

Thursday 30 May

Envisioning our harmonic co-existence as leaders in a world of Trust and Peace

Unleashing positive energy & enabling collective commitment

Bring your task and practice it in a mindful harmonic way. Work on your questions as Socrates with UN proven methodologies in a safe environment. Enjoy, create space in a virtue-based way. Embrace a collective social style in a diverse environment and see how harvesting and a design facilitation process fits you with instant implementation of a positive mindset. Use these tools later on in a large-scale or small-scale of people. Create resilience, mutual trust and transformation for Global Peace. The participants (Leaders and Agents of Change) will sense, experience and share their discoveries in plenum (Reflection round format).

Dr. Markos Perrakis



Markos is Founder and Managing Director of Fractality, an EU Adult Training provider, coaching and Supervision services organisation with participation in EU programmes. Markos is a leadership development & process facilitator, psychologist, speaker, consultant and trainer of individuals and teams. He has a PhD in Organizational Behaviour & an MA in Clinical Psychology. During the last 18 years he has been working with systemic appreciative approaches, participatory methods and Spiritual Intelligence worldwide. He is Scientific Assistant of SOL (Society of Organisational Learning) and EUMU (European Union of small and medium enterprises).

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Discovering a path toward harmony within us and among us

In this interactive workshop, we will explore and tap into our innate Self-wisdom (our true nature capable of building resilience in the face of adversity and life's challenges) and its relationship to the various parts we each carry within us. Through the process of identifying qualities of Self, exploring the nature of parts, and understanding the relationship between Self and parts, we will develop an appreciation for the differences within us and among us, the common spiritual bond between us, and the potential for growth, deeper awareness and resilience that can arise from such understanding and Self-discovery.

Harley Goldberg



Retired physician executive at The Permanente Medical Group/Kaiser Permanente, Northern California; Chair, Board of Directors, Foundation for Self Leadership. [Harley@FoundationIFS.org]

"IFS has offered me keys to open hidden aspects of myself, unburden drivers of reflexive behaviours, and align with my Self—to consciously choose the path forward... it is a deep and meaningful pleasure to share this with the world."

Toufic Hakim



Executive Director, Foundation for Self Leadership; Senior Founding Principal, Group i&i Consultancy; former university executive and professor of physics and engineering. [Toufic@FoundationIFS.org]

"Contributing to a world of peaceful engagement and understanding fuels everything I do."

Mark Milton



Founder and Director, Education4Peace, Founding partner of Spirit of Humanity, Board member of Foundation for Self Leadership. [Mark.Milton@E4P.org]

"The wisdom of self-awareness is becoming available to the new generations, bringing hope of a more peaceful future for humanity and the planet. The IFS understanding of Self and parts has contributed to my own harmony and resilience"

Thursday 30 May

Circle for transformative exchange

Creative tools for opening up interactive exchanges and offer personal ways of exploring the topics of the Forum. New fields of reflections and actions might emerge. The time together will both deepen and open us up. Welcome to our circle!

Astrid Ståhlberg



Astrid is a Business Consultant, a Change-maker, an Entrepreneur and an Art Therapist in own business for 35 years. Astrid have been living years in other cultures and like to think that she is part of the world.

Thursday 30 May

Exploring the relational core of transformation

This workshop will provide a co-creative reflective space for participants to engage in the question “What enables us to transform separation and fear into connection and love?” There will be space for the participants to exchange and explore their experiences where inner transformation guided successful leadership. Also, we will engage in silent reflection and contemplative dialogue to deepen our connection with our inner sources for transformative leadership. Lastly, we will offer a brief format for mutually supporting each other in identifying concrete implications for our different work contexts. The workshop aims to provide an atmosphere of community and open reflection to deepen the experiences of the forum for one’s personal context.

Dr. Thomas Bruhn



Thomas is a physicist interested in the changing relationality of humanity in the earth system. He leads the project "A Mindset for the Anthropocene" and is a member of the Club of Rome Germany.

Carolin Fraude



Carolin holds a diploma in educational science and works as a research associate at the Institute for Advanced Sustainable Studies Potsdam (IASS), in the project “A Mindset for the Anthropocene”. Before this she developed transformative learning arrangements in EU funded projects. Carolin has a passion for transformative processes that reveal the genuine value and beauty of human beings and life in the collective. She practices Raja Yoga meditation with the Brahma Kumaris since 1998 and gained a deep understanding of the interconnectedness of inner states of consciousness, behaviour and the outer world. As an NGO delegate she brings these perspectives to the UNFCCC processes.

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Writing together towards harmony from personal stories and dialogue to shared expressive text

In this workshop, participants will be invited to write short personal texts about a change they wish to see or create in the world. Writing will be in whatever language the participant chooses; the privacy and safety of all will be respected. After some warm-up exercises, we will write and then share about our writing in small groups. The groups will play with words and languages, notice emerging themes, and experiment with creating shared stories or poems, perhaps even multilingual texts. After listening to these texts, we will reflect together on the potential of writing and creating in groups for elaborating new understandings and discovering harmony in unexpected places.

