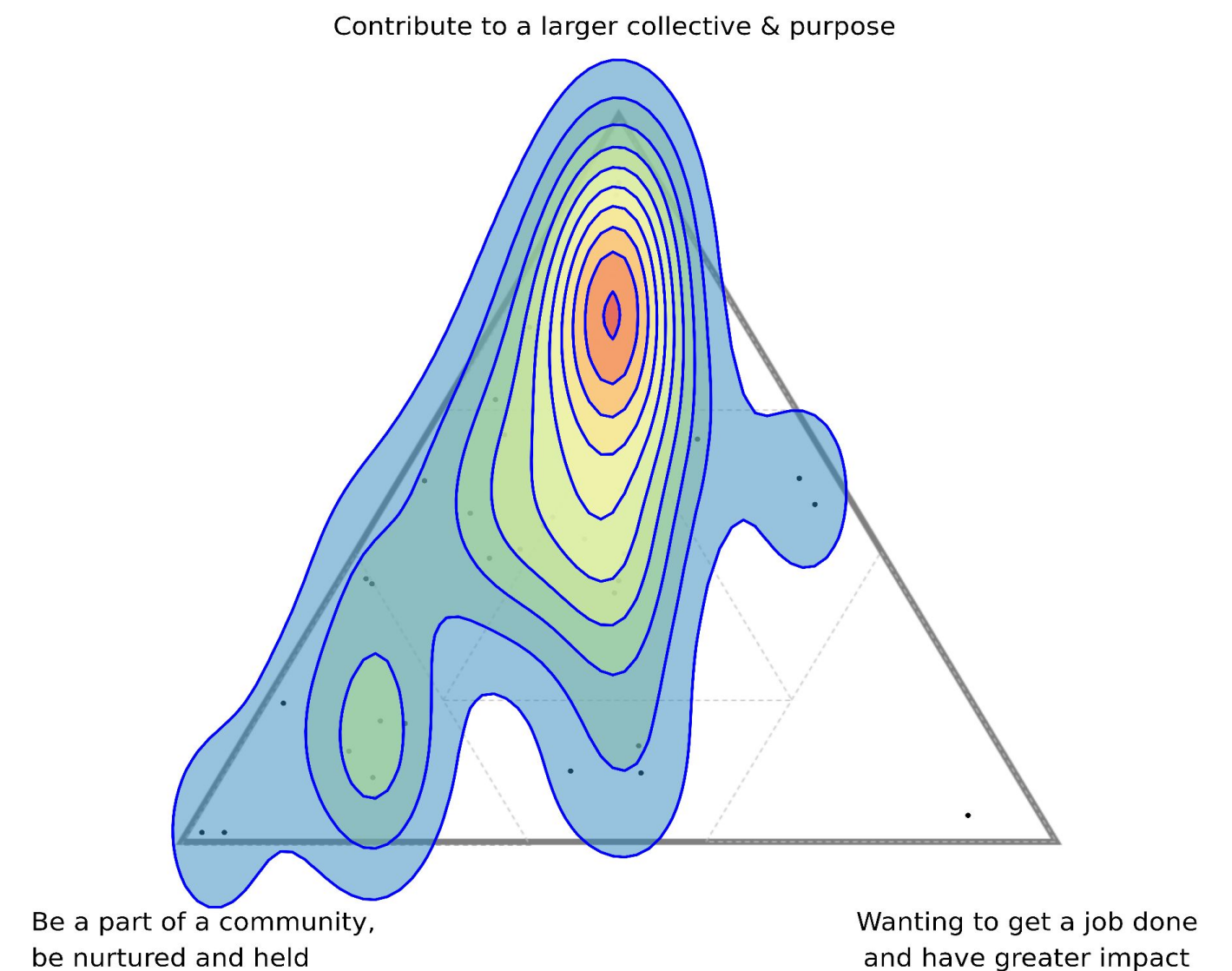
# Action Research on Coherence using Sensemaker® in different change agent communities (IDG, Holomovement etc) – (IFIS)

