



## **Transformative measures for the Future Pact of ERGOSOMA® International**

Specific sustainable transformative measures of ERGOSOMA® International for the Pact for the Future focus on mental health and peace education in the early education of children and young people.

In addition, mental health and peace education is offered as further training for multipliers in international organizations, social welfare, health care, education and private companies in order to promote the transformation process for reconciliation and peace with the focus: Help the helpers!

### **Governance goals and international partnerships:**

1. Promotion of mental health and peace education programs by ministries of education, ecological and public health care institutions as the basis for rapid and sustainable change. The intergenerational goal is to introduce mental health and peace education into the educational system as an integral part of school and university curricula.

2. International partnerships:

In conflict zones and former war zones many reconciliation techniques and peace practices are already being successfully implemented everywhere in the world by a variety of peace builders. International partnerships allow knowledge transfer and cooperation, also to share and apply local techniques and insights from reconciliation practices and innovative peace education.

### **How do we reach the capacity for consensus and action at all levels, now and in the future?**

The key question for the international community is that we urgently and rapidly need a constructive capacity to act, and future generations all the more, so that we can develop creative solutions, communicate empathically with each other and remain solution-oriented in conflicts. Learning and applying low-threshold skills and micro-habits for healthy self-awareness, for healthy ways of interacting with ourselves, others and our environment supports our sustainable contribution to the preservation of the earth and humanity. It is an indispensable prevention.

The concrete measures in training courses, workshops and project work at individual, institutional and governance level serve this goal. ERGOSOMA International has successfully implemented this best practice in Public Health Care to date with a focus on "Empowerment of Girls and Women" and introduced it at the CSWs.



## **What can we do to foster the capacity for consensus and transformative action?**

First of all, we can train empathic perception, becoming more aware of ourselves, our bodies, minds and feelings. This has an extraordinary effect on our resilience and mental health and should be practiced from an early age on in childcare.

A balanced body and mind lead to clear, respectful, and peaceful behavior. It leads to an enhanced self-perception and to a respectful interaction with others.

This can be easily trained and should above all be practiced in workshops for helpers, educators, people of all professions and multipliers such as NGOs and UN NGOs.

### **Measures of ERGOSOMA® International**

A program to raise empathic skills, learning mindfulness and empathic perception with body-, communication- and perception-exercises. Mental health, empathy and resilience as the ground for reconciliation and peace processes are learned. Skills and micro-habits help to navigate through conflicts and tensions and to creatively shape a new future. We also train how we perceive our community, our families, our society, our world and nature as a "we". The conscious perception of the forces of nature is important for our own health and a source of strength for the whole of humanity. And it is an active step towards protecting nature!

1. "Suitcases" for school and kindergarten projects. In a one-day workshop, the educators and teachers learn how empathy training works with the suitcases. Afterwards, they can work independently with the suitcases as a 3-week program with 20 minutes daily practice and receive online support.
2. "Suitcases" for helpers, educators, people of all professions, multipliers such as NGOs and UN NGOs. In a one-day workshop, the teams of helpers receive support through skills and resource training to promote and maintain their peacebuilding activities even under stressful circumstances. Afterwards, they can work independently with the suitcases as a 3-week program with 20 minutes daily practice and receive online support.

The "Suitcases" of ERGOSOMA® International are an offer to be implemented worldwide. The reconciliation techniques and peace practices of the local peace builders are intended to be part of the "Suitcase" program.

In this way, we all can expand our know-how in dealing with trauma and peace work and spread it for the public sphere and international dialog. We can learn from each other in peace and reconciliation education. We therefore believe it is important to work together internationally as partners and to share know-how.

In this way, we can succeed in uplifting human dignity and respect for nature more and more for our future tasks and action goals and proceed together in a creative, effective, and solution-oriented manner!