

## **2 half day courses: Realizing visions – positive and negative Extremes**

### **1. Initial position: Details contribute significantly to realization, but also to destruction of visions**

Goals have to be realistic and must be able to achieve, in professional as well as private life. Self-realization is, at least partially, an essential issue in the life of everyone. Talents and abilities should be known and used, and leastwise a significant part of the activities should match with the own interests and likings.

Long term goals, visions, also dreams are important, even when they can't be (immediately) turned into reality. Ways and steps towards their realization should be defined and enabled.

Many details and particulars lead towards an inner balance and self assurance which allows, or at least facilitates, the steps towards the realization of own visions. Among these details are – depending on the personality of the concerned – knowing, discovering and enhancing of the own abilities and potentials, recognizing of opportunities and threads, empathy as well as self-assuredness and, at least partially, a creative, supporting and understanding environment. Small details may already contain a reference to ideas and visions. A precondition for creative thinking is inner calmness, and intuitive abilities require curiosity and concern.

But many details and particulars may also lead towards to unbalance and may – if this isn't detected or avoided – lead to problems and human tragedies like – depending on the personality of the concerned – depressions, rampages or serial killings. Among these details are dissatisfaction, being unchallenged or overstrained, continuous stress in professional and / or private surroundings, repeated (perceived) mortifications. Almost always the concerned person gives signs at an early stage which might give indications to potential dangers or risk profiles: a destructive childhood, developing abnormal fantasies, seeing other people as objects (to carry out own intentions), amplification of negative (violence) fantasies during puberty as well as the setting out of these fantasies in real life, often between the ages of around 25 and 35. Although some of these signals are noticed, they usually aren't taken for sufficiently serious and aren't assembled by the concerned itself or other people around him or her, thus not enabling to recognize and influence a possibly fatal development.

### **2. Participants: People who wish to call up their inner fire (positive extremes) and people who wish to avoid human disasters (negative extremes)**

### 3. Objective: Each participant

- recognizes the elements which may contribute to positive or negative developments
- understands, referring to practical examples and biographies, how positive developments may be supported, reinforced and realized, and how negative ones may be prevented or minimized
- may identify and set own boundaries or limits
- is in the position to perceive constructive or destructive signals and to react appropriately

### 4. Content / Course instructors

***Two independent half day courses are offered (each with presentation, discussion and workshop):***

## **Realizing visions – positive Extremes**

The athlete and skydiver Ueli Gegenschatz shows in his presentation how dreams and visions may be discovered, developed and realized. He discloses what we can learn even when not all ideas and dreams may be realistic. When the own development has space to proceed, when we know what we need and are looking for, when we recognize and respect limitations, even few happy moments, even goals which don't necessarily have to be set too high, may lead to inner peace and self-actualization on a realistic base.

#### **Course instructors:**

- Thomas Baumer  
CICB Center of Intercultural Competence, Fribourg

Founder and chairman of "CICB Center of Intercultural Competence". Besides his activities with CICB he is director at A+O Career Group (Assessment, Outplacement, Coaching, International Assignment) and has teaching assignments at universities and administration schools. He is the author of "Handbook Intercultural Competence" (2 volumes; Orell Füssli Publishers, Zürich; in German language – the translation into English is planned). On business-related and private trips he visited over 90 countries so far.

- An extreme sport athlete

The parachutist and paraglider Ueli Gegenschatz created this course, together with Thomas Baumer. After his accident and death in November 2009 – he fell down, after an unexpected wind gust, during a basejump from a skyscraper in Zurich – this part of the course is redefined together with another extreme sport athlete. Ueli Gegenschatz was known as a pioneer on his field and, despite of the well known risks, he was always cautious in his profession and a well balanced, open minded person. He was aware of the risks during his activities – he remains in commemoration as a versatile and mentally profound man.

[www.ueligegenschatz.com](http://www.ueligegenschatz.com)



## Visionen entwickeln – negative Extreme

The profiler and criminal psychologist Dr. Thomas Müller discloses which possibly small signs may give indications to emerging dangers in personal behavior, and how such developments may be recognized and prevented, at least minimized, already in a very early stage. This, in many ways, concerning the own feelings and behavior as well as the ones of other people.

The most extreme forms of losing control like serial killings and rampages are not committed by monsters who could be recognized from a distance, but from human beings with a fateful initial position (e. g. childhood), having undergone a calamitous development often during years or even decades into a fatal direction which has not been recognized and communicated sufficiently by themselves nor by their environment.

### Referenten:

- Thomas Baumer  
CICB Center of Intercultural Competence, Kloten  
Founder and chairman of "CICB Center of Intercultural Competence". Besides his activities with CICB he is director at A+O Career Group (Assessment, Outplacement, Coaching, International Assignment) and has teaching assignments at universities and administration schools. He is the author of "Handbook Intercultural Competence" (2 volumes; Orell Füssli Publishers, Zürich; in German language – the translation into English is planned). On business-related and private trips he visited over 80 countries so far.
  
- Dr. Thomas Müller  
Profiler und Kriminalpsychologe, Wien  
Dr. Müller is one of the worldwide leading criminal psychologists and site of crime analysts, and he is well known by his significant contribution in psychological profiling of violent offenders, particularly in serial killings within the past 20 years. He analyzes and unscrambles behavior and psyche of the offenders. He was trained in the FBI and the CIA, works at the institute for science and research in the Austrian academy for security and acts as an independent expert.