Freema Elbaz-Luwisch



Emerita professor in education at the University of Haifa, Israel. My work has centred on narrative method which honours the lives, stories and knowledge of teachers, students and other research participants. Living in a setting marked by great diversity and conflict, I have come to value self-writing as a mode of personal and professional growth, and as a vehicle for crossing borders, learning about 'others' and creating understanding, inclusion, community and harmony. In retirement, I continue to bring this work to student teachers with the intention of fostering a sense of shared community which is so needed, and which brings the hope of transforming our lives together.

Thursday 30 May

Spiritual Ecology & Resilience

Coming into Harmony with our True Nature

This workshop is designed to illustrate, through experiential learning and resource framing, the deep interconnection of all Being, and the way in which Nature (within, around) teaches us how interconnected and collaborating diversity (Unity through Diversity as organism, ecosystem, earth system) supports health, wellbeing and resilience; how awareness of Nature (our Nature as Nature) teaches how to adapt and cope with loss and change; how renewal (life) is embedded in death; how the sacred of all beings nourishes and inspires an engaged, actionable love for all beings for all time. This is an interactive experiential workshop.

Emilie Parry



Emilie Parry recently completed her doctoral studies at University of Oxford School of Geography & ECI. Her research emphasis has been on Asian bio culturally diverse, endogenous interfaith climate change & ecology networks. She's worked with grassroots networks in Asia, Africa and Europe. Prior to her studies at Oxford, Emilie served in sustainable development, conflict transformation, complex emergencies with Oxfam, the IRC, Refugees Int'l, Mercy Corps, Sewa Lanka Foundation, and others. Emilie is a Spiritual Ecology Fellow at St. Ethelburga's, and founder of Rootbridge Ecosystems, a facilitative bridging support agency for spiritual, biocultural endogenous climate & ecology solutions.

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The Hero's Journey

The Hero's Journey is the journey we embark on when we follow the calling of our soul, and are transformed in the process. Based on Joseph Campbell's realization that the diverse mythologies around the world, carry a common pattern, this workshop explores the stages of the Hero's Journey with the aim of being inspired to begin or continue the process of being the Hero of our lives, through which, we inspire others to do the same. It is a human journey which requires, and help build on, the spiritual strength to keep moving forward on the path until he/she reaches his/her destiny.

*"Follow your bliss and the universe will open doors, where there were only walls."
– Joseph Campbell*

Themes: 'The Hero and the Saboteur' and 'The Stages of the Journey'

Request for participants to wear comfortable clothing which allows you to do movement activities and sit on the floor with ease. We will use role play.

Vanitha Chandrasegaram



MA Dramatherapy (Hertfordshire, UK); MSc Psychology (Pittsburgh State, USA). The pioneer Drama therapist in Malaysia. Worked with the NHS, UK. Presented workshops, training, forums and papers in the Iceland, UK, USA, India, Lebanon, Australia, Singapore and Malaysia. Works with clients ranging from ages 2 to 90, with various mental health, emotional, relationship and other life challenges. Taught Psychology. Current focus is in teaching yoga, and creating and facilitating Dramatherapy training and personal development workshops.

Thursday 30 May

One Humanity Institute - The EnVisionarium

A museum of the future

We invite you to join us in this sensitive discussion of how to move people into a spiritual understanding that we are a family of humankind. Our project focus is establishing a place of HOPE adjacent one of the most horrific sites in the world: AUSCHWITZ, the infamous concentration camp in Poland from WW2, which is now a museum.

This project takes the "Never Again"-concept of the Auschwitz Museum forward to become a place for respectful inspiration towards personal positive actions, by offering a campus adjacent as One Humanity Institute: a City of Hope.

One major component is the EnVisionarium, an experiential educational collaborative museum of the future.

We are asking ourselves:

- What processes will transform and foster the reordering of one's behaviour for a better world?
- What experiences could be in this museum?
- What technology could move a person move to a holistic global understanding?
- What values will we espouse?

Help design our criteria and structures.

Domen Kocevar & Nina Meyerhof



Dr. Nina Meyerhof

Dr. Nina Meyerhof Ed.D, is a visionary thought leader recognized for a life of advocating for children and youth. The co-author of "Conscious Education: The Bridge to Freedom", and "Pioneering Spiritual Activism". Nina has received many awards for her work in peace. (ninameyerhof@gmail.com)

Domen Kocevar of Slovenia, inspired to action through his understanding, of spirituality, began many visits, meetings, planning and visioning to bring One Humanity Institute into form. As co-founder of this project, he is designing, with a team of experts, the EnVisionarium. (domenkocevar@onehumanity.net)