

Foundation for Subjective Experience and Research S.E.R.

Parallel Event of the 70th CSW

Tuesday, March 17th, 2026, 2:30 pm - 4:00 pm

CCUN 10th Floor, New York

**Strengthening women's self-awareness, ensuring their
access to justice through reconciliation**

Empowerment of Women



INVITATION

The Foundation for Subjective Experience and Research S.E.R. has the pleasure to invite you to a CSW 70 – IN PERSON Parallel Event at the UN Church Center, 10th Floor

Tuesday, March 17th, 2026
2.30 p.m. to 4:00 p.m. EDT

in collaboration with

ERGOSOMA®International/Ergosom Association

Afrokids International e.V.

THEME:

**Strengthening women's self-awareness, ensuring their
access to justice through reconciliation and feminine virtues:
A New Perspective and Approach to Women's Empowerment**

PROGRAM

Welcome

- **Marion Glaser**, Member Board of Directors, Foundation for Subjective Experience and Research S.E.R.

Opening Remarks/ brief Keynote

- **Josefine Brecht**, CAO, Head of NGO Affairs, Foundation for Subjective Experience and Research S.E.R.

Speakers/Presenters

- **Farina Görmar**, Transcultural educator, AfroKids e.V.
- **Anke Schmidt-Bratzel**, Ergosoma® Practitioner, Ergosoma®International
- **Monika Volkmer**, Board of Ergosoma® Trainers, Ergosoma®International

Questions from the floor/dialogue

Concluding Remarks

- **Marion Glaser**, Foundation for Subjective Experience and Research S.E.R.

Moderation

- Josefine Brecht (s.a. Opening Remarks)
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EVENT DESCRIPTION

The Foundation for Subjective Experience and Research S.E.R., and its co-sponsors, focus on strengthening women and girls to achieve equal rights and access to justice through reconciliation and peace education, fostering self-awareness, empathetic perception and health issues, violence prevention, promoting feminine virtues and health, access to justice as indispensable preconditions for empowerment and well-being of women and girls.

The event will come along with presentations and interactive parts after a brief keynote introducing the deeper insight.

ERGOSOMA® International:

START TO TAKE ACTION with ERGOSOMA®International: In this interactive event you practice parts of the Empathy-Program for professionals. Find new sources of empowerment, resilience and creativity to enhance reconciliation and peace within yourself, within your organization and on the outside.

The "RECON Suitcases" of ERGOSOMA®International are an advanced training free of charge to be implemented worldwide.

The interactive "Suitcase-Program" comes packed with the most effective and innovative tools for empathy and perception exercises. It enables professionals as educators, NGO representatives, socialworkers, healthcaregivers, researchers and private companies to be resilient following high values whilst taking action.

The organizations taking part are invited to enrich the "Suitcase", a 3-week program of 20 minutes daily practice, with their local reconciliation and peace practices.

Afrokids International e.V., Topic: Empowerment for Women from the Global South: Health, Poverty Reduction, and fighting FGM/C.

Professionals collaborate to create strategies supporting women from the Global South in the North. Focus is overcoming trauma, poverty, violence, FGM/C, racism, promoting psychosocial health, community-based care, self-efficacy to break intergenerational cycles. Afrokids International Association founded by former refugees, based in Germany focuses on youth participation, empowerment, gender equity, democracy & family education, anti-racism, psychosocial health, poverty & migration root cause prevention and peacebuilding. In 39 countries on 4 Continents, it advanced SDGs, Agenda 2063 through sustainable development, education, and integrative support

Speakers of the Foundation for Subjective Experience and Research S.E.R. Ergosoma@International, Afrokids International e. V



Josefine Brecht is an expert on education.

She worked as a fulltime secondary school teacher for more than 30 years. She has committed herself for reconciliation and peace for more than 20 years on a voluntary basis.

With that she represents the Foundation for Subjective Experience and Research S.E.R., which works for Reconciliation and Peace, as CAO and Head of NGO Affairs and for five years as president. She started as co-founder of the Foundation in 1996 and since then has been actively engaged in the foundation's work and goals, among others as member of DPI NGO planning committees, like 61st DPI/NGO Conference, commemorating the 60th Anniversary of the Universal Declaration of Human Rights in Paris, bringing the 64th DPI NGO conference to Bonn, Germany in 201, as organizer of panel speakers, side events like workshops, exhibits, as speaker and/ or participant of many UN NGO and UN conferences. She is dedicated to the Peacebuilding subjects of the CSO Conference in Nairobi and the "Summit of the Future" in 2024 and member of the CSO-UN Dialogue for Peacebuilding experts.



Marion Glaser

former special education teacher,
co-founder of the Foundation for Subjective Experience and Research S.E.R. 1996,
member board of directors since 2019.



Monika Volkmer, Member of the Committee of Ergosoma® Teachers, Ergosoma® Teacher and Practitioner, Alternative Health Practitioner, Ayurvedic Therapist, Trainer for stress-management. Projects: Resilience Training and Education for women, Resilience Training for disadvantaged young people, in cooperation with the Rural District of Göttingen, Germany, Participant of a research on the effectiveness of Ergosoma concerning different physical parameters, University Witten /Herdecke in Germany. Studied Geography, married, four children, lives in Goettingen, Germany. www.ergosom-info.de



Anke Schmidt-Bratzel is committed to women's and girl's health, reconciliation in peace processes whilst serving as a representative of Ergosoma®International on a voluntary basis for more than 10 years now. She works as a Yoga Teacher, in Health Care with Ergosoma and Pranic Healing MCKS in her practice near Hamburg. Enhanced empathic perception and health for change is at the heart of her interest. After serving nine years as Member Board of Directors in the S.E.R. Foundation from 2005 – 2014 and as Chairwoman and Presiding Chairwoman of the S.E.R. Foundation Council from 1996 – 2005 she is deeply grateful for the Reconciliation Network the NGO Foundation for Subjective Experience and Research - S.E.R. built. Anke holds an MA in Political Sciences, Theater/Media Sciences, Roman Literature, studied in Germany and Italy with a Scholarship by the German Merit Foundation and works as a commissioning editor for a public broadcaster. She is married and has three children.



Farina Görmar

Transcultural educator
empowerment trainer
syst. family and social therapist

<mailto:ik.promotorin@afrokids-international.org>

Josefine Brecht
CAO / Head NGO Affairs
Foundation for Subjective Experience and Research S.E.R.
NGO in special consultative status with ECOSOC
associated with UN DGC
Email: j.brecht@ser-foundation.de
jbrecht@gmx.net
www.ser-stiftung.de
www.ser-foundation.org