

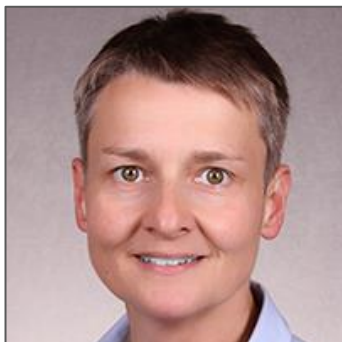
Friday 31 May

Spiritual Resilience:

How My Spiritual Journey Fosters Transformation of Self and Society

This workshop will offer an opportunity for personal reflection and integration of the Forum's themes. Participants will learn about a model for spiritual development and reflect on their own spiritual journey and life experiences. The facilitator will lead several experiential exercises, including reflection and journaling, contemplative artwork, and contemplative dialogue in small groups. The goal is to help participants better understand their own journeys, how their inner work connects with their own resilience and the healing of the whole, and their integration of what they are learning in the Forum.

Dr. Michelle A Scheidt



Dr. Michelle A Scheidt is a Program Officer at the Fetzer Institute in Kalamazoo, Michigan, USA, working towards Fetzer's mission of helping build the spiritual foundation for a loving world. Her research interests include spiritual formation, LGBTQ spirituality, violence and trauma, community development, and connecting non-religious spiritual seekers with the wisdom of the religious traditions. Michelle has previous experience in pastoral ministry, community development in low-income communities, hospital chaplaincy, and as an administrator and board member of several American NGOs. She holds a Doctorate in Ministry from Chicago Theological Seminary and is bilingual in Spanish and English

Friday 31 May

Liberate & Trust yourself to flow in a rational world

More and more people are longing for the ability to live in “flow”. We know that the most beautiful things can be created almost effortlessly, once we trust the universe. I would like to share some insights and learnings from my own journey and from endless conversations with other beings in similar situations, to kind of provide a “short cut” version how to start trusting yourself and your infinite potential. The environments we are living in do not really support our true human nature. To create a healing environment, we need to start with ourselves. Making peace between our Heart and Mind - our inner child and our adult. With the workshop structure of FLOW-GROW-BE-SHOW we will explore together what each of us feel and share different tools.

Marcel Gasser



Marcel has been a nomad since the summer of 2015, visiting over 100 countries across every continent. From Tibet to Greenland, there is almost no place he has not visited recently. Being able to follow his heart in this way he has learned a lot about privilege and become very passionate about how we can create a lasting positive impact. Marcel currently works on a number of amazing projects, such as co-living communities and mind-match entrepreneurs. Through a healing journey for over 5 years, curing a tumour, he gained many insights about himself and the beautiful universe we live in.

Friday 31 May

Calm, Resilience and Compassion - the key to creativity with climate change

The workshop aims to both inform participants and involve us all in experiential exploration, discovering deep relaxation as one way to access the spiritual creative strength needed to confront truly frightening issues in a calm and centred way that encourages harmony and resilience within ourselves, with other people and with nature.

Professor Kristin Vala Ragnarsdottir



Professor of Sustainability Science at the University of Iceland. She was previously the Dean of Engineering and Natural Science at the University of Iceland and Professor of Environmental Sustainability at the University of Bristol, UK. She is a Distinguished Fellow at the Schumacher Institute (UK).

Mike Parker



Liminal coaching practitioner. Developer of the ground-breaking modality called Liminal Coaching and has over 30 years of experience in global systems helping clients to innovate, overcome challenges and improve performance across a wide range of domains.

Friday 31 May

When the heart is at peace, the world is at peace

Zen Meditation for Harmony and Resilience

This workshop will allow participants to learn a guided method of Zen meditation, which focuses on the opening of the spiritual heart. This openness is the foundation and condition for inner peace and harmony, and for a truly compassionate engagement in the world, going beyond the habitual and limiting mental separation between Self and Other. Realizing “One boundless Heart” helps us to return to the place of clarity and peace, which is the source of our resilience and calls us into a life of harmony with ourselves, others and the world. The seated meditation will be followed by walking meditation and a heart to heart exchange.

Dr. Maria Reis Habito



Maria is the International Program Director of the Museum of World Religions (organising conferences on Interfaith themes from her Dallas office). She studied in Taiwan and Japan and holds a Ph.D. in Asian Studies and Philosophy from Munich University. She is an authorised Zen Teacher in the Sanbo Zen lineage, and serves as the guiding teacher of the Sophia Zen Centre in South Bend, Indiana, while also guiding groups in Israel. She translates for Dharma Master Hsin Tao during his Zen retreats both in Taiwan, Europe and the US, and edits his talks for publication.

Friday 31 May

The role of the heart in promoting harmony and spiritual resilience:

How the qualities of the heart help us grow spiritually and connect with others

The workshop will explore the qualities of the heart, how they foster harmony and spiritual resilience in different ways, and how they can help reduce stress and conflict. Participants will be able to consider and experience sources of disharmony within themselves, with others, or in their environment. They will explore the subtle aspects of the human being, how to connect to the heart and how to refer to their heart's wisdom and intelligence. This will include practical experiences and suggestions to help participants work on these heart qualities, and an exercise to positively transform negative experiences and feelings.

Judith Nelson



Judith has had careers in broadcasting and property developing but she started her working life as a physiotherapist where she specialised in treating stress, anxiety, and back pain. Working in these areas convinced her that relaxation and meditation are fundamental to a healthier, happier and more harmonious life. After having her first child, Judith's own search for a better work-life balance led her to Heartfulness which she has practised for over 20 years, and has taught for more than 13 years. She lives with her family in Edinburgh, Scotland.

