

Sustainable health development for women in rural areas

How to enhance resilience adapting indigenous knowledge in Public Health Care?

New perspectives for a sustainable Public Health Care System with the ERGOSOMA HEALTH CARE PROGRAM

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In order to become resilient women need easy access to medical and holistic supplies. Strengthening health by resilience increases the sovereignty of women. Healthcare-givers themselves can train their own resilience and thereby the empathic perception of their clients. Ergosoma Health Engineering fosters the ability to connect to the inner resources to gain physical, emotional, mental stability.

During the interactive Workshop the attending NGO representatives get insight into transferable best practice tools from an international project offering health-treatments for traumatized women in Nepal.

During the Parallel Event we want to encourage every woman to follow her unique way of self-knowledge and perception of health, to manifest resilience. Thereby the empathic perception of ourselves and others opens us for reconciliation. Resilience qualifies us. Resilient women can take action with all their skills as multipliers in their families, NGOs and societies.

Resilience and reconciliation make sustainable change possible.