

# Circle of Courage

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Language: german/ english

location: n.N:

## A basic model for the development of values and attitudes

The „Circle of Courage“ and the „4 shields“ are used to understand as background models for the dynamics of change. In this intensive seminar both concepts are introduced, linked and experience and action-oriented taught.

The „Circle of Courage“ is a work based on Native American tradition model. It is ideally suited for the support of people and in particular young people.



The „Circle of Courage“ sees itself as a model of values for a functioning society and community. It can be used as a resource-oriented model of development for children and adolescents., The „Circle of Courage“ is based on the assumption that or for social interaction in a society. Community is the emotional health of individuals of great

importance.

The emotional health, also known as mental health is understood as a basis for the development of values in a society and culture (community). The WHO (World Health Organization / World Health Organization) defines mental health (mental health) as follows:

„A state of well-being in which the individual realizes his skills, cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his community.“

### **Themes and content of the seminar:**

- Deeper understanding of the four value dimensions of the „Circle of Courage“
- the „Circle of Courage“ as a basis for the development of attitudes and values
- the „Circle of Courage“ in the context of group dynamics models
- Application of the „Circle of Courage“ in experiential education context
- Concept development based on the „Circle of Courage“