

Caux IDG Forum Workshop Descriptions

Days 2 - 4

WORKSHOPS DAY 2 – Dimensions of Forgiveness

14 July 14:30 – 18:00

Workshop 1 – Day 2, 14 July 14:30 – 18:00

The Grudge & The Mirror: Forgiveness as a Human Technology for Rewriting the Stories we Carry

With: Boutheina ABDI, Educator, Teacher Trainer & Soft Skills Coach

Room: TBC

Maximum number of participants: 15

Description:

Forgiveness is often presented as a moral expectation rather than a reflective human capacity. In intercultural and collaborative environments, this can create misunderstandings about responsibility, reconciliation, and personal boundaries.

This workshop reframes forgiveness as a meaning-making competence that supports dialogue, emotional awareness, and relational resilience across differences.

Through narrative reflection, values mapping, and structured perspective-shift activities, participants explore how personal experiences, cultural backgrounds, and ethical priorities shape their understanding of forgiveness.

Rather than promoting a single definition, the workshop creates a safe learning space where participants critically examine forgiveness as a personal, relational, and social process.

Workshop 2 - Day 2, 14 July 14:30 – 18:00

Forgiving Forward: Inner Alchemy for Outer Impact

With: Francesca TOSO, Transformational Coach, Facilitator & Keynote Speaker

Room: TBC

Maximum number of participants: 20

Description:

What if the single greatest obstacle to changing the world is not a lack of resources, strategy, or will—but something far more intimate: what we have not yet forgiven?

Changemakers, leaders, and visionaries are not immune to the weight of unresolved hurt. We carry wounds from failed systems, betrayed trust, personal loss, and the accumulated cost of working at the frontiers of transformation. Often without realizing it, these experiences quietly drain the energy we need most—the capacity to imagine, to trust, and to act boldly toward a better world.

The cost is more than emotional. Unresolved hurt narrows our emotional and creative bandwidth. It keeps us tethered to old stories and old wounds, limiting our ability to fully inhabit the future we long to create. As long as we remain in the constrictive states of blame, resentment, or grievance, we are—however unconsciously—out of harmony with our deepest vision and highest intentions.

This is the insight at the heart of **Forgiving Forward**: a 2.5-hour experiential workshop that explores forgiveness not as a moral duty, nor as a gift to the offender, but as a conscious act of liberation. It is an invitation to release the energy bound up in old hurts and redirect it toward what we most desire to create—in our lives, our leadership, and our communities.

Drawing on the **DreamBuilder®** and **Life Mastery** frameworks that underpin my work, and integrating contemplative practice with reflective dialogue, the workshop guides participants through a carefully sequenced inner journey.

We begin with honest self-inquiry:

- What are we carrying that no longer serves us?
- Where has hurt become a story that limits our capacity to create?
- What possibilities might emerge if we were to reclaim the energy consumed by resentment or regret?

Participants are then guided through a forgiveness meditation that invites them to separate the person from the behavior, to discover hidden gifts and lessons within difficult experiences, and ultimately to re-author the meaning they have assigned to painful chapters of their lives.

The shift that forgiveness makes possible is not simply psychological relief. It is a movement from contraction to expansion—from a state that constricts our vision to one that enlarges it. When we release what no longer serves, we do not lose our history. We reclaim the energy it has been consuming and redirect it toward our deepest aspirations.

For changemakers, this is not merely a private act. It is a strategic one.

The quality of the future we create is inseparable from the inner state from which we create it. Leaders carrying unresolved wounds can unconsciously reproduce the very patterns of mistrust,

division, and reactivity they seek to transform. By engaging in the work of forgiveness, we expand our capacity for imagination, compassion, discernment, and courageous action.

This is not a workshop about forgetting, excusing, or bypassing pain. It is about alchemizing it—transforming what has been a source of contraction into a source of freedom, wisdom, and renewed commitment.

The format is fully participatory and experiential. There are no lectures and no prescriptions. Instead, participants are invited into a process of:

- Structured personal reflection
- Guided forgiveness meditation
- Intimate small-group dialogue
- Creative re-authoring of a meaningful life chapter

As a final exercise, participants write a new title for a chapter of their own story—a simple yet surprisingly powerful act of self-reclamation that opens new possibilities for meaning, agency, and future action.

The session concludes with a collective harvesting of insights, creating a shared field of learning and human connection among a diverse community of participants.

Participants will leave with:

- Greater awareness of the stories and resentments shaping their leadership and lives.
- A practical process for releasing emotional burdens and reclaiming personal energy.
- Renewed clarity and inspiration for the change they seek to create.
- A new perspective on a difficult chapter of their journey.
- A deeper appreciation of forgiveness as a leadership practice and a catalyst for transformation.

Workshop 3 - Day 2, 14 July 14:30 – 18:00

What We Love Still Lives: Poetry, Grief and the Inner Work of Forgiveness

With: Carl MANLAN, Poet, Development Practitioner & Thought Leader

Room: TBC

Maximum number of participants: 20

Description:

This session uses poetry as a portal into the inner dimensions of forgiveness. We will begin not with reconciliation with others, but with the quieter, harder work of forgiving loss itself. Drawing on *i can breathe*, a debut poetry collection on grief, memory, and renewal, participants will explore how the alchemy of forgiveness begins in the most intimate of places: the space between a person we loved and the life we must continue living.

Through shared reading, guided reflection, and small-group dialogue, this session invites participants to discover how grief, when witnessed with honesty and tenderness, becomes a generative force. The ground from which trust, compassion, and new possibility can grow from.

Workshop 4 - Day 2, 14 July 14:30 – 18:00

The Body Remembers, The Body Releases: A Somatic Pathway to Forgiveness

With: Nargis (Raza) KIZALBASH, Transpersonal Psychologist

Room: TBC

Maximum number of participants: 15

Description:

This experiential workshop invites participants to explore forgiveness as an embodied process using chakra exploration and body mapping.

Through guided somatic explorations participants will be offered a journey through the energy pathways of the body (chakras), identifying blockages and flow.

Every chakra has corresponding physiological and psychological manifestations that will be explored both experientially and with reflective inquiry.

Participants will be gently led through guided imagery to sense where “non-forgiveness” lives within their body and to create conditions for softening, integration, and release.

Workshop 5 - Day 2, 14 July 14:30 – 18:00

Return to Being – Forgiveness in Quantum Entanglement: A Living Circle

With:

- **Marjadi KOOISTRA**, Executive Coach, Leadership Facilitator & Co-Founder of TogetherForTheBetterGood
- **Grandmother Ejna JEAN FLEURY**, Mystic, Visionary, Ceremonialist & Co-Founder of Crow Creek Kungsi/Unci Grandmothers Society
- **Dalila HERNANDEZ CUAHUTLE**, Executive Coach and Learning-Process Facilitator

Room: TBC

Maximum number of participants: 30

Description:

In an era of polarisation and unresolved pain, forgiveness is one of the most misunderstood human capacities. It is often confused with approval, reconciliation, or the erasure of what happened. This workshop invites a different encounter: forgiveness as a personal, sovereign choice — something no one can require of us, and something we choose on our own terms, in our own time.

