

Basic Course: Empathy and Conflict Resolution *Farm-Edition

September 2023



Sonja Wolfensberger offers an introduction to the art of empathic listening and conflict resolution on the beautiful farm **BungertHof** an hour outside of Zürich.

The seven sessions are held on three Saturdays and one Friday evening. On the first evening of the course you can spend the night on the farm.

This is an introduction. No previous knowledge is necessary.

The course will be held in English.

Simultan-
übersetzung
auf Deutsch

Community and cohesion is unspeakably precious to us. That is why it is our passion to help people listen to one another, even when opinions are diametrically opposed or when there is conflict.

We are sure that a cooperative language will bring back harmony to places where it still seems unthinkable today.

The project Empathie Stadt Zürich stands for a notion of empathy that goes beyond a human-centric orientation to the world. Empathy with the more-than-human world (the beings we learned to call “nature”) is an integral part of our practice. Can you think of a more beautiful place to engage with this than a biodynamic farm?

In this course you will learn to communicate in a way that increases the chance that others

- ▶ understand your point of view
- ▶ feel curious to listen to your words
- ▶ want to cooperate with you

You will learn to navigate conflicts so that

- ▶ You are addressing the cause and not the symptoms

- ▶ All parties are heard
- ▶ Creative solutions are found that cover as many needs as possible

You will discover self-care practices which will help you

- ▶ Cultivate acceptance and self-connection
- ▶ find inner clarity
- ▶ deal with strong emotions such as anger, sadness or fear



Spreading these skills is our contribution to humanity's challenging yet wondrous journey through time.



All of our courses are non-profit. That is why we depend on financial support.

Learn more about our approach to money here in German:

<https://empathiestadt.ch/preisphilosophie>

Please become a member today:

<https://empathie-initiative.ch>

We would be grateful!

Learn more about **BungertHof**:

<https://www.youtube.com/watch?v=eXPDGstogPc>

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With: **Sonja Wolfensberger**, trainer for empathy und conflict resolution

Dates and Time: Friday 1/9 18.00 – 21.00 (session 1)

Saturday 2/9 10.00 – 17.30 (sessions 2&3)

Saturday 9/9 10.00 – 17.30 (sessions 4&5)

Saturday 16/9 10.00 – 17.30 (sessions 6&7)

Location: **BungertHof**, you can find the travel information here, we will meet in the «Seminarraum», Chloster3. If it isn't possible for you to travel via public transport there are free parking lots at the Landihaus or at Schlossgasse.

Overnight Stay: On the first course evening (1st to 2nd of September) there is the possibility to enjoy an immersive farm-experience. You can stay overnight in a dorm with other course participants or bring your tent/caravan to sleep outside.

Costs: The reference price is 90–230 CHF per session. There are seven sessions.

We practice an alternative way of dealing with money. You can take part in our courses, regardless of the financial means available to you. In short, you pay what you want, including zero. You can read more about our approach to money here in German.

Invoice: We can issue an invoice for your employer for this further education.

Registration: Send an email to hallo@empathiestadt.ch. For our planning security we request a deposit of 80 CHF.

Questions: If you have any questions or uncertainties, contact us at hallo@empathiestadt.ch. We look forward to hearing from you!

Confidentiality: We treat information (within and outside of courses and events) with confidentiality.