



## Self Reflection for Conflict Professionals - Bi-Annual Program *With Gary Friedman and Norman Fisher*

The Center for Understanding in Conflict will be offering an intensive program in Talloires, France in Self-Reflection and its relevance to working as a professional helping people in conflict.

**DATES:** 1st September 2pm- 4 September 4 pm (optional buffet lunch at 12 pm on 1st September before the course).

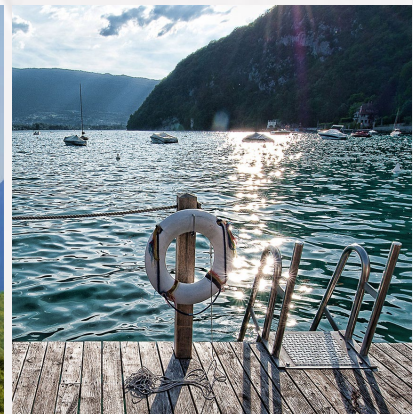
**THEME:** Conflict and Compassion

**INSTRUCTORS:** Gary Friedman and Norman Fisher

**WHERE:** At the Priory of the Tufts European University Center in Talloires on the shores of Lake Annecy, 45 minutes from Geneva.

**FEES:** €1'250 for 26 hours of training. Fee includes coffee breaks and buffet lunches.

All conflict professionals are welcome to attend, including mediators, lawyers, therapists and anyone who works with people in conflict. Our working language will be English and fluency is a requisite for getting the most out of the program.



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## PROGRAM OVERVIEW

We are living in an age of outrage and division. Many of us feel called upon to stand up for our beliefs and to find ways to reduce the animosity that we see online and all around us. This is difficult work, and it can't be done without clarity about ourselves. During this Conflict and Compassion retreat we will explore how our emotional reactions to the problems of the external world—from climate change to politics to interpersonal conflicts—influence our outward responses. Together, we will investigate how deeper internal work can make us more resilient and useful in the complicated world we inhabit.

People who work in conflict experience powerful emotional currents, whether they want to or not. From mediators to journalists to politicians to therapists, we can't help but carry judgments and gut feelings into our work. Exasperation, fear, anger and other difficult emotions go with the job. But they don't have to drain our spirit and motivation. We can learn to use these reactions to help us form deeper connections to the problems and people we encounter. And with connections come new possibilities for helping people find their way through conflict.

In this Conflict and compassion program, we will use reflective exercises, role play, dialogue and meditation to intimately examine our work lives and our relationship to conflict.

We will also take time to enjoy the tranquility and natural beauty of Talloires. The village is situated on the shores of stunning Lake Annecy, surrounded by impressive mountain peaks. Our schedule includes time to swim in the lake's clear turquoise waters, explore hiking paths and the nearby hilltop chapel.

Sylvie Adijes has kindly offered to lead Qi Gong practice each morning before breakfast. So do plan on bringing your swim suits, comfortable exercise clothes and walking shoes.

## ACCOMMODATION :

Below, a selection of Talloires charming small hotels within a few minutes walking distance from the Priory.

- Hôtel Beau Site: Tel +33(0)4 50 27 00 65 [www.beausite-talloires.com](http://www.beausite-talloires.com)
- Hôtel du Lac: Tel +33(0)4 50 60 71 08 [www.hotel-du-lac.com](http://www.hotel-du-lac.com)
- La Villa des Roses: Tel +33(0)4 50 66 88 90 [www.villaofroses.com](http://www.villaofroses.com)
- La Villa des Fleurs: Tel +33(0)4 50 60 71 14 [www.lavilladesfleurs.com](http://www.lavilladesfleurs.com)

Or, a few kilometers from the center:

- La Catarina ("*Gîte de France*"): Tel +33 (0)6 22 99 75 73 [www.lecatarina.com](http://www.lecatarina.com)
- Tourist office : Tel +33 (0) 4 50 66 76 54 [www.talloires.fr](http://www.talloires.fr)

Please note, this Seminar can host up to 20 participants, sign up via the registration form is below.

Contacts to send the registration or for further information:

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