Drawing on somatic body awareness, guided reflection, embodied release, and honest group dialogue, this 180-minute Living Circle moves through two connected journeys:

- **Return to Being** — arriving in the body, reconnecting with our true essence, and releasing what we have been carrying
- **The Alchemy of Forgiveness** — in essence meeting what still has a hold, exploring the personal choice to loosen it, and reclaiming who we are.

The session is a transformative, non-therapeutic, non-ideological, and free from spiritual or religious framing. All exercises are invitational. Participants are never required to share personal details. The approach is grounded, psychologically safe, and globally inclusive.

Workshop 6 - Day 2, 14 July 14:30 – 18:00

Courageous Forgiveness – Letting Go, Setting Boundaries and Moving Forward

With:

- **Nadene CANNING**, Learning Designer, Curator, Facilitator & Coach
- **Anne-Marie DEANS**, Certified Dare to Lead™ Facilitator

Room: TBC

Maximum number of participants: 20

Description:

Forgiveness is often misunderstood. It is frequently associated with weakness, forgetting, or excusing harmful behavior. Many people resist it—not because they lack compassion, but because they fear losing their sense of justice, self-protection, or clarity. This workshop challenges those assumptions and offers a different perspective: forgiveness as a powerful, personal practice that supports emotional freedom, resilience, and meaningful relationships.

Grounded in insights from Brené Brown's Dare to Lead, this workshop is not about becoming passive or “letting things slide.” It is about learning how to release the weight of resentment without abandoning accountability, boundaries, or self-respect. It is designed for anyone who finds themselves replaying past experiences, holding onto hurt, or struggling to move forward—whether in personal relationships, family dynamics, or professional contexts.

At its core, the workshop explores forgiveness as a gift to self. Holding onto anger or resentment can feel justified, even protective. Yet over time, it often becomes exhausting, shaping how we think, react, and relate to others. Participants will reflect on the personal cost of not forgiving: How much energy is tied up in past experiences? What stories are being repeated internally? And what might become possible if those stories were loosened or reframed?

A key theme is the tension between letting go and staying true to one's values. Forgiveness does not mean denying harm or avoiding difficult truths. It means choosing not to let that harm define your future. This requires honest reflection: What am I holding onto, and why? What am I afraid would happen if I let it go? Where do I need clarity, and where do I need release?

The workshop also explores the idea of a “culture of bravery” at a personal level. When forgiveness is absent, fear often takes its place—fear of being hurt again, of making mistakes, or of being vulnerable. This can lead to emotional armor: defensiveness, withdrawal, or perfectionism. By contrast, practicing forgiveness—both toward others and toward oneself—creates space for openness, learning, and more authentic connection.

Self-forgiveness is a central and often challenging part of this process. Many people hold themselves to harsh standards, replaying mistakes or perceived failures long after they occur. This internal pressure can limit growth and reinforce feelings of inadequacy. Participants will explore how to take responsibility for their actions without becoming defined by them, and how to shift from self-criticism toward self-understanding.

An important distinction introduced in the workshop is responsible forgiveness. Forgiveness does not require reconciliation, nor does it mean tolerating repeated harm. It involves setting clear

boundaries, acknowledging impact, and deciding what role—if any—the other person will have moving forward. Participants will learn how to separate forgiveness from approval, and how to hold both compassion and clarity at the same time.

The process of rebuilding trust is also addressed through the BRAVING framework (Boundaries, Reliability, Accountability, Vault, Integrity, Non-judgment, Generosity). Forgiveness may be the first step, but trust is rebuilt through consistent actions over time—by oneself and by others. This part of the workshop encourages participants to reflect on what trust means to them, where it has been broken, and what would be needed for repair.

Throughout the session, participants will engage with questions that connect forgiveness to their personal values

This workshop does not offer quick fixes or simplistic answers. Forgiveness is complex, and sometimes uncomfortable. But it is also a deeply human capacity—one that, when practiced with intention and honesty, opens the door to greater clarity, freedom and connection.

Workshop 7 - Day 2, 14 July 14:30 – 18:00

Forgive Me For Hating You

With: Amani SOULTAN, LCE and ICF-Certified Life Coach

Room: TBC

Maximum number of participants: 20

Description:

This session uses presence, story, and shared witness as a portal into the inner dimensions of forgiveness. We will begin not with reconciliation with others, but with the quieter, harder work of seeing them honestly — asking ourselves, out of ten, how far do we really know the person in front of us, and how many assumptions we have quietly made instead. Drawing on "Forgive Me For Hating You", a film on grief, rupture, and the long road back to oneself, participants will explore how the alchemy of forgiveness begins in the most intimate of places: the space between the person who hurt us and the life we must continue living.

Through personal storytelling, letters of apology and letters never sent, and the question of what forgiveness — and unforgiveness — actually tastes like, this session invites participants to discover how pain, when witnessed with honesty and tenderness, becomes a generative force. The ground from which unforgiveness finally ceases, and trust, compassion, and new possibility can grow from.

Workshop 8 - Day 2, 14 July 14:30 – 18:00

The Earth as Witness – An Embodied Laboratory for Forgiveness

With:

- **Ana GROBE HALBUER**, Trauma Therapist & IDG Ambassador
- **Sabine SCHNEIDER**, Artistic Researcher, Process Facilitator & IDG Ambassador
- **Sibylle BREINER**, IDG Ambassador

Room: TBC

Maximum number of participants: 15

Description:

What if forgiveness is something to which no conditions are attached, nothing we must first do or achieve in order to forgive? What happens when we are free to explore together the many paths and facets forgiveness holds? And what if we allow forgiveness to be understood as a process of growth within our very personal history: One that, like ourselves, is deeply individual and yet connects us to one another in our shared humanity as citizens of this world.

The Earth as Witness is a three-hour embodied laboratory, grounded in the Inner Development Goals framework and shaped as an open, creative, and artistic experiment. Through trauma-informed guided journaling, dialogue, movement improvisation, and collective creation, we move through the five IDG dimensions : Being, Thinking, Relating, Collaborating, and Acting.

The workshop opens in Being through practices of arrival, breath, and embodied awareness. A guided journaling process invites reflection on personal and ecological questions.

Through Thinking and Relating, participants enter dyads and small-group dialogue where stories, tensions, emotions, images, and diverse cultural perspectives connected to forgiveness can surface. The group becomes a field of collective intelligence, gathering insights not as conclusions, but as living material for further exploration.

What is spoken, sensed, and recognized in dialogue becomes the raw substance for the next phase of embodied inquiry. In this way, reflection does not remain cognitive; it is composted into movement, presence, and expression.