## Examples of collective sensemaking patterns

**1.4 Relating to my story, I feel we...**



**1.2 In my story, the main motivation came from wanting to...**



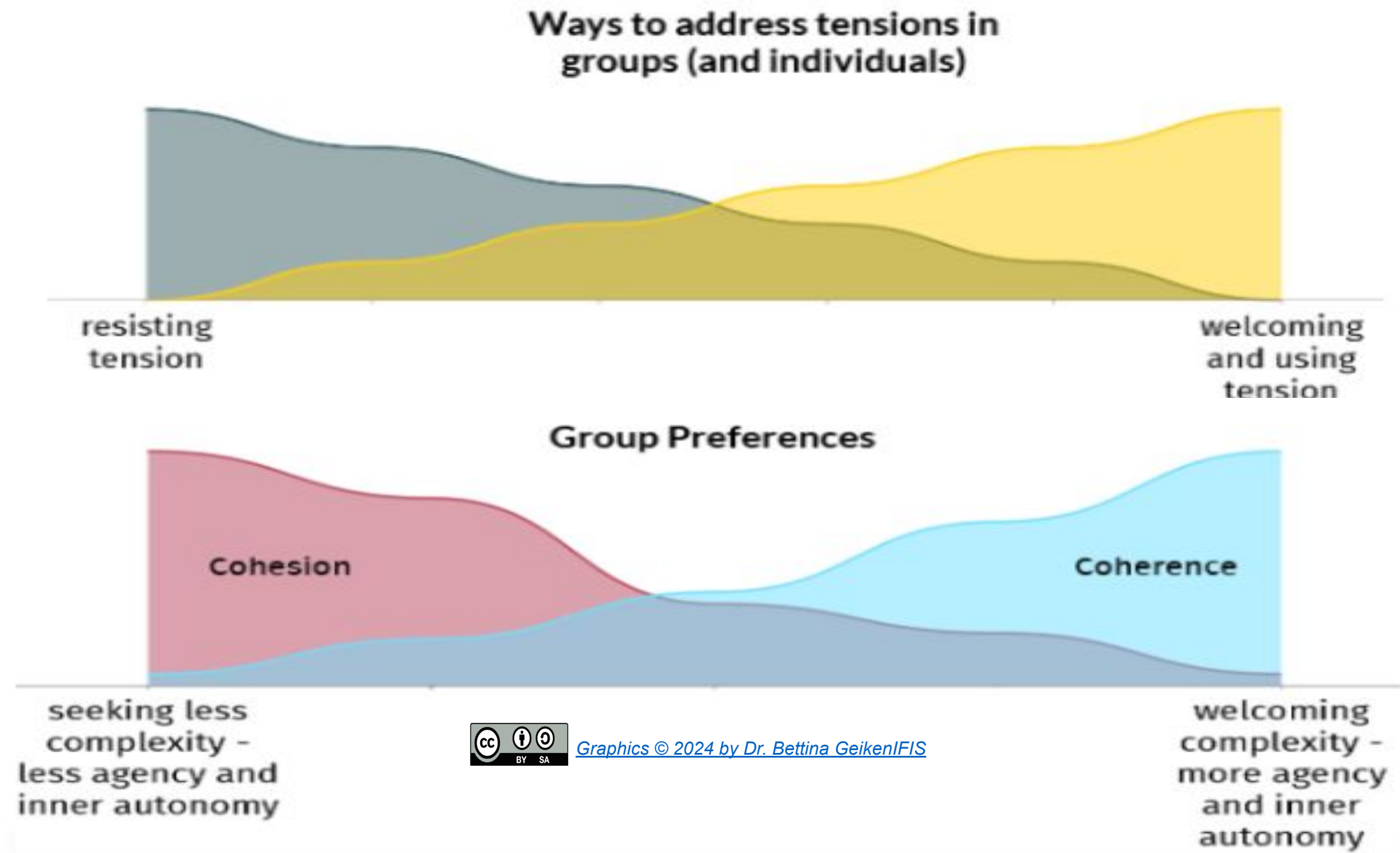
Collection of individual **Real-life Experiences** turning into **Collective Patterns**



# Major insight from Sensemaker Research

## Coherence versus Cohesion

The degree of **openness towards tension**, dissonance, frustration, and chaos are **indicators of a group/system's potential for coherence**.





