

„Sharing – to eradicate Poverty, strengthening Institutions and WordEducation for Reconciliation and Peace“.

A CSW68 Parallel Event Presentation
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Empathy as a core skill for sharing, reconciliation and healthy institutions

The Foundation for Subjective Experience and Research S.E.R. offers a new perspective on SHARING for financing reconciliation and peace education as World Vision.

EGOSOMA International's main question regarding this new approach on sharing is: How do we get into the internal readiness that enables us to share?

Individually, in dialogue and action? As NGOs, in institutions?

We are all seeking to implement the SDGs, the Future Pact in a proper and efficient way!
How can we improve our results?

There are tools to reconnect and uplift our actions to our mission and vision in our daily duties, to refine our intuition and raise our magnanimity.

What do we need to be able to share?

Simply said and sometimes simple is the best:

We need an open heart.

Through our heart empathy and our empathic perception becomes the source of our actions, of our thoughts and also of our communication.

And we need an open mindset too.

Our perception, nurtured by the empathic quality,

determines the effectiveness of our work

in our teams, with partners, or even with conflict parties.

Through this magnanimity we are preparing the breeding ground for new impulses for global change,

impulses that we are urgently expecting from girls and women in particular,

impulses yet to be heard and implemented

to create a healthy change

in our institutions, in societies and for every individual.

Through empathy our work is becoming inclusive for all voices, women, girls, indigenous people and so on - there's an infinite source of subjective experiences.

For empowering our empathic skills there is a certain order and steps that we can practice as individuals and teams. Ergosoma offers some approved best practices and training that we want to share with you today. (Interactive part: Empathy training and exercises).

A new quality of communication dignified, authentic and heartfelt opens up for new inclusive perspectives of transformation and empowers our institutions to become real agents of change.

ERGOSOMA is a complementary health method. Examples for best practice projects we have already presented at CSW in the last decade:

1. We sent a team to Nepal after the earthquakes for immediate support and care of trauma and shock.
2. For an international team of social workers in a migration center in Germany we developed a one year qualification and training program called EGOSOMA MIGRA. The team and their clients were coping with Post traumatic stress disorders due to war and migration.
3. We put into practice a burnout prevention program for Health Care Givers in intense care in Germany. And we supported a medical intense care team in another hospital with EGGOSOMA to improve coherence and communication skills in the team.
4. ERGOSOMA International provides trainings on empathy and empathic perception. Actually a 3 week program for kindergartens (kids age 3 to 6) is being released.