In Collaborating, the room becomes a Culture Laboratory. What has emerged now seeks form through movement, gesture, rhythm, distance, encounter, witnessing, boundaries, and reconnection. Participants are invited to explore freely and at their own pace.

The workshop culminates in Acting through a collective movement improvisation: a shared, wordless act of emergence in which forgiveness is no longer discussed, but practiced in real time. This is not performance, but the creation of another experience of shared agency that invites freedom and makes our own aliveness and capacity to act tangible. Like forgiveness itself, it cannot be forced, only welcomed into being.

A closing harvest invites each participant to name what has shifted, and to identify one courageous next step to carry into relationships, work, community life, or care for the living world.

We understand forgiveness not as an act of cognitive understanding, nor a decision we simply make or can force. It is a process and it does not stand at the beginning, but unfolds along a path we all are walking step by step. Forgiveness is understood as a possible shift in relationship: the capacity to

release what no longer belongs to us, and to reclaim what has always been ours: dignity, aliveness, responsibility, and the freedom to respond differently.

Throughout the workshop, the Earth accompanies this process as a silent witness and knowing force. She is present not only as a theme, but as witness, companion, and teacher. The natural world knows cycles of rupture and renewal, decay and regeneration. It reminds us that healing is often slow, non-linear, and alive. This deeper wisdom lives within us and is an invitation to presence and open awareness felt in the room, in the images, in motion and in the rhythm of the workshop.

This path is deeply personal and yet we share it in our common humanity. It may lead us through shame, old guilt, and old assumptions about ourselves or others through what ultimately gets in our way when we seek to realign and step more fully into our own becoming in the world. We understand this workshop as an invitation to set out on this journey: with curiosity, exploration, and integration. Participants decide for themselves how deep they go and when they pause.

Open to all participants. No movement or artistic experience required.

Workshop 9 - Day 2, 14 July 14:30 – 18:00

The Alchemy of Forgiveness: A Somatic and Trauma-Informed Exploration of Awareness, Meaning and Choice

With: Mine ÖZTÜRK, Co-Founder of Sufi Coaching

Room: TBC

Maximum number of participants: 15

Description:

This experiential workshop invites participants to explore forgiveness not as a moral obligation or a cognitive decision, but as a lived, embodied process shaped by awareness, meaning, and personal readiness. Rather than guiding participants toward forgiveness as an outcome, the session creates a reflective space in which individuals can encounter how a past experience continues to live within them—emotionally, cognitively, and somatically.

The workshop is grounded in trauma-informed facilitation principles. Participation remains fully voluntary; participants are not required to share personal stories, provide details, or engage beyond their comfort. The process emphasizes psychological safety, autonomy, and self-regulation, allowing each individual to move at their own pace and within their own boundaries.

Drawing inspiration from Worthington's REACH model of forgiveness (Recall, Empathize, Altruistic gift, Commit, Hold), the workshop offers a non-linear and experiential interpretation of these dimensions. Rather than following a structured sequence, participants are invited into a process where elements such as recall, empathy, and choice may emerge organically, without pressure or expectation.

The session begins with a symbolic entry point, where participants represent their current internal state through metaphor, using animal figures. This allows for emotional expression without the need for detailed narration. The process then deepens through a somatic timeline exploration, in which participants physically move between moments before, during, and after a chosen experience, focusing on shifts in self-perception rather than external events.

Working in pairs, participants engage in structured witnessing, creating a relational space of presence without interpretation or advice. As the process unfolds, participants are gently invited to consider the perspective of the other person involved, not as a requirement but as a possibility, supporting perspective-taking while respecting individual readiness.

In the final phase, attention shifts to the present moment. Participants reflect on what they need, what they may be ready to release, and what choices are available to them now. Forgiveness is approached as one of many possible responses, alongside boundary-setting, non-forgiveness, or uncertainty.

The workshop concludes with a symbolic ritual, where participants release their initial representation and choose a new one that reflects their current state. This transition supports integration and allows internal shifts to be embodied in a tangible way.

Aligned with the spirit of the Caux IDG Forum, this workshop offers a reflective and psychologically safe space for exploring forgiveness as a complex and evolving inner process—one that begins within the individual, yet has the potential to influence how we relate to others and the wider social context."



Workshop 10 - Day 2, 14 July 14:30 – 18:00

Embracing Self-Love: Self-Authorship and Forgiveness

With: Kendra FORD, Transpersonal Research Psychologist, International Yoga Therapist & Certified Ayurvedic Wellness Coach

Room: TBC

Maximum number of participants: 15

Description:

Johnson stated ""one thing that our unconscious will not tolerate is evasion of responsibility. The unconscious pushes us into one suffering after another, one impossible mess after another until we are finally willing to wake up, see that it is we who are choosing these impossible paths, and take responsibility for our own decisions"" (as cited in Murdock, 2020).

One pathway of personal responsibility is to understand one's own origin story as a broad frame of reference for understanding past experiences, patterns and intergenerational traumas. From this place of understanding there is potential to heal the past, integrate unprocessed experiences, embody the present and self-author the future.

Within this frame, re-writing personal narrative through self-authorship embraces self-love and involves reflecting up and understanding the origins of one's own story from a conscious lens as a pathway of forgiveness and individual growth. This workshop will utilize embodied practices, reflection, individual storytelling and shared dialogue.

This workshop will also incorporate an overarching understanding of forgiveness as developed by Fred Luskin.

Workshop 11 - Day 2, 14 July 14:30 – 18:00

IDG for Kids & those Young at Heart: Activity Cards Building Relations Within and With Others – An Intergenerational Workshop for the Caux IDG Forum 2026

With:

- **Ayse SIYMA BARKIN KUZMIN**, Trauma Informed Therapeutic Coach, Child Rights and Protection Expert & Workshop Facilitator
- **Simone ERVEN**, Inner Development & Leadership, Coaching, Hypnotherapy, Transformational Development

Room: TBC

Maximum number of participants: 15

Description:

IDGs for Kids & those young at heart: A Journey Through the Five Doors of Forgiveness and Possibility

This intergenerational workshop explores the theme of forgiveness through the lens of the **Inner Development Goals (IDGs)**, a framework that cultivates the inner capacities needed for a more just and sustainable world, including self-awareness, empathy, collaboration, and courageous action.

Building on the **IDGs for Kids Activity Cards**, a free, open-access resource co-created to make the IDG framework playful and accessible for children, families, schools, and communities, the workshop invites participants of all ages into a shared journey of discovery and dialogue.

The session begins with a storytelling ritual inspired by the tradition of the **Thousand and One Nights**, introducing a journey through five "Magical Places," each representing one of the five IDG pillars:

- **The Pool of Mirrors – Being:** sensing and naming what we carry within.
- **The Garden of a Thousand Questions – Thinking:** exploring curiosity and understanding.
- **The Bridge of Open Hearts – Relating:** reflecting on connection and letting go.
- **The Courtyard of Weavers – Collaborating:** creating and learning together.
- **The Path of the Brave Step – Acting:** discovering the courage to forgive and move forward.