# Coherence versus Cohesion – Key characteristics

## Coherence

- **Definition:** A dynamic state of clarity and flow that emerges within complex adaptive systems (like groups) when individual filters, assumptions, and cultural differences have been "burned away." and/or when individuals with high personal coherence and intentionality come together
- **Essence:** It enables **deep collective inquiry**, fresh insight, and creative prototyping.
- **Characteristics:**  
Emergent, not instantly designable.
  - Rooted in sensory, emotional, and conceptual clarity.
  - Requires time and intentional processes
  - Can be disrupted and re-entered through diversity and open inquiry.
- Any **journey into coherence** goes in stages, including periods of dissonance, tension and decoherence. **Working through** periods of "decoherence" and **tension is necessary.**

## Cohesion

- **Definition:** The bonding, stickiness, and sense of belonging within a group — the "us" identity.
- **Essence:** It supports **group stability, identity, and shared language.**
- **Characteristics:**
  - Based on ritual, shared culture, and belonging.
  - Useful for continuity and action-taking.
  - Can hinder novelty and deep inquiry if not disrupted.
  - Tends to resist change and challenge to group norms



# Strategic relationship building

## 3 Summits - IDG & Holomovement (Emerge, Ekskäret, THC, IFIS)

Cohere+ was **co-convening** in 3 highly relevant **international summits**, offering specific workshops around **action research & coherence building** within networks and hubs,

2023 - IDG Summit Stockholm (Ekskäret & Emerge)

2024 - Holomovement Gathering Ibiza (THC & IFIS)

2024 - IDG Summit Stockholm (Ekskäret & Emerge)





# Building Field Coherence and Collaborative Projects (THC)

## ONE World - A global Community of Coherence for Peace and Unity

The Hague Center co-produced seasonal online convergences for global peace and unity with Unity Earth and SINE Network.

- 2023, 2024 Co-produced gatherings for World Unity Week and Peace Week where the programs combined involved 100's of participants and 1000's of views on social media thru multipliers like Unify social media, SINE network and Hubcast media. THC Harvest provided imagery and graphic recording.
- IMPACTS - Field understanding and deep trust building between social change agents.
- Convergence process lead to larger collaborations with bolder ambitions - Unite for Peace, Media Collaboratory, Brand Earth, Solstice Unites.
- Clarity emerging about strengths and weakness in our community of coherence to inform our learning journeys and online portal.





# Building Field Coherence and Collaborative Projects (THC)

## Indigenous Connections- Bridging Continents

**Collaborative project building trust between indigenous elders and paradigm changing leaders.**

- Invited to ceremonial processes and Global Guardians Council Jaguar Alliance, relationship building in development projects bringing indigenous wisdom into modern global governance and bioregional approaches, in Americas and Europe
- Ceremony of reconciliation, recognizing colonialism, bridging Amsterdam-New York City; co-creating Pow-Wow on Great Lawn of Central Park at Global Citizen Festival Sept 2025 (audience 60.000 and online globally incl Europe)





