

Training and workshops we offer:

Workshop on **IDENTITY** and **MEANING**

"Knowing others is smart, knowing yourself is wise"
(Laotse)

Gain a foundational knowledge base of diverse philosophical concepts of identity to find congruent, meaningful ways to deal with differences you encounter in your daily life.

Learn more about yourSELF, your origin, the importance of culture, your core value system, your dreams, desires and needs, your inclinations, your triggers, your "inner team", your meaning and much more.

Strengthen yourself to deal with a changing world.

Basic **COACHING** Tools

"If you don't like something change it; if you can't change it, change the way you think about it" (Mary Englebreit)

Empower others and yourself. Learn how to ask powerful, effective questions and how to listen for values, needs and hidden resources. Get the tools to discover your strengths and to help others discover theirs.

We focus on coaching tools that are creative, future-oriented, short-term, needs-based and create long-lasting change. These tools are relevant for all aspects of life. Coaching means to honestly challenge and support, not to give advice, to be kind or to spoil.

CONFLICT MANAGEMENT & Storytelling

"Problems are not the problem; coping is the problem."
(Virginia Satir)

Successfully learn how to mediate difficult conflict scenarios within an "interest based framework". Learn how to be present, how to listen effectively to conflict stories and to reframe the stories in order to change perspectives and find fulfillment in sustainable solutions.

Models for **PEACEFUL COMMUNICATION**

"The limits of the possibility of dialogue are the limits of awareness"
(Martin Buber)

Learn how to "dialogue" powerfully, to create a space "in between" where there is room for understanding and growth. Learn how to communicate authentically, congruently and true within your private and professional settings.

Through several profound communication concepts and theories you'll be well equipped to gain awareness and a better understanding for complex communication traps and the means to analyse and avoid them.

VALUE oriented **MANAGEMENT**

"The truth of independent self-consciousness (master) therefore is the self-consciousness of the slave." (G.F.W.Hegel)

Lead (serve) resourcefully, ethically, profound and wise.

Gain the resources and tools to empower people (and yourself), to draw the very best out of them, to guide them to their unique potentials.

Learn how to deal with power and conflict issues in a resourceful, ethical manner that creates economic, social, ecological and cultural sustainable solutions.

We also focus on cross-cultural contexts and discuss and practice tools on how to deal with cultural differences.

CROSS CULTURAL Competencies

"Every person is like all persons, like some persons, and like no other person" (Clyde Kluckhohn)

Gain a foundational understanding of the importance of culture for human existence. Appreciate difference and learn how to deal with the challenges that result from that. Our tools are based on the interpretative, phenomenological methodology of Clifford Geertz and the emergence of dialogical anthropology.

Note: Some of the workshops make most sense when combining them - please inquire to learn more. Together we create a "training mosaic" that serves your needs best.