Working in small, mixed-age groups, participants journey through each of the five places, engaging with activities that invite them to **Tell, Show, and Draw** their ideas and experiences. Intergenerational reflection questions encourage meaningful conversations between children and adults, creating opportunities to learn from one another's perspectives.

The workshop concludes with a guided imaginative journey that integrates the experiences of the five doors, followed by a collaborative art activity. Participants create a **Forgiveness and Possibilities Garden**, using stones and handmade flowers to represent what they are ready to release and what they wish to carry forward. Together, these individual creations become a shared installation and a visible expression of collective renewal, hope, and possibility.



The workshop is designed as an inclusive, playful, and reflective experience that invites participants of all ages to explore forgiveness, connection, and the inner capacities that help individuals and communities flourish.

WORKSHOPS DAY 3 – Personal Choice and Forgiveness

15 July 14:30 – 18:00

Workshop 12 – Day 3, 15 July 14:30 – 18:00

When Forgiveness Meets Accountability: Navigating Ethical Dilemmas in Complex Relationships

With: R. Kat MORSE, Acting Head of Solutions Hub at Globethics & Managing Director of Evolvere Advisory

Room: TBC

Maximum number of participants: 20

Description:

In a world of increasing polarization, institutional fragility, and loss of trust, individuals and organizations are frequently confronted with situations of harm where the path forward is unclear. When trust is broken, through leadership failure, ethical misconduct, or systemic injustice, questions of forgiveness, accountability, and responsibility become deeply intertwined.

This interactive workshop invites participants into a structured and reflective process to explore such dilemmas. Rather than approaching forgiveness as an abstract ideal, the session focuses on real-world situations where participants must navigate competing values, unclear responsibilities, and difficult consequences.

Using a real-life inspired case of organizational trust breakdown, participants will work collaboratively to unpack a complex ethical dilemma: What does a responsible response look like when harm has occurred? What role does forgiveness play and what are its limits? How can accountability be upheld without reinforcing cycles of blame or exclusion?

Through guided small-group work, participants will:

- Clarify the dimensions of the situation, including stakeholders, impacts, and underlying tensions
- Explore multiple possible courses of action, including those that may conflict with personal or institutional values
- Engage diverse perspectives and worldviews to critically assess these options
- Reflect on the implications of different choices for trust, relationships, and long-term integrity

The workshop draws on Globethics' experience in ethical leadership and decision-making, offering a structured approach to navigating dilemmas where there are no easy answers. It creates a space where participants can move beyond binary "forgive or not forgive" into engaging with the deeper question of what constitutes an ethically grounded response.

Designed for a diverse, global audience, the session emphasizes dialogue, reflection, and shared learning. Participants are encouraged to bring their own experiences into the conversation, while also engaging with a common case to build collective insight.

By the end of the workshop, participants will have strengthened their ability to navigate situations where forgiveness and accountability are in tension, and to make more thoughtful, ethically grounded decisions in the face of harm and uncertainty.

Workshop 13 – Day 3, 15 July 14:30 – 18:00

Breathwork for Forgiveness

With:

- **Scott SALLEE**, Founder of Sustainable Breath
- **Mario DOMIG**, Certified Breathwork Therapist

Room: TBC

Maximum number of participants: 30

Description:

Guided by Mario and Scott from the International Breathwork Foundation, you are welcomed to join an experience of Conscious Connected Breathwork.

After a safety review and demonstration of the technique, you will be offered a grounding exercise and guided meditation to settle into your body.

Once comfortable, you will be guided through three chapters of breathwork, held by the earth and your experienced facilitator team:

- First, to allow your curiosity towards bodily sensations to expand and create a foundational feeling of safety.
- Second, to explore internally where you can offer yourself more compassion, forgiveness, and grace.
- Third, to explore externally where you can allow forgiveness to flourish between you and other humans - and indeed, the planet we all call home.

You will then be invited to rest and integrate, with an optional sharing circle - or noble silence if you prefer.

Workshop 14 – Day 3, 15 July 14:30 – 18:00

The Soul's Choice: Soul Stories, Forgiveness, and Self-Compassion

With: Dr Lila MOORE, Screendance Pioneer, Technoetic Artist-filmmaker, Scholar, and Founder of the Cybernetic Futures Institute

Room: TBC

Maximum number of participants: 15

Description:

There are stories we receive as gifts to the soul, and stories that the soul tells us—stories that shape who we are and guide our choices. These are soul stories that align with our calling, vocation, and destiny, guiding our life journey along its unfolding path.

The soul story emanates an aura of Splendour when positioned on the Kabbalistic Tree of Life between the spheres of Judgment and Mercy. Splendour radiates the good, the true, and the beautiful—the soul's profound noetic qualities, and the beauty it aspires to bring into embodied life on Earth.

Yet Splendour emerges through a process of mediation between opposing forces: Judgment and Mercy, justice and injustice, punishment and forgiveness, darkness and light, and the dance of light and shadow in between. Each of our soul stories reflects the dynamics of these polarities and the ways in which we choose to integrate them into our lived experience.

In this workshop, we will explore our soul stories through a deep immersion in the imaginal realm, working with active imagination and subtle body practices involving image, gentle movement, colour, and sound. These embodied, non-verbal processes will be complemented by dialogic, soul-led writing in an I-Thou practice, fostering an intimate and responsive engagement with inner experience.

Through these approaches, we will evoke our soul stories and their accompanying images, allowing them to unfold and take form. We will then work with these emergent narratives to reflect on our personal choices, as well as on acts of forgiveness and self-compassion, opening a space for deeper understanding and integration.

Whatever emerges, the soul has its own logic and ethical stance that asks to be listened to. Like the fairytales, artworks, and films we cherish, soul stories are never merely personal; they carry a transpersonal core which, like a flame, warms the heart through both vision and insight.

The workshop will conclude by weaving our soul stories into a shared field of compassion, activating it through a symbolic rite and extending its resonance into our lives and into the world.

Workshop 15 – Day 3, 15 July 14:30 – 18:00

Before We Forgive Others: Leading Ourselves to Self-Forgiveness

With: Andres MARQUEZ-LARA, Founder and CEO of UFacilitate

Room: TBC

Maximum number of participants: 30

Description:

In leadership and organizational spaces, we often hear a familiar idea: we must learn to lead ourselves before we can lead others.

We invest in self-awareness, emotional intelligence, and personal mastery. These are essential capacities, and they are reflected across the Inner Development Goals.

But there is a dimension of inner work that is rarely named: We are not taught how to forgive ourselves.

Across our lives and our work, we carry moments where we have caused harm, stayed silent when we should have spoken, or acted in ways that do not align with who we want to be. These experiences do not disappear. They shape how we show up, how we relate, and what we avoid.

Without spaces to process them, self-leadership remains incomplete.