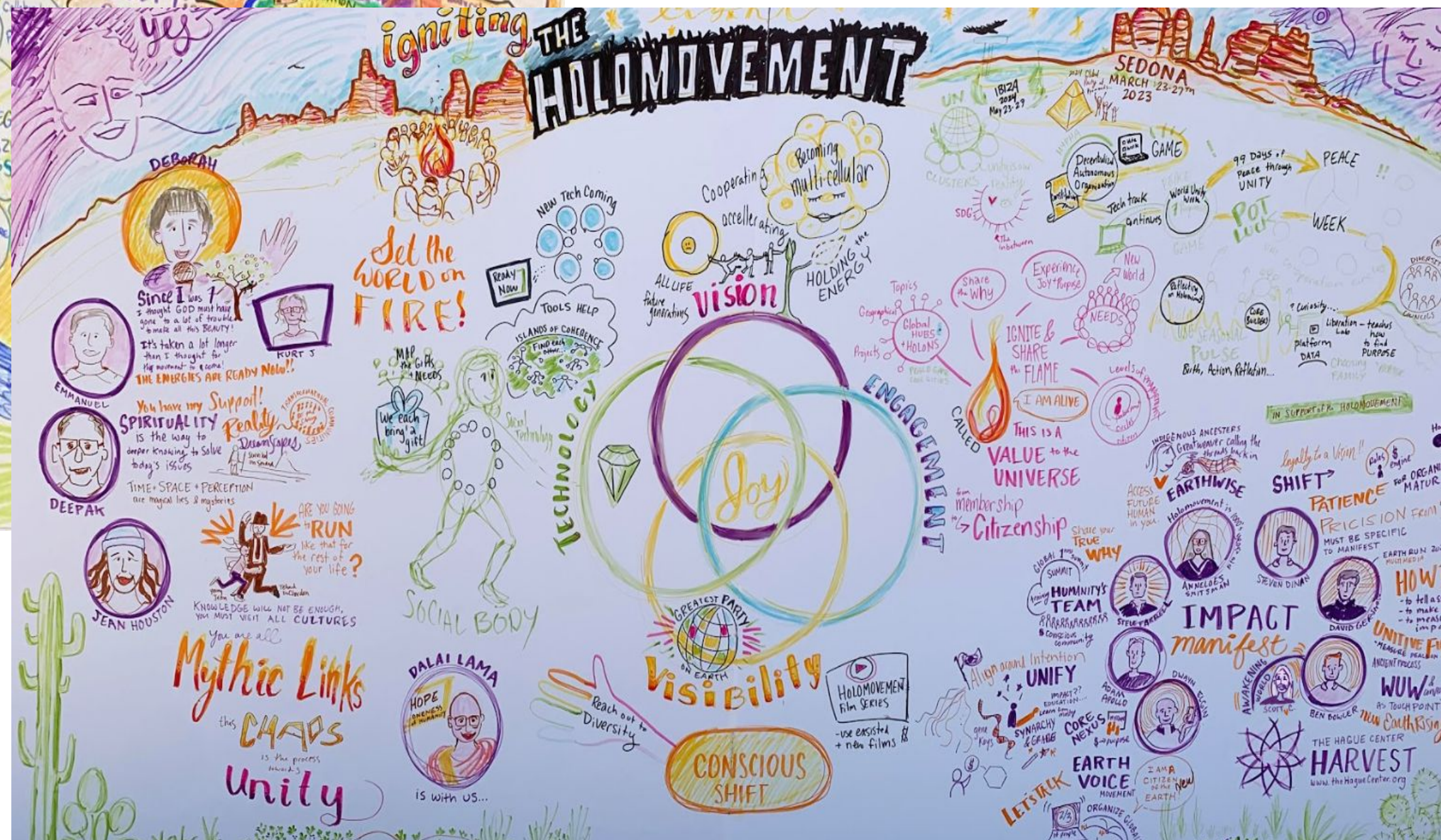
# Collaborative Projects (THC)

## Deep and Rapid Transformation Convergence Project

- DRTC team facilitated 23 virtual round tables around 7 themes, with 125 selected thought leaders including global change agents, wisdom keepers and youth. THC was on the core team, and contributed to organizing and facilitating 9 of the round tables.
- Collective visions and strategies developed for each theme, THC contributing to 3 themes
- Round tables led to high attendance at DRTC Convergence, September 2024 in New York and ongoing engagement in emerging opportunities.










