

TAKE THE FUTURE IN YOUR HANDS

A Roadmap to Authentic Vocation for Social Transformation

6 FULL-DAY WORKSHOPS

TO FIND AND FOLLOW
YOUR AUTHENTIC PATH

AND EXPLORE HOW MUCH
BEAUTY AND SENSE

YOU CAN BRING TO THE WORLD BY
LIVING YOUR PURPOSE.

In Das Baumhaus

Gerichtstr. 23, 13347 Berlin

.....
Authentic vocation |
SOCIAL TRANSFORMATION |
entrepreneurship |

TELL ME, WHAT IS IT YOU PLAN TO DO
WITH YOUR ONE,
WILD AND PRECIOUS LIFE?
(MARY OLIVER)

www.theheartofchange.eu



4th February
OPEN UP YOUR
TREASURE BOX!



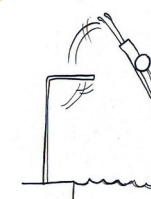
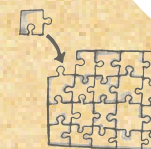
5th February
ME AND THE WORLD
- FROM CRISES TO
OPPORTUNITY



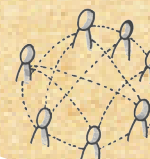
25th February
WEAVING AND VISIONING
- WITH HEAD, HAND AND
HEART



26th February
CROSSING THE
THRESHOLD



18th March
AAAND... ACTION!



19th March
BURNING FOR WITHOUT
BURNING OUT

AGAIN AND AGAIN IN OUR LIVES, WE STAND AT A JUNCTION, QUESTIONING WHICH PATH TO TAKE. HOW CAN WE KNOW WHERE TO GO, WHICH PATH ENABLES US TO LIVE A LIFE WHICH IS ENRICHING AND SENSE-MAKING BOTH FOR OURSELVES AND FOR SOCIETY? AND ONCE WE KNOW, HOW CAN WE GATHER THE COURAGE TO STEP INTO THE UNKNOWN - LEAVING THE BEATEN PATH, WHICH PROMISES SECURITY AND HABIT, BUT CAN'T FULFILL OUR LONGING?

The guiding principle of the 'Take the Future in Your Hands – A Roadmap to Authentic Vocation for Social Transformation' workshop is to live purposefully in times of immense complexity and increasing global challenges. It aims to empower people to walk their authentic path in life and make a difference in the world by developing their sense of initiative, creativity and (self)leadership skills, as well as their abilities for connection and cooperation. We believe that striving for personal fulfillment and contributing to a better world are not contradictory aspects, but deeply connected to each other.

The 'Take the Future in Your Hands – A Roadmap to Authentic Vocation for Social Transformation' workshop format, book and the Unsticking Game coaching card set were created, within the framework of the 2-year-long 'The heART of Change' international strategic partnership project. Find out more about the project and its creators here: WWW.THEHEARTOFCHANGE.EU

OUR PRICING:

Each full-day workshop costs **between 30 and 130 Euros**. You can determine the amount of your contribution considering:

- your financial possibilities
- the amount and quality of work, effort and time of the facilitator and the host of the event as well as the costs of room rent and workshop material
- how much this experience is worth for you

We have designed a participatory process that will take place during each workshop with the intention of handling financial aspects based on the principles of trust, inclusivity, collective and self-responsibility.

Das Baumhaus - A space...

* for people who want to make the world a better place

* where like-minded people from many different sectors of society can meet each other

* where a bold social movement and real cultural change to more sustainable life styles can arise

* that is a hub for sustainability in Berlin where the diverse dimensions of sustainable development can connect: social, personal, ecological, aesthetical, cultural and economical

Find out more: www.baumhausberlin.de



www.theheartofchange.eu

TRANSFORMATIVE
TRAINING COURSES,
WORKSHOPS, EVENTS,
COACHING, FACILITATION



PRACTICALITIES:

Each workshop starts at 10.00 and finishes at 17.30. Please be in time and participate only if you are able to attend the whole workshop. Coming later or leaving earlier is not advisable.

There will be a lunch break between 13.00 and 13.45 that is also a great opportunity to have informal time together, team building and networking.

The workshops primary language will be English but German translation is possible. If you are willing to be a translator (and if there are people who need translation) you can participate for free. Write us an email if you are interested.

You can sign up for the workshops separately but you are most welcome to attend all of them as a learning journey. Even though each module is a coherent unit in itself, they also complement and build on each other. To get most out of this experience, we recommend you to attend all of them. You can register via the following link: <https://goo.gl/forms/iifTHZIkXD4kzGvE3>
Places for each workshop are limited to 30 persons.

If you have any questions, please write us an email to: reka.livits@gmail.com or baumhausberlin@gmail.com



FACILITATOR OF THE WORKSHOPS:



Réka Livits

My work and engagement in the world has many facets: I call myself a trainer, facilitator, project manager, writer, dancer, artist, storyteller, graphics designer – depending on the moment's focus. I have been walking an organically unfolding path which started with working at NGOs, creative activism, media and communication studies and youth

work. I have co-founded Pandora Association in Hungary, coordinated and facilitated international training courses, seminars and workshops on authentic vocation, social transformation, sustainability and entrepreneurial engagement. I am a Dragon Dreaming project design trainer, author, graphics designer and dance teacher.