This workshop introduces a simple but challenging premise: before we can meaningfully engage in forgiveness with others, we must learn how to stay present with ourselves in moments of regret, responsibility, and grief. This is not a purely individual task. It requires collective spaces.

Drawing from the concept of Rituals 2.0, the session explores how intentionally designed, co-created containers can support this work. Rituals 2.0 are not inherited traditions, but living practices that allow individuals and groups to engage with emotional and relational complexity in real time.

Participants will be guided through a structured, experiential process that includes individual reflection, paired dialogue, and small group witnessing. The workshop includes a simple ritual container, supported by a symbolic element, to help participants engage with an experience they carry, not to resolve it, but to acknowledge and stay with it.

Forgiveness is not framed as an expectation or outcome. It is approached as something that cannot be forced, only chosen, and that may emerge when people are able to hold truth, responsibility, and compassion at the same time.

The session closes by connecting this inner work to leadership and systems. If we are serious about building trust, collaboration, and integrity, we must expand our understanding of what inner development asks of us.

Workshop 16 – Day 3, 15 July 14:30 – 18:00

Subtle Somatic Inquiry: A Transpersonal Approach to Advancing Forgiveness

With: Gabriel FERNANDEZ-BORSOT, Philosopher, Transpersonal Therapist & Gestalt Therapist

Room: TBC

Maximum number of participants: 20

Description:

Forgiveness is not merely an act of will. Often, unconscious barriers and blockages prevent individuals from fully completing the process of reconciliation. This workshop utilizes a transpersonal technique to help participants identify these barriers and gain the insights necessary to overcome them.

This technique, developed by transpersonal psychologist Jorge Ferrer, employs subtle, gentle physical contact to facilitate a contemplative state of consciousness. This state serves as a gateway to transpersonal levels of the psyche, bringing forth images, sensations, and intuitions with heuristic transformative value. The process yields specific insights that illuminate "the next step" in the participant's unique path to forgiveness.

Participants may choose to engage in the experience individually or interpersonally (in pairs involving respectful, subtle contact). The practice can be performed either sitting or lying down.

The workshop unfolds through five distinct phases:

- **Introductory Explanation:** An overview of the process and its theoretical foundations, rooted in transpersonal psychology and psychotherapy.
- **Preparation:** Participants identify the specific issue or question they wish to explore.
- **The Experience:** A 30-minute session, 25 minutes of which are supported by background music.
- **Integration:** Participants create a short narrative or drawing, followed by a communal sharing circle.
- **Closure:** The facilitator provides guidance for further self-elaboration and grounding.

Important consideration: Though the technique is gentle and soft, the process can in rare cases surface challenging material that may require support beyond the workshop timeframe. While this is unlikely, it is not impossible. It is therefore essential that the Caux Forum counts with a support service, similar to the "integration station" offered at some EUROTAS conferences. The facilitator of the workshop is available to assist with this service in the sessions following the workshop.

This workshop uses spiritual references with a pluralistic perspective, which makes it suitable for virtually all spiritual traditions and schools, and even for skeptics (who are simply invited to participate with an open and curious mind). During the workshop, participants receive guidance on how to adapt the instructions to their specific belief system and worldview.

The workshop provides both meaningful insights into the participants' personal forgiveness processes and general knowledge about transpersonal methods for human transformation. Furthermore, it highlights the essential role of unconscious and transpersonal elements in forgiveness—factors often overlooked in favor of more traditional cognitive and emotional aspects.

Workshop 17 – Day 3, 15 July 14:30 – 18:00

Building Forgiveness: Exploring Personal Choice Through LEGO® SERIOUS PLAY®

With:

- **Özgür POYRAZOĞLU**, Executive & Team Coach, Facilitator, Learning Experience Designer & Certified LEGO® SERIOUS PLAY® Facilitator
- **Mine Öztürk**, Co-Founder of Sufi Coaching

Room: TBC

Maximum number of participants: 20

Description:

Forgiveness is often discussed with words, but rarely explored through experience. This workshop invites participants to reflect on forgiveness by building, sharing, and making sense of their stories through the LEGO® SERIOUS PLAY® method.

Forgiveness is not always a single moment of decision. More often, it is a complex and deeply personal journey shaped by emotions, memories, boundaries, responsibility, and meaning-making. Within the theme of Personal Choice and Forgiveness, this experiential session offers participants a reflective space to explore how forgiveness can emerge — or sometimes remain unresolved — within their own personal landscape.

The LEGO® SERIOUS PLAY® method is a facilitated thinking and dialogue process that uses metaphorical building with LEGO bricks to support reflection, storytelling, and collective sense-making. Grounded in research on embodied cognition and constructivist learning, the method enables participants to externalize thoughts and feelings that may otherwise remain difficult to articulate.

Rather than discussing forgiveness as an abstract concept, participants will explore it through a series of reflective building exercises. Using simple materials and guided facilitation, each participant will create a model representing their personal understanding of forgiveness — what makes it possible, what makes it difficult, and what boundaries or conditions may shape the process.

Participants will then share the stories of their models in small groups. The use of metaphor creates a respectful distance that allows participants to explore sensitive themes without the need to disclose personal details unless they choose to do so. In this way, the workshop encourages thoughtful dialogue, attentive listening, and curiosity toward different perspectives.

The process naturally reveals that forgiveness rarely follows a single universal path. For some, it may involve letting go; for others, it may require accountability, acknowledgment, or the establishment of clear boundaries. By seeing how different participants construct meaning around forgiveness, the group develops a deeper understanding of its complexity and its deeply personal nature.

The LEGO® SERIOUS PLAY® method ensures that every participant has the opportunity to build, reflect, and share. By engaging the hands as well as the mind, participants often access insights that might not emerge through discussion alone. The physical models become powerful metaphors that help individuals recognize patterns, assumptions, and possibilities in their own thinking.

Participants typically leave the session with:

- a deeper awareness of their own relationship with forgiveness
- a greater appreciation of diverse perspectives and experiences
- a renewed sense of agency in how they respond to hurt, conflict, and responsibility
- a tangible metaphorical model that captures their personal insight and evolving forgiveness journey

Rather than offering a universal answer to what forgiveness should look like, this workshop invites participants to explore forgiveness as a space of personal choice, meaning-making, and dialogue. In doing so, it creates a reflective environment where individuals can acknowledge complexity, honor their limits, and consider forgiveness as an evolving process rather than a single moment.

Workshop 18 – Day 3, 15 July 14:30 – 18:00

Forgiveness as a Way of Being

With: Daya BHAGWANDAS, Social Entrepreneur, Neuro Educator & Board Member IofC Australia

Room: TBC

Maximum number of participants: 20

Description:

What if forgiveness is not simply about letting go of the past, but a pathway to healing, freedom, and purposeful living?

