



Generation Waking Up

Joshua Gorman, Generation Waking Up
California

☀️ Call to Action

Connect with Joshua:

www.joshuagorman.com

Support Generation Waking Up:

www.generationwakingup.com

☀️ Values

- Community
- Spirituality
- Sustainability
- Social Justice
- Environmentalism

☀️ Lessons Learned

You do have a purpose; and it will reveal itself if you are willing to be still and listen.

Always question your position in the world, and whether you are using it to generate the most positive changes in society.

When in doubt, look to the Earth and to your elders for guidance.

Joshua Gorman is an emerging leader in the field of youth advocacy.

At George Mason University, he created a self-designed major to serve a vital cause that wasn't being served— he called it Global Youth and Social Change. Through this major he began working, volunteering, and mentoring with, and learning from, all types of nonprofits, youth programs, and social justice organizations. Now, as the founder of Generation Waking Up (GenUp), his mission is to ignite young people to bring forth a thriving, just, and sustainable world. GenUp provides a framework for holistically training systemic changemakers and spiritual activists, with a focus on personal and interpersonal leadership. The WakeUp Experience is GenUp's flagship workshop. It's a unique 2–3-hour multimedia experience that asks four specific questions of young leaders: Who are we? Where are we? What has to change? What do we do now? Joshua has been involved with a variety of projects that align environmental activists, youth organizations, and social justice advocates – including election 2020 Gap Year, Thrive East Bay, Youth Passageways, Awakin Call, and more. He is currently writing a book titled Generation Waking Up: The Rise of Global Millennials and a Thriving New World.

☀️ Language Arts

After reading the story, participate in a Socratic Seminar about Joshua's work, the need to achieve systemic change in society, and the best ways to go about it.

In the story, Joshua states that “We don't need environmental, political, or economic change. We need systems change -- a complete cultural shift in our values and structure.” Write an argumentative essay agreeing or disagreeing with him. Your essay must include a counter argument, and your opinion

must be supported by at least two secondary sources.

Who was Joseph Campbell? Write a research essay on his hero's journey and how that work could influence someone who, like Joshua, is trying to bring about significant change in the world.

STEM Activities

In this [PBS NewsHour lesson plan](#)¹, students learn about the invention process and design an app to help their community. The components of the project are a one-page business plan; a sketch, model, or prototype of their invention that they will present to key stakeholders (classmates and teacher); a flowchart explaining how the app works; and an app store web page ([use this app as a model](#)²).

In this [lesson plan from Education.com](#)³, students learn how the brain and prefrontal cortex (PFC) function and change, and how mindfulness can strengthen their brains. Have students use a mindfulness app such as one from [this list](#)⁴, and record their mood, blood pressure, and other markers before and after doing a mindfulness session.

In this [lesson plan from the American Farm Bureau Foundation for Agriculture](#)⁵, students learn about the five components of quality agriculture: soil quality and health, water quality and availability, air quality, biodiversity, and animal health and welfare. What is the significance of each in practicing sustainable agriculture? How do farmers care for the environment? Design a small farm management practice to manage resources that align with the five components listed. Construct a model of your solution and calculate the cost of implementing such a solution on your fictional farm.

Sustainability Innovations

[Thrive East Bay](#)⁶ is a 501(c)(3) based in California that helps to build a community based on arts, social change, and meaning.

Joshua began his path to a more diverse future through [Generation Waking Up](#)⁷. In the “WakeUp Experience” workshop, four main questions are asked (Who are we? Where are we? What has to change? and What do we do now?). Which question is most important in terms of your ability to contribute to a diverse and successful community?

[The Four Stage Systemic Change Process](#)⁸ is one of the main strategies that compares our current reality to a vision for the future. Which of the four stages do you feel is lacking the most in our current society?

Donella Meadows was one of the leaders in systems change and the causes for improvement. Leverage points are places within a complex system where a small shift in one thing produces big changes everywhere. In this [article](#)⁹, Donella discusses leverage points and their effects on a complex system.

Sustainability Career Pathways

Systems Thinker. Systems thinking can be helpful in any industry: organizational management, science, business, policy. Being a systems leader can help you and the organization you work for leap ahead, identifying both threats and opportunities that opponents may miss. Are you interested in systems thinking? [Read this introduction here](#)¹⁰. And read [how to be a “systems leader” on Idealist.org](#)¹¹.

Business Leadership Trainer and Coach. Many businesses are working hard to transform from Earth-harming to Earth-healing,

but they don't know how to go about it. Leadership training and coaching business managers can have profound effects in transforming businesses, and thus society overall. Is this for you? Check out this [list of business leadership trainers¹²](#), or explore [Presidio Graduate School¹³](#), a sustainable business school, as a starting point for this career track.

Social Entrepreneur. Joshua identified an untapped opportunity—training, supporting, and empowering youth—and created an organization to help achieve this. Social entrepreneurs are like business entrepreneurs, but they are creating something designed to address a societal issue, whether with a nonprofit, business, or other initiative. Interested in becoming a social entrepreneur? [Learn more here¹⁴](#).

Sustainable Farmer. Sometimes tending soil, growing healthy food, weaving into a community, and healing the land is one's calling. Building a sustainable farming business can be a restorative life path. If that sounds right for you, read this [introduction to finding jobs in the field of sustainable agriculture¹⁵](#).

1 <https://www.pbs.org/newshour/extra/lessons-plans/lesson-plan-using-gaming-and-technology-to-find-solutions-in-agriculture/>

2 <https://apps.apple.com/us/app/shazam/id284993459>

3 <https://www.education.com/lesson-plan/strengthening-our-brains-with-mindfulness/>

4 <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

5 <https://www.agfoundation.org/sustainability/environmental-stewardship>

6 <http://www.thriveeastbay.org/>

7 <http://www.generationwakingup.org/>

8 https://www.thenonprofitimes.com/npt_management_tips/change-process-four-easy-steps/

9 <https://donellameadows.org/archives/leverage-points-places-to-intervene-in-a-system/>

10 https://lindaboothsweeney.net/SOW17_chap12_systems-thinking.pdf

11 <https://www.idealists.org/en/careers/how-to-systems-leader>

12 <https://trainingindustry.com/top-training-companies/leadership/2022-top-leadership-training-companies/>

13 <http://presidio.edu/>

14 <https://www.entrepreneur.com/article/281214>

15 <http://greencollarblog.org/sustainable-agriculture-jobs/>

