



HEARTBEAT & LIVERFEAR

Resonances in collaboration and communication

Mutual resonances and individual sensitivities appear at places where people work together. Emotions are expressed through bodily sensation.

Experiences from homeland, cultural imaginations and physical perceptions are transferred through generations and brought to life. They influence individual actions and communication.

The body reacts especially in conflict or load situations and calls memorized experiences. Feelings and physical reactions take their way and have direct impact on communication.

This workshop offers room for resonance in interactions, encounter and contact in situations of difficult collaboration. Reflection units offer impulses for relieving communication strategies.



TOPICS

Traditions and sensitivities in communication

Body archive in focus: cultural identity in stressful situations

Anticipating critical phases, focusing attitudes, clarifying communication

Considering **self-care**, strengthening resources, keeping empowerment

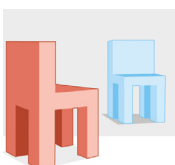
Possibilities and **limitations** in contact and interaction

LEARNING OUTCOME

Understanding about perpetuations of cultural identity

Reflection of resonances in collaboration and interaction

Development of relieving communication



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