To be on a Learning-Path

Everything that I encounter, no matter, how painful it is can contribute to my learning and my spiritual growth.





Self-Awareness Knowing the own weaknesses and trigger points. Not hiding them, but working with them..



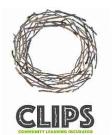
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Self-responsibility I am responsible for almost everything that happens to me. It's only myself who can change my life, I cannot expect from anybody else to do it.



Conscious Emotions

Taking responsibility for my emotions, and exploring the background.Why do I react with this emotion? What does the emotion tell me? What can I learn from this?



Empathy for myself and for others.





Interest for people Real interest in the diversity and similarity of human experiences. The awareness that I can learn a lot about myself in encountering others.



Win-Win instead of Win-Loose-Games

The conviction, that we can often find a solution, in which everyone an win, and the search for such a solution.





Respecting the needs of others

... and the attitude that it is okay, that everyone is looking for a way to meet their needs.



Honest and transparent Communication

Communication about intimate issues, about the own weaknesses and doubts, create trust



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Dealing with Roles, Power and Privilege

conscious dealing with the implications of roles, power, rank and privilege. The goal should be to empower as many people as possible





What is reality?

Beyond the question of right or wrong, there is a place where we can meet. (Rumi)

Accept subjective truths and take them seriously.





Inviting Feedback and Dealing with Mistakes

Being open for giving and receiving feedback. Welcoming mistakes as a chance for learning and not blaming people for mistakes.





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