

## Economics, Sustainability and The Power of the Simple

Hosted by The Centre of Applied Buddhism, in this webinar Sian Sutherland and Satish Kumar take us on a journey of tackling the environmental crisis, outlining their work to combat environmental issues and offering points on what we can all do to contribute to a healthy planet. At the end we are joined by Lucy Plummer for a Q&A session.

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**Sian Sutherland** is the co-founder of A Plastic Planet, a global campaign organization with the goal of inspiring the world to turn off the plastic tap.

Sian has a background in advertising, Michelin Star restaurants and film production, bringing a fresh, business-minded and solutions-focused approach to environmental issues.

In her talk, Sian outlines some key issues surrounding the plastic crisis, namely how fixing plastic will inevitably lead to fixing many other things that are harming our planet and its inhabitants.

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**Satish Kumar** has been a global activist for over 50 years, campaigning for ecological regeneration, social justice and spiritual fulfilment.

He is also an acclaimed author and international speaker, and he is the founder of The Resurgence Trust, an educational charity that seeks a just future for all.

In his talk, Satish outlines how a change in our understanding and practice of 'economy' is vital if we are to change the direction of Planet Earth; instead of exploiting nature and its resources, we must learn to live in harmony with nature in order to save the planet, drawing on the noted economist E. F. Schumacher's work, "Small is Beautiful", in which the concept of valuing profit must be replaced with the value of life.

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Whilst travelling across India, **Lucy Plummer** initiated a project called "Women and Freedom" in 2018 and delivered a TEDx talk on this work. In 2019, she took part in the UNESCO World Youth Conference on 'Kindness' before returning to the UK to begin a master's course in Sustainable Development at the University of Sussex.

Lucy is particularly interested in young people's vision of sustainability across the world and how institutions can better work with young people to realize their visions. In the final section of the webinar, Lucy asks Satish and Sian questions which leads to a thought-provoking and inspiring discussion.