The Forgiveness Factor offers a fresh approach to understanding forgiveness as a journey that moves from in, to out, to upwards—healing ourselves, transforming our relationships, and deepening our connection to something greater than ourselves. Exploring the why, what, and how of forgiveness in a new light, this experiential workshop combines practical wisdom, reflection, and accessible tools that can be applied in everyday life.

Drawing inspiration from the elements and our interconnectedness with the wider Youniverse, participants are invited to appreciate both the mystery and the practical reality of forgiveness as a catalyst for growth and transformation.

Two powerful frameworks guide the journey:

- The Tree and Root System – exploring the unseen ground beneath us that sustains our capacity to flourish, live peacefully, and act with purpose.
- The Consciousness Iceberg – recognising that much of what shapes our lives lies below the surface and mapping the forgiveness pathway available to each of us.

Together, these frameworks help participants understand the multiple dimensions of their development—physical, emotional, mental, relational, and spiritual—and identify practical resources to support healing and growth.

At its heart, this workshop is about cultivating gratitude and appreciation for life, knowing ourselves more fully, and becoming free from the limitations of old stories and unresolved experiences. It invites participants to awaken the powerful mastery of discernment, empowering the inner alchemist to transform challenge into wisdom and offering a toolkit of resources that can be applied in many different situations.

This is not forgiveness as obligation or forgetting. It is forgiveness as a conscious journey toward greater peace, purpose, and the freedom to live more fully.

Workshop 19 – Day 3, 15 July 14:30 – 18:00

Forgiveness in Practice: A Nature Walk for Release and Renewal

With:

- **Matt LAW**, Senior Lecturer in International Business, Board Member, Advisor & Mentor
- **Sarah ØLLGAARD**, Creator of the Inner Development Kit

Room: TBC

Maximum number of participants: 30

Description:

On the day of the new moon, you are invited for a nature walk where forgiveness becomes something lived and practiced, not just understood.

Guided by the rhythm of nature and anchored in the energy of nature and the new moon as a moment of renewal, this session follows a simple cycle: what has been is acknowledged, returned, and transformed, so that something new can begin. Like the earth composts and the old moon hands over to the new moon, what has passed to nourish future growth, we work with forgiveness as a way of allowing the past to become the ground for what comes next.

This is a facilitated, hands-on experience using tangible tools from the Inner Development Kit, designed to move you from insight to intention to action. It is structured, experiential, and grounded in the understanding that inner development shapes outer change.

We travel to the top of the tram line to the observation center in a manner that allows everyone to meet each other before the top.

Act I: Compost the Past under the Wane of the Moon in nature

At the top at the observation center and having met everyone we join into pairs and draw our first card and then with instruction walk the first section down.

We begin in dialogue. Using the IDG Dialogue Cards, you will engage in small-group conversations that open perspective, challenge assumptions, and unlock deeper reflection. These conversations create the conditions for insight, bringing awareness to what has taken root and what is ready to be released.

From there, you will define what you are ready to return to the soil. Inspired by the new moon as a natural moment to let go and begin again, this step invites you to identify what no longer serves you: experiences, patterns, or tensions, and to meet them with clarity and, where possible, gratitude.

This is not about erasing the past. It is about composting it, allowing what has been to break down, transform, and become something that can nourish future growth.

Act II: Seed the Future as the New Moon arrives and we enjoy nature

Act II begins at the stop on the walk where the parachute (gliders) launch and we then switch partners and draw a card for Act II from the skill cards, then we continue the walk down.

With space created, we turn toward what is ready to begin.

Workshop 20 – Day 3, 15 July 14:30 – 18:00

Voices of Forgiveness: Healing Through Movement, Dialogue and Expression

With: Imen BADARJAH, Actress, Facilitator & Community Engagement Professional

Room: TBC

Maximum number of participants: 20

Description:

This interactive workshop invites participants to explore forgiveness through dialogue, reflection, and creative expression. Beginning with an **Agree/Disagree** activity, participants challenge common beliefs about forgiveness and discover diverse perspectives across experiences and cultures.

Through a **Sharing Circle**, participants build a collective understanding of forgiveness using words, gestures, and personal reflections, uncovering how forgiveness can hold both pain and healing. In **Speak It or Move It**, participants are gently invited to express what in their lives needs forgiveness—whether forgiving another, asking for forgiveness, or forgiving themselves—through words or movement, with the group responding in collective empathy and support.

The workshop concludes with a shared reflection and the creation of a group "**forgiveness map**", capturing the emotions, insights, and possibilities that emerged during the session.

Designed as a safe and participatory experience, this workshop offers an opportunity to deepen self-awareness, foster connection, and discover forgiveness as a pathway to greater peace, compassion, and inner freedom.

Workshop 21 – Day 3, 15 July 14:30 – 18:00

Soul and Soil: The Gift of Forgiveness - An Inner Journey from Pain to Becoming

With: Asmaa SLEEM, Founder of Lifelong Learning Talks

Room: TBC

Maximum number of participants: 20

Description:

What if forgiveness is not a moral act we are required to perform, but a natural process- like soil transforming a seed into life?

This workshop invites participants into an experiential inner journey where forgiveness is explored not as an obligation, but as a conscious and evolving choice. Rooted in the metaphor of Soul & Soil, and inspired by "Theory U" as developed by Otto Scharmer, and drawing on "Morphic Resonance Theory" and the concept of collective fields proposed by Rupert Sheldrake, as well as the "IDGs", the workshop approaches pain not as an end, but as a signal - an invitation to awareness, intervention, and transformation.

Just as the body responds to pain by prompting us to act - sometimes to repair, sometimes to remove what harms, sometimes to support what is fragile - our inner world calls us to respond in similar ways. Emotional pain can lead us to set boundaries, to see more clearly, and to make decisions that may be difficult, yet necessary. These decisions may take the form of repair, separation, or a subtle internal shift. In all cases, they are part of a deeper process of healing.

Through guided reflection, dialogue, walking practices, and seed-planting activity, participants will explore how pain can be transformed into meaning, and how meaning can support greater inner freedom. This reflects an inner alchemy: a movement from hurt, to awareness, to conscious choice. The workshop also draws on ecological principles and earth wisdom. When soil becomes depleted, we do not abandon it - it is cared for. We remove what no longer serves, restore balance, and create the conditions for new life to emerge. In the same way, participants are invited to begin with self-reconciliation: to forgive themselves, tend to their inner ground, and gently release what has become harmful or limiting. Forgiveness here is not presented as a fixed answer, but as a living question: Do we have to forgive? When? And how?

Participants will be encouraged to explore forgiveness as a personal choice - one that may or may not be available at every moment, but one that can emerge through awareness, patience, and inner readiness. Even when justice is not restored externally, there remains the possibility of restoring oneself - through self-care, boundaries, clarity, and conscious decision-making. The journey acknowledges that transformation, like the growth of a seed, often happens in the dark. It requires time, patience, and trust. Yet within that process lies the potential for something new to unfold. Extending beyond the individual, the workshop also engages with the idea of collective transformation.

