

8 Referenzen und Quellenangaben

Vielleicht sind die Teilnehmer daran interessiert, ihr Wissen und ihre Erfahrung auf bestimmten Gebieten zu erweitern, die in den Modulen angesprochen wurden. Moderatoren sollten über mögliche Ressourcen vor Ort nachgedacht haben, die von ihrer Organisation, dem Arbeitgeber oder der Gemeinde/Stadt angeboten werden. Sie sollten ebenfalls über Hilfs- oder Beratungsdienste nachdenken sowie über die Möglichkeiten, mit denen die Gruppe sich selbst erhalten und helfen kann, wenn der Wunsch danach besteht. Andere möchten vielleicht auf informelle Art weiter lernen oder im Rahmen ihrer fortlaufenden Weiterbildung. Deshalb haben wir eine Bücherliste für jedes Modul vorbereitet sowie eine allgemeinere Liste. Es gibt außerdem einige hilfreiche Webseiten, die weitere Informationen anbieten, sowie unsere eigene Webseite, die ebenfalls regelmäßig aktualisiert wird. (Deutschsprachige Literatur / siehe S. 449f.)

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Selbstwertschätzung

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Allgemein

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Hilfreiche Websites

Allgemein

The British Holistic Medical Association: www.bhma.org

Moderation

Global Facilitators Network is a resource for all sorts of resources: www.globalfn.org

Barbara Frederickson's article on Cultivating Positive Emotions to Optimize Health and Well-Being can be found at <http://journals.apa.org/prevention/volume3/pre0030001a.html>

Bewegung

Shaolin Temple Health Nourishing 6 Qigong Exercises: www.shourinji.net (click on 'English' and then 'nourishing exercises')

Educational Kinesiology (UK) Foundation Website – The official site for Brain Gym® and Educational Kinesiology in the UK: www.braingym.org.uk/

Module

Frieden/Stress Management

Relax7.com is your very own place to find the methods and means to help you relax during turbulent times and take with you into your daily life – Mike George: www.relax7.com

This site by Pratrck Whiteside explores happiness and gives support and resources for people to develop their happiness: www.happinssite.com

The Sacred Space Foundation provides peaceful rest, retreat and recuperation facilities for those who have become exhausted, burned out and stressed in their work. Our focus is on the helping professionals, primarily healthcare practitioners, such as nurses and doctors, but we do not exclude others who may come to us for help: www.sacredspace.org.uk

Positives Denken/Wertschätzung

Using the New Positive Psychology to Realize Your Potential for Lasting Fulfilment: www.authentichappiness.org

Mind Tools outlines important life and career skills in easy to understand language: www.mind-tools.com

Appreciative Inquiry websites
www.aradford.co.uk

www.aipractitioner.com
www.appreciative-inquiry.org

Mitgefühl und Vergebung

A View on Buddhism – Love and forgiveness meditations:
http://buddhism.kalachakranet.org/Meditations/love_forgiveness_meditation.html

Zusammenarbeit/Teamarbeit

Great Place to Work Institute is dedicated to building a better society by helping companies transform their workplaces. Our work is based on the major findings of more than 20 years of research – that trust between managers and employees is the primary defining characteristic of the best workplaces. We offer services and tools to help companies build trust and become more effective organisations: www.greatplacetowork.com

Spiritualität

Spirituality in nursing practice: www.ihpnet.org/nrs4.htm

Spirituality and Psychiatry Special Interest Group at the Royal College of Psychiatrists:
www.rcpsych.ac.uk/spirit

Spirituelle Hilfsmittel

Meditation

Brahma Kumaris World Spiritual University is an international resource for meditation, positive thinking and stress management and much more:

www.bkwsu.com
www.bkwsu.org.uk
www.bkpublications.com
www.meditationsociety.com
www.learningmeditation.com
www.meditationcenter.com

Spiel

Maya Talisman Frost, Drawing on Creativity: How to Trick Your Brain on: www.massageyour-mind.com

Zuhören

Public Conversations Project aims to foster a more inclusive, empathic and collaborative society by promoting constructive conversations and relationships among those who have differing values, world views, and positions about divisive public issues:
www.publicconversations.org

Reflexion

The Reflective Practitioner: Foundation of Teamwork & Leadership: www.css.edu/users/dswenson/web/TWAssoc/reflectivepractitioner.html

The site shows how teachers use reflective practice to develop professionally: www.edutech.nodak.edu/dls/html/reflective.html

Kreativität

The Creativity Portal promotes the exploration and expression of personal creativity through free learning, arts, crafts, writing and other creative activities. You'll find our site chock-full of how-to resources, inspiring articles, downloadable projects, fun and humour, and motivation to be creative:

www.creativity-portal.com

Drawing On Creativity: How To Trick Your Brain, by Maya Talisman Frost Feb 22, 2004:

www.expertmagazine.com/artman/publish/article_417.shtml