# Co-creative gatherings, citizen dialogues and integral political salons (IFIS)

IFIS has been offering Learning spaces and journeys for **experiencing** and **building capacities for coherence**

- has held numerous **co-creative gatherings, political salons** (in-person and online).
  - **hosted** more than **12 dialogues “Beyond polarisation”** in collaboration with Aktion Brückenschlag
- 
- organised more than **6 round tables for citizens** in Freiburg Area
  - has published **36 blog articles** for each month of the project
  - energized the co-writing of the **IDG book chapters** [“Deepcasting the IDGs”](#) as well as [“Marriage of Depth & Power”](#)
  - developed the **conceptual design, structure and evaluation process** of the Cohere+ **learning journeys**

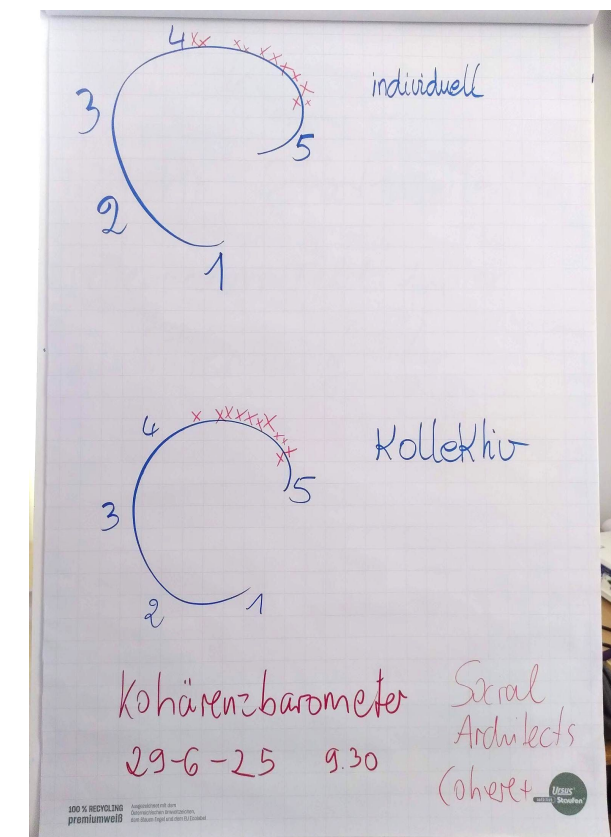
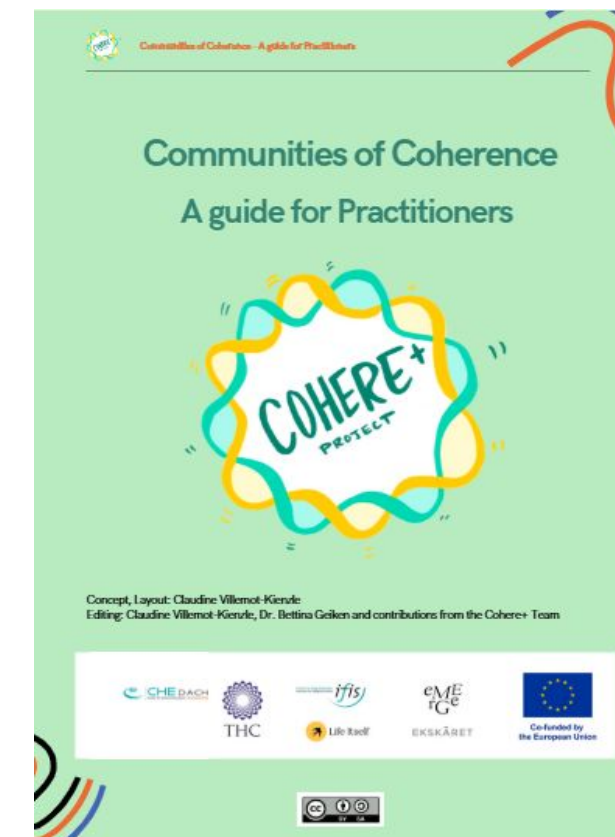
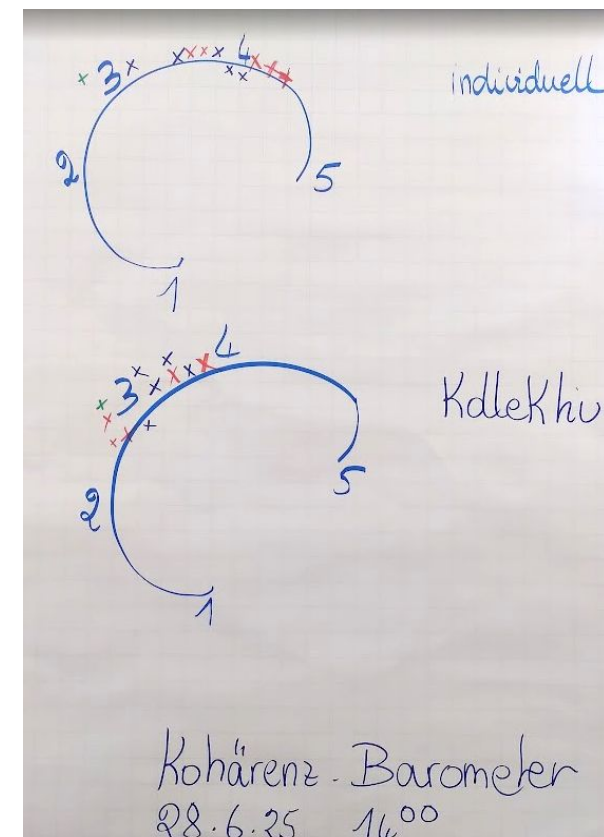
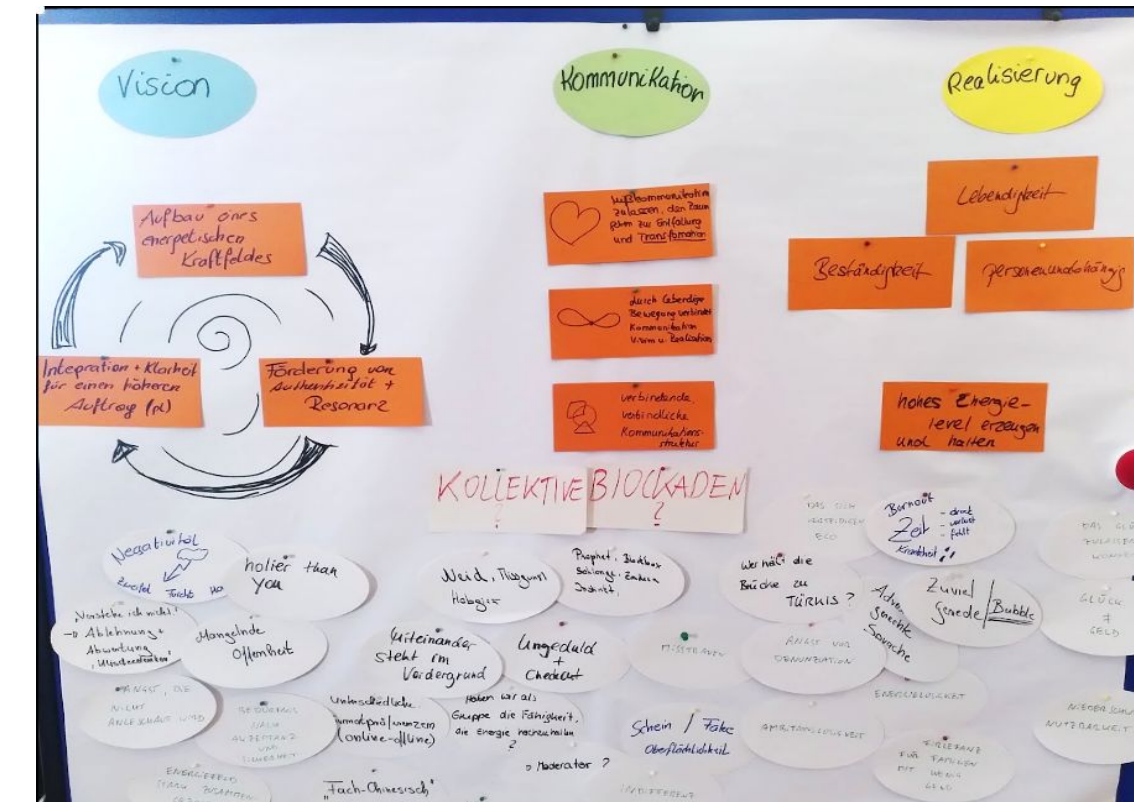
A summary of activities can be found [here](#)