Drawing on the concept of Morphic Resonance and collective fields proposed by Rupert Sheldrake, it explores how each inner shift - each act of awareness, boundary-setting, or act of forgiveness - may contribute to a wider collective field of the same shifts/acts, making similar pathways more accessible for others to do the same. In this sense, personal transformation is not isolated; it resonates.



At the end of the workshop, each participant will receive a small pouch of seeds- not merely as a symbol of planting forgiveness, but as an invitation with a note written on it: “Take me with you... To start a new journey of becoming.” As forgiveness is not an end state, but an ongoing process/seed of becoming.

WORKSHOPS DAY 4 – From Me to We: Forgiveness in Relationships and Society

16 July 14:30 – 18:00

Workshop 22 – Day 4, 16 July 14:30 – 18:00

Feeling our True Nature as Nature – somatic inquiries beyond forgiveness and unforgiveness

With:

- **Dan MCTIERNAN:** Certified Transpersonal Psychology Coach, Embodied Meditation Teacher, Breathwork Instructor & Co-Founder of Being Earthbound

- **Karen LIEBENGUTH :** Transpersonal Coach & Restorative Facilitator

Room: TBC

Maximum number of participants: 20

Description:

The story of transgression, sin and rupture from nature fuels our modern societies and is at least as old as the story of exile from the Garden of Eden. We often feel an invisible but impenetrable veil separates us from the rest of Life.

This perceived membrane between us and the world leads to a sense of being out of fundamental relationship, which in turn leads to thought, feeling, and action that feel incoherent with Nature and leads to the degradation of our ecosystems. And yet we long for nothing more than to retake our place back in the Web of Life.

Many of these veils can be sourced back to questions of forgiveness, atonement and a pervasive sense of being somehow unforgivable. But what if this is an erroneous way of thinking about post-industrial humanity's path back to full alignment with Life? What if we are creating false barriers based on anthropocentric thinking? What if Nature doesn't care about notions of sin, atonement, or forgiveness? What if all that is being asked, and has ever been asked, is remembrance, relationship and participation?

In this highly experiential embodied workshop, we'll explore individually and in groups, what are the veils we notice, how do we sense them somatically, and how we can begin to sense through them into the truer reality that we have never been separated. Through a potent combination of embodied presence practice and mutual inquiry, we'll discover ways to feel the barriers soften, the pressure between us and the world equalise and the truth that we belong to the Whole by virtue of our aliveness and existence.

We never left the Garden of Eden, we just need to feel that again in our bodies. What are the profound implications of moving past notions of forgiveness and unforgiveness and into an ongoing felt sense of wholeness within the Web of Life? How might this embodied perceptual "welcome home" radically transform our relationship with Nature?

Workshop 23 - Day 4, 16 July 14:30 – 18:00

CANCELLED : Forgiveness Is Not a Speech, It Is a Skill: Practical Tools for Rebuilding Trust in Divided Communities / With: Dr Ahmed Abdelhakim Hachelaf

Workshop 24 - Day 4, 16 July 14:30 – 18:00

Forgiveness as our inherent nature – an ancient Indian perspective

With:

- **Dr Shugan CHAND JAIN:** Founder of the International School for Jain Studies & Co-Creator of Rhythm of Life

- **Anita JAIN :** Founder of Anandi by Anita & Co-Creator of Rhythm of Life

Room: TBC

Maximum number of participants: 20

Description:

Designed and facilitated by a father-and-daughter team, this workshop explores forgiveness through the lens of ancient Indian wisdom, offering a reflective and experiential space to inquire into the nature of human relationships, conflict, and inner transformation.

The workshop is grounded in the principles of Rhythm of Life, a personal development program created by Dr. Shugan Chand Jain, scholar of Jain philosophy and former Director of the International School for Jain Studies (ISSJS), and Anita Jain, yoga teacher, life coach, sound healer, and trauma-informed practitioner. The program revolves around four existential questions:

- Who am I?
- Why me?
- What is my purpose?
- How do I live my purpose?

At the heart of this workshop lies the inquiry, "Who am I?" Participants are invited to look beyond roles, labels, and past experiences and explore a deeper understanding of self. Drawing from ancient Indian philosophy, the workshop introduces the perspective of the self as a conscious and aware presence, with innate qualities such as peace, compassion, humility, and the capacity to forgive.

Through guided reflection, dialogue, and experiential practices, participants explore how perceptions are shaped by personal histories, conditioning, and habitual responses, and how these influence relationships with others. The workshop encourages an appreciation of multiple perspectives and invites participants to consider the humanity, uniqueness, and lived experiences that both they and others bring to every interaction.

Relationships—whether supportive or challenging—are approached as opportunities for self-awareness and learning rather than problems to be solved. Participants are invited to reflect on how their responses shape their inner state and the quality of their relationships, opening a space for greater awareness, choice, and personal agency.

Throughout the workshop, forgiveness is not presented as an obligation or something to be forced. Instead, the focus is on cultivating the inner conditions—through self-inquiry, awareness, and perspective-taking—from which forgiveness may arise naturally.

Workshop 25 - Day 4, 16 July 14:30 – 18:00

The Vibrant Heart: Uncovering forgiveness through presence and belonging

With:

- **Marina T. ROMERO:** Author & Co-Creator of Holistic Transformation
- **Samuel A. MALKEMUS:** Professor of Clinical Psychology and Consciousness Studies & Co-Founder and Director of the Institute of Holistic Transformation

Room: TBC

Maximum number of participants: 20

Description:

From the perspective of Holistic Transformation, a method of psycho-spiritual inquiry and group process developed in Spain and elaborated over many decades, this workshop proposes that forgiveness is inherent to the heartbeat of the fleshy vibrant heart. For it is about continual renewal and presence. It is not held back by the past nor pushed forward by the future. When we come back to the beat of our own fleshy vibrant heart, resentments cease to exist. The past, where resentment takes root, ceases to shape the present. There is memory of what it was, but that memory does not condition the present. Forgiveness is the way of the beating heart to free the present from the past. It is the way of the heart to distill what it was to nurture a continuously renewed present.

The beat of the fleshy vibrant heart takes us to forgiveness and reconciliation to restore the present moment when we get lost from it, and to restore the inherent interconnectedness of all what it is, within and around.

The fleshy heart and its rhythmic beat keep each of us in a state of continual renewal and transformation. Such quality of presence and the continuous and vibrational connectivity with others, bring social and local dynamic transformation and sovereignty.

The beat of the fleshy vibrational heart is inherent to all humans. It does not depend on the particular culture, tradition, or personal history. Although personal and social aspects can make easy, difficult, or impossible for the individual to live in coherence with the fleshy heart.

Workshop 26 - Day 4, 16 July 14:30 – 18:00

Flame & Flow (for kids & teens): Choosing Forgiveness with Courage and Compassion

With:

- **Nina BRESSLER:** Facilitator, Systems Thinker & Founder of Reimagined Value

Room: TBC

Maximum number of participants: 20

Description:

This youth workshop invites kids and teens to explore forgiveness as both an inner journey and a relational practice.