Sylvie Berti-Rossi



Co-founder and artistic director of the book festival "Le livre sur les quais" in Morges, Switzerland. Publisher at the Publishing House Infolio, she is the editor in charge of the French edition of the Heartfulness Magazine since its creation. Always ready to embark on new adventures, dynamic and creative, she now contributes to open the magazine to the gift ecology... She has been practicing heartfulness meditation for over 25 years and has taught it for 18 years.

Friday 31 May

Creating Inner & Outer Harmony Through Living a Life of Consciousness & Integrity

This experiential workshop is built around my belief that it is essential for human beings to (re-)connect with their core truth and self-consciousness in a world of difference in order to create and maintain inner and outer harmony and have the desired positive impact on those around them.

Through the iceberg model I will guide you to become aware of what drives your behaviour and how that influences (the quality of) interactions with others, i.e. the impact you have on others. You will learn how to transform behaviour by making a deep dive into your iceberg.

This workshop intends to have the right balance between a little theory and methodology, quite some self-reflection and abundant sub-group sharing, and lots of pragmatic things to take home.

Olivier Onghena-'t Hooft



A Belgian entrepreneur-advisor-author driven by his noble purpose to inspire leaders around the globe to create beauty, harmony and joy in order to contribute to the progress and well-being of Humankind, society and the world. Olivier is the founder and chairman of the Global Inspiration & Noble Purpose Institute, Wisdom Encounters and Young Leaders-Inspiring Mentors. Olivier is asked by CEO's, presidents, entrepreneurs and leaders from politics, governments and public organisations around the globe to inspire and advise them and their organisations and teams how to connect with their noble purpose as a driver for increased performance, organisational success and personal joy. Having survived a violent kidnapping in Colombia, he values every aspect and each minute of Life and wants to transmit the generosity of Life and how we can all be(come) actors of our own self-realization and joy.

Friday 31 May

How can we find Harmony in education?

The workshop will be an opportunity to explore the principles of Harmony in a variety of engaging and creative ways.'

Richard Dunne



Richard Dunne is Headteacher of Ashley CofE Primary School, south west of London, UK. His school of over 500 children aged 4-11 teaches through enquiries of learning that are underpinned by principles of Harmony, principles that exist in the natural world of which we are so much part. Richard has recently written a book about this Harmony approach to learning and spends his time between running the school and sharing the work of Harmony in education.

Friday 31 May

Harmony Embodied

An exploration of harmony in the body and in our environment

This workshop will explore the felt experience of harmony. How do we experience harmony in our bodies and in the space around and between us? We will explore the attitudes and movements that can grow and develop that experience of harmony and help us to access our own felt sense of safety, love and creativity. We will also explore how we can open a sense of harmony in the space around us and include others in it.

The workshop will be experiential and involve movement, sensing and listening. Everyone is welcome.

Una Nicholson



Group facilitator and a somatic practitioner having studied dance and movement theatre, the Feldenkrais Method and Amerta Movement, a movement approach developed by the Javanese movement master Suprpto Suryodarmo.

Friday 31 May

Leading from Within – Exploring Inner Power

This workshop was designed and is facilitated by a group of young Icelandic women leaders. During spring 2019 those women have been experimenting with different themes that have all to do with exploring inner power and especially how to apply it in daily life. The aim of the workshop is to guide participants through a reflective and transformative process so that they get some **useful insights** about themselves and practical tools to take with them. The powers that will be explored are “The Power to Recharge the Self”, “The Power of Tolerance”, “The Power of Discernment” and “The Power of Pure Feelings”. The workshop offers space for deep reflection as well as guided meditation and sharing.



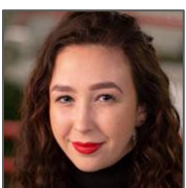
Stefanía Ólafsdóttir is the vice-president of Lotus House, Brahma Kumaris Iceland and has practiced and taught meditation for 16 years. She is particularly interested in how to bring spiritual awareness into everyday life and in 2018 she initiated an experimental program for young leaders. Stefania currently works as an education manager at the Reykjavik College of Music. She has written a meditation book for children that is widely used by Icelandic schools and families.



Sara Barðdal is a health coach, online trainer and owner of HIITFIT.is. She helps women become the best version of themselves through exercise, food and mindset training. She facilitates an active online health community of women and hosts seminars and challenges a few times a year. Her goal is to support women in becoming strong, healthy and happy with the wholistic approach, healthy soul in a healthy body.



Guðrún Birna le Sage de Fontenay is a life coach and a yoga teacher that founded the site www.ahamoment.is to share everything that awakens your consciousness and gives you a new outlook on life. She holds seminars and lectures for parents and teachers about conscious/respectful parenting and how you can grow with your child. Guðrún interviews creators and role models on a tv show on her site, people that follow their dreams, inspire and share their gift with others to make the world a better place.



Elísabet Brynjarsdóttir is a nurse who works with the Red Cross in harm reduction. She's also the former president of the Student Council of the University of Iceland and co-founder of a mental health awareness project for young adults called Hugrún. For the last year she's been actively working on her inner peace and how to project it into her work and surroundings.



Ása Inga Þorsteinsdóttir is a CEO of Stjarnan sports club. Before going into management she was a national coach of Team-gym gymnastics. During that time the team was two times European champions and three times Nordic champions. At that time she was also working as head coach in Gerpla sports club. In 2015 she finished MBA from the University of Reykjavik. Her vision is to create stronger individuals through sports, both spiritually and physically.



Eva Mattadóttir is a trainer at Dale Carnegie, host at Normið podcast and an entrepreneur at heart. These days she is mostly training young leaders in becoming their most powerful selves along with interviewing role models and discussing human behavior with her podcast partner Sylvia. She is focused on finding and sharing ways to live in harmony with the universe, and she believes meditation plays a significant role in happiness.