# Design for Onsite course: Co-creating Coherent Social Architectures (IFIS+THC)

Associate partner “Center for Human Emergence DACH” offered to **test** a new **coherence based workshop design**

- Related to **collective skills** for co-creating coherence social architectures
- Based on the taxonomy, research and learning journeys design of the **Cohere+ project**
- Focusing on creating “Communities of Coherence”
- **Real-life test** as part of their “Social Architect Training”
- incl. regular **Coherence barometer assessment** during 2 days workshop





# Developing (Online - Live) Module of Learning Journey - Body-Mindedness as basis for inner coherence (IFIS)

With the support of its associate partner 'Design of the Designer' has developed a practical seminar on the topic of Body-Mindedness as a basic module to strengthen personal agency and thus to establish a simple regular yet very effective practice. It strengthens the ability to decide at any time how you would like to show up in the next moment/meeting/encounter and leads to **inner alignment and coherence** between body, mind and soul.


**3 Online - Live** sessions, with extensive practicing and tracking of insights in between sessions.


Grounding - Embodied Decision-Making - Self-Witnessing






# Contributing to the IDG Book with the 2 Chapters (IFIS, Emerge, THC)


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### Chapter 24 Deep casting the IDGs: Exploring the cross-dimensional quality of coherence


Elke Fein, Bettina Geiken, Ivo J. Mensch, Leigh Biddlecome and Claudine Villemot-Kienzie

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
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# Taxonomy of capacities related to Coherence

## Towards a Community of Coherence (CoC)

5 Themes

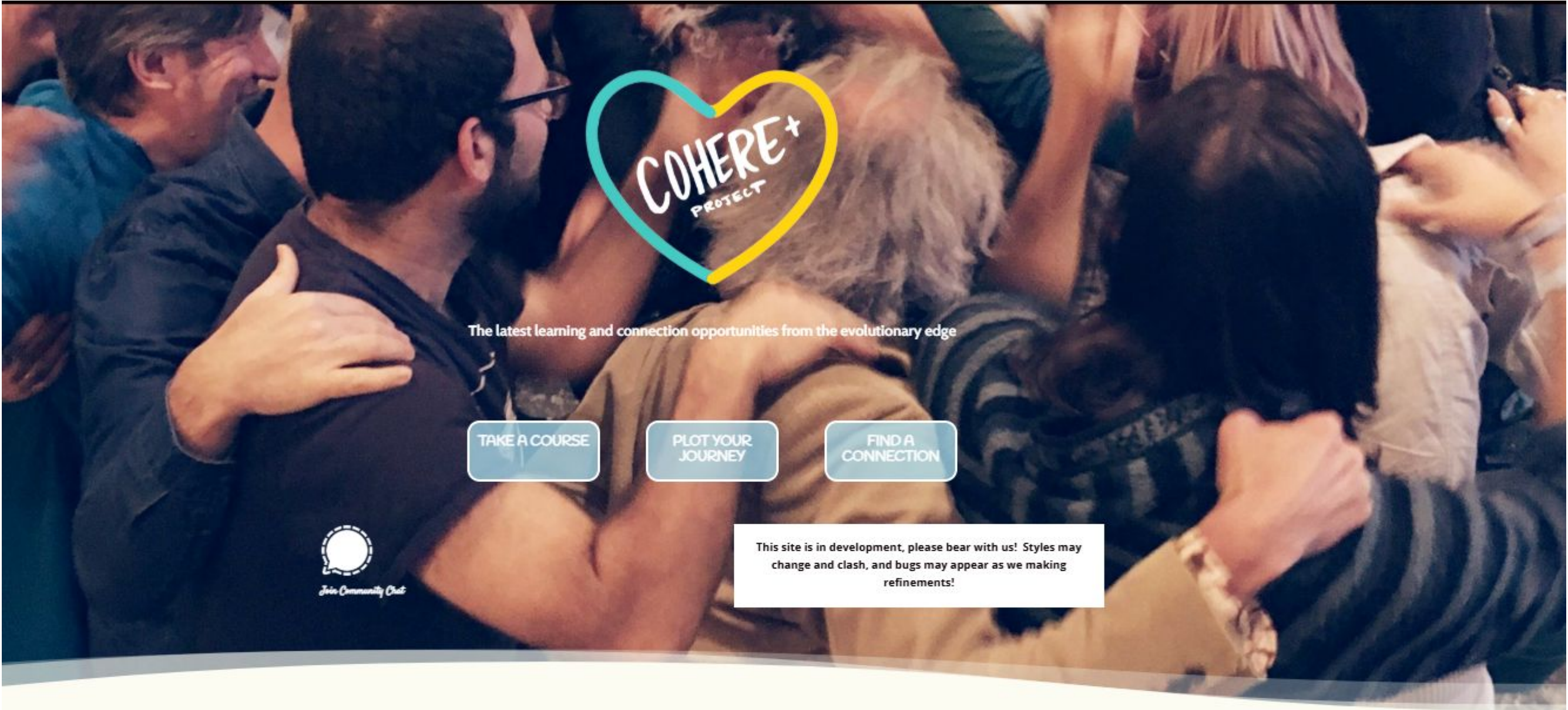
13 Capacities centered around Higher Purpose.