Using the elemental metaphors of Fire and Water, participants will reflect on the courage it takes to face hurt, anger, shame, or regret, and the compassion needed to soften, listen, repair, and reconnect.

Through creativity, movement, dialogue, storytelling, and simple movement rituals, the workshop will help young people understand how a creative ritual for awareness of their deep feeling can unlock forgiveness not as forgetting or excusing harm, but as a conscious choice that can free energy, restore dignity, and open new possibilities for themselves, their relationships, and the wider world.

Workshop 27 - Day 4, 16 July 14:30 – 18:00

CANCELLED Forgiveness as a Leadership Practice for Hope & Potential - lessons from Rwanda

With:

- **Vincent KALIMBA:** Social entrepreneur
- **Klaus MERTENS:** System Transformation Coach and founder MIND CARE ACADEMY

Workshop 28 - Day 4, 16 July 14:30 – 18:00

Holding the Rift: Encountering the Alchemy of Forgiveness through Story and Relational Dialogue / With: Leigh Johnson

With:

Leigh JOHNSON: Learning Designer, Dialogue Practitioner, Integral Coach, Facilitator & Sustainability Mindset Practitioner

Room: TBC

Maximum number of participants: 30

Description:

Facilitated by Leigh Johnson, this participatory workshop invites participants to explore forgiveness as a lived, relational process rather than an ideal to be achieved or a problem to be solved. The session creates a space for honest engagement with the complexities of identity, historical harm, responsibility, and the possibilities and limits of forgiveness.

Drawing on lived narratives from South Africa, participants encounter diverse perspectives on themes such as inherited privilege, moral injury, belonging, accountability, and reconciliation. These stories are shared through recorded voices and facilitated readings, serving as starting points for reflection and dialogue rather than as examples to emulate or conclusions to reach.

Through small-group dialogue circles and guided relational inquiry, participants are invited to explore their own responses across four interconnected dimensions: forgiveness of self, forgiveness of others, relationships to past and systemic harm, and possibilities for healing and future action.

The workshop is grounded in dialogic and participatory methodologies, including circle practice and relational inquiry, with an emphasis on creating a psychologically safe environment where complexity, emotion, and difference can be engaged with respectfully and openly.

Aligned with the Inner Development Goals, particularly the dimensions of Being and Relating, the session cultivates empathy, humility, deep listening, and the capacity to remain present with difficult questions.

Rather than positioning forgiveness as an expectation or endpoint, this workshop honours its complexity and invites participants to consider what forgiveness means within their own lives, relationships, and contexts. Participants leave with a deeper awareness of themselves and others, and with a lived experience of engaging across difference in ways that are honest, respectful, and generative.

Workshop 29 - Day 4, 16 July 14:30 – 18:00

Nature as Gateway to Forgiveness

With:

David KLETTER: Teacher

Room: TBC

Maximum number of participants: 15

Description:

Leave what is past in the past, and what is future for the future. In this experiential outdoor workshop, we will enter the present moment to explore how the harmony inherent in Nature reflects the self-same harmony within ourselves, others, and all of life.

Through a Flow Learning progression, we will engage in several Sharing Nature activities that help us move beyond our tendency to be a "human doing" and remember our true nature as a "human being."

Recognizing that forgiveness begins in the quiet of our own hearts, we will leave the four palace walls together and discover firsthand how trees, lakes, and mountains serve as our mirrors on this journey. With plenty of laughter and joy, we will have an embodied experience of how self-forgiveness is the foundation for forgiveness toward others.

Workshop 30 - Day 4, 16 July 14:30 – 18:00

Film Screening & connection process: From Domination, to Reverence, to Forgiveness- A journey to re-member ourselves through the power of our shared origin story and Indigenous knowledge

With:

Shawna BLUESTAR NEWCOMB: International Speaker, Facilitator & Course Creator

Room: TBC

Maximum number of participants: 30

Description:

In recent years, the world and humanity have faced greater questions around patterns of division, and destruction, with concerns about the social, political, ecological, cultural, economic imbalances, and uncertainty about the future.

Where can we find the solutions to bring meaningful change? How did the world get to this point? What can we do to ensure a thriving world for future generations?

The invitation of this moment is to use our heads and look with our hearts to find our common ground. When we clearly see the truth of our shared stories, and listen deeply, the better we find our possibilities to co-create a vision of healing and wellbeing for our future.

Workshop 31 - Day 4, 16 July 14:30 – 18:00

Traces of Redemption: Art, Forgiveness, and Collective Healing

With:

Álvaro Sebastián QUIROZ BOLAÑOS: Social entrepreneur, visual artist and activist

Room: TBC

Maximum number of participants: 30

Description:

Traces of Redemption is an experiential workshop that combines art, reflection, and collective creation to explore forgiveness as a path toward healing, hope, and personal and community transformation. More than an art workshop, it is an immersive experience that invites participants to recognize their emotional wounds, understand the origins of their fears, and transform pain into an opportunity to rebuild themselves alongside others. Traces of Redemption offers a deeply human experience in which the act of creating becomes a process of reconciliation with oneself and with others. Forgiveness is understood not as forgetting what has happened, but as choosing to transform our wounds into bridges of hope. Through art, reflection, and collective creation, participants discover that peace begins within each individual but reaches its greatest potential when it is built and shared in community.

Workshop 32 - Day 4, 16 July 14:30 – 18:00

When Forgiveness Becomes Possible: What Peace Processes Can Teach Us About Ourselves

With:

Martin ALBANI: Senior Advisor Peacebuilding, Mediation and Negotiation

Room: TBC

Maximum number of participants: 30

Description:

In the aftermath of violent conflict, peace mediators know that forgiveness cannot be negotiated or demanded. Yet they also witness moments when relationships begin to shift, when former enemies become willing to listen, and when new possibilities emerge. What makes these moments possible? What role do truth, justice, accountability and human dignity play? And what can these experiences teach us about the conflicts we encounter in our own lives, organisations and communities?

This workshop invites participants into an experiential exploration of these questions, drawing on lessons from international peace processes and an embodied, inquiry-based coaching approach rooted in the Living Presence Network. Through stories from mediation practice, guided exercises and reflective dialogue, we will explore how to remain present with tensions that cannot be easily resolved: between justice and peace, accountability and reconciliation, holding on and letting go. Rather than asking, How do I forgive?, we will investigate a different question: What conditions make forgiveness, or other forms of transformation, possible?

Together, we will explore what it means to stay present in the liminal space where easy answers are unavailable and transformation cannot be forced. Participants will reflect on these dynamics in relation to their own leadership, relationships and communities, discovering how lasting change often begins not by resolving tension, but by learning to hold it with greater presence, wisdom and compassion until something new can emerge.