Read more about my story and professional background here: www.theheartofchange.eu/rekas-story

Co-creating the **Take the Future in Your Hands** handbook, coaching card set and training course curriculum together with **Franziska Kohler, Annette Loy, Laura Balázs, Roberto Cardinale** and **Valentina Cifarelli** has been one of my major accomplishments as a trainer, graphics designer and project manager. I am very happy and excited to share this work with you now in Berlin!

HOST OF THE EVENT:

C. Scott Bolden



is a Designer, Artist and Engineer who came to Berlin in 2002 from Brooklyn, New York. He spent his early career as a design consultant at Smart Design, acted as the chairman of the Environmental Responsibility Section of the IDSA (Industrial Designer's Society of America) and

guest lectured at several universities in New York City. He is the Co-founder of Baumhaus Berlin, an event and project hub for sustainable development. For this workshop Scott will be there to support workshop attendees by drawing on perspectives from his Inner Commons and PEACES frameworks that helped to build and grow the Baumhaus.

The themes of each workshop:



4th February OPEN UP YOUR TREASURE BOX!

Is there a longing or a silent wish that awakens from time to time inside you? Do you feel that activities (or even your job) that used to be important and meaningful to you somehow no longer fill you with joy, or is already devoid of meaning? It is as if you have grown out of your own life. Like a piece of clothing that gets too small. You may ask yourself "is this all there is?", while deep inside you have the sense that more is possible! If you feel such a calling, come along on this journey. We will set on this path together and you will be able to explore and map out your gifts, talents and special qualities as signposts to your own life-path. This day is dedicated to unfolding your power and potential to be able to walk the path that is truly yours!

We all could write endless lists about things which are "not really right" in this world. Engaging and "doing something" seems to be highly important in a world of growing social and ecological challenges. But where do we start and what do we do? And how can we engage with the challenges of our time in a way that is empowering, inspiring and even fun? This part of the journey is about finding out how your personal life-path is connected to what is going on in the world. It is about finding out which issues truly call for your authentic engagement. It is about exploring inspiring alternatives, stepping into your power, finding your voice and taking a stand.



5th February ME AND THE WORLD - FROM CRISES TO OPPORTUNITY



25th February WEAVING AND VISIONING - WITH HEAD, HAND AND HEART

This part of our journey is about weaving the threads together. It is about exploring how you can find and live a contribution through which your unique gifts and passions meet a social or ecological need. By truly following your authentic path, you do not only do good to yourself. When uniting the path of our calling, gifts and passions with your deepest values and our inner power of taking a stand, your impact reaches far beyond your immediate circles of interest. It is a way of being of service – to yourself and to the world. Weaving these threads together brings you back to the core intention of this journey: following the life-path that is truly yours, finding and living your authentic vocation.

To know what you want doesn't automatically lead into action. In fact, in between knowing what you're called to do and actually doing it, there is often a big gap: you might be longing for a dream to come true – but when it could actually happen, you escape and hide, finding a billion obstacles and reasons for not following your call: It's not the right time, not enough money, not the right people, not the right me. It's too big, too small, too early, too late, too risky, too squeezed-in, too whatever. Becoming visible with your own uniqueness and bringing your gifts to your community requires courage. Experiencing insecurities, self-criticism and self-doubt on one's path is totally normal and part of the game. This workshop is about cultivating trust, courage, confidence and other skills to be able to cross your inner threshold in order to manifest your calling – not only on the level of dreams and ideas but also through plans and actions.



26th February CROSSING THE THRESHOLD



18th March AAAND... ACTION!

Even though the road until now have been bumpy, full of challenges and obstacles, deep inside you know: *YES, this is my dream that I wish to bring into the world. YES, this is the idea I am passionate about and that I am willing to carry out. YES, I am ready to focus and engage with my dream/idea/project.* This dream, idea, project you want to carry out is a crystallisation of your gifts, talents, values and all the hidden aspects you carry inside you, which have been growing, unfolding and appearing throughout your life in many different forms. This is your unique contribution to the world, your way of taking a stand and claiming your place. Now this is the moment that all these essential qualities, intentions and visions come together to take a clear shape. This workshop is for you if and when you are ready to take that step. We aim to support you in the process of gaining clarity about how to get your dream off the ground, putting your plans into action and kick-starting your project.

Engaging with full power, drive and commitment with your dream-project is amazing, beautiful and uplifting. However, working on issues you are deeply enthusiastic or concerned about, serving something bigger and creating your lifework also invites you to go over your own boundaries, to forget about all the other aspects life holds besides work, and to overwork yourself. It might happen at some point that you take on too many assignments just because we felt a deep urge to contribute and got swept away by our own enthusiasm or the pressing need that we attributed to the issue. As you push yourself to the limits, your steam will inevitably run out, and we start to feel overwhelmed, lethargic, stressed, drained, unmotivated and doubtful that we can continue with our work at all. This workshop is about cultivating resilience and mindfulness concerning your inner resource – so that you can keep on burning for your dream without burning out throughout the process.



19th March BURNING FOR WITHOUT BURNING OUT