3 User-Levels






# Online Learning Portal around Coherence (THC & all)




The latest learning and connection opportunities from the evolutionary edge

[TAKE A COURSE](#) [PLOT YOUR JOURNEY](#) [FIND A CONNECTION](#)

 Join Community Chat

This site is in development, please bear with us! Styles may change and clash, and bugs may appear as we making refinements!



— Regeneration — Co-creation — Integral — Collaboration — Game B —

The Cohere+ project provides a range of resources you can use to playfully and joyfully explore the potential of coherence and empower you as a paradigmatic system change agent!

When we cohere, we feel harmony and flow in ourselves, with others and the planet. Coherence is the key to thriving life and world. Enjoy resources here to discover how coherence can benefit your own life, organisation or community.

[REGISTER AND LOG-ON →](#)



# Online Learning Portal around Coherence (THC & all)

Mini-courses  
Coherence Barometer  
Journey Builder  
Guide for CoC  
Directory of mapped  
organisations

Develop your Coherence Capacities

## TAKE A COHERE+ LEARNING SERIES

Each Learning Series provides a group of courses that introduce the student to the core themes, skills and strategies required to develop a core Coherence Capacity. Developed by experts in the evolutionary field, students can select the courses that are specifically relevant to their professional context or their personal development.



Learn how to develop self-awareness, navigate complexity and understand your purpose to come into personal coherence.



Constructively and creatively manage tensions to create, maintain and enhance social coherence.



Support the development of a coherent community: a nurturing culture and integral processes and structures.



Explore foundations from which to develop coherent meta-strategies and architectures for complex social systems.



Develop skills in social coherence, how to hold unity in diversity and process tensions between people and groups effectively.



# Coherence in action – Observations from the field (Ekskäret & Emerge)

“**Coherent Sensorium**” model – coherent sound, visuals, and movement within workshop and group processes

Workshop settings: **Cohere+ IDG post-Summit Integration Workshops** as part of the IDG Summits in 2023 and 2024

- *Artistic approaches not for tokenistic reasons but rather to create a ‘coherent sensorium’*





# Cohere+ – Embodiment and Integration sessions for IDG Summit participants in 2023 and 2024 (Ekskäret & Emerge)







## Major Links

[Mapping the field](#)

[Cohere+ Learning Portal](#)

[Essays and Profiles](#)

[Guide for Communities of Coherence](#)

[Dialogues, Political Salons - Summary Activities](#)

## Please reach out

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