

Retreat 2010 - Agenda – (Preliminary)

Sunday – October 3, 2010

Morning - Arrivals, check-in and orientation

11:00 *Tour of the monastery*
12:00 *Lunch*

Afternoon - Who we are, What lies ahead of us

13:00 Welcome and Retreat Overview
Our journey / Places we will visit
Presentations - H.Pietschmann, U.Weissflog

14:00 ① Conflict and Creativity - a conversational “Warm-Up”
World Café Conversations
Facilitation – U.Weissflog

15:30 Coffee break

15:45 Conflict, Creativity, Change – Possibilities
Pathways we can take
Presentation - Uwe Weissflog

16:15 ② “My conflicts” – Exploring oneself
Individual / Group
Facilitation – U.Weissflog

17:30 The Retreat Diary Project
Reflection / Group dialogue
Invitation – U.Weissflog

18:30 Dinner

20.30 Evening Dialogue

Monday – October 4, 2010

Morning - Awareness

06.45 **Morning meditation (optional)**
“Letting-go” Meditation
Facilitation – U.Weissflog

08:45 ③ The way we think – the way we fight
Mental models and frame of thinking
Presentation - H.Pietschmann

09:45 ③ Aspects of Conflict - Three Questions
Groups
Facilitation – H. Pietschmann

11.00 *Coffee Break*

11.15 ④ Aspects of conflicts – From fractals to wholeness
A map of the territory - Plenary / Dialogue
Facilitation – U.Weissflog

12.15 *Lunch*

Afternoon -Discovery and Exploration

13.15 **Seeing with new eyes – Conflict as opportunity**
Travel to Lugano / Selected destinations(Nature, town of Lugano, Montagnola/Museum H.Hesse)
What to do – U.Weissflog

13.45 ⑤ Seeing with new eyes – Conflict as opportunity
Embracing the unknown
Groups - External exploration at selected destination

Coffee breaks are organized individually

17:15 ⑥ Images of what is emerging
Individual / group
Facilitation – U.Weissflog

18:45 Dinner

20.30 Evening event
From a simple dance to the finale of Beethoven’s Eroica
Presentation and dialogue - H.Pietschmann

Tuesday, October 5, 2010

Morning - Transformation

07.00 **Morning meditation (optional)**
“Letting-Come” Meditation

08:45 Morning News
09.00 ⑦ The path of dialogue – the HX confusion
A possible way of working with dichotomies (“aporias”)
Presentation - H.Pietschmann

10.45 *Coffee Break*

11.00 ⑦ The path of dialogue – the HX confusion
Groups
Facilitation – H. Pietschmann

12.15 The Retreat Diary Project
Updates and status / Plenary

12.30 *Lunch*

Afternoon - Celebrating

13.00 ⑧ Conflict, creativity and change – a holistic view
Presentation – U.Weissflog

14.00 ⑨ 1st steps – Committing to what comes next
Individual / Plenary
Facilitation – U.Weissflog

15.00 Closing session – Appreciation and let-Go
Plenary
Facilitation – U.Weissflog

End of Retreat

16.00 Optional program

17:00 *Travel to Lugano*
18:00 *Check-in at selected hotels*
20:00 *Dinner (for those who want to join)*