



# “Growth and transition within us — mental infrastruc- tures in capitalism and a post-growth society”

## What:

German-Polish  
methodological  
training for  
multipliers

## For whom:

— multipliers/trainers from  
non-formal education  
— teachers from general  
education and vocational  
and educational training  
... from Poland  
and Germany

## Where:

Kreisau / Krzyżowa  
(PL) , ca. 60 km  
from Breslau

## When:

September  
7-11, 2019



### Core elements of this methodological training:

- How does a society based on growth shape our thoughts, feelings and actions?
- How can we unlearn the accelerating logic of capitalism and rethink our lives and communities according to real needs?
- What resources can we mobilize for a fruitful transformation while avoiding burnout?

The imaginary of growth not only rules the world, but also our minds and souls. While we organize for a better future, we find ourselves more and more entangled in the very logic of the system we work to change. We want a world free of exploitation and unnecessary hardship, but we overbook our agendas, check emails dozens of times a day, pile up to do lists, and never seem to keep up with the increasing pace of self-optimization. How can we unlock the internalized psychological and cultural settings shaped by a profit-oriented society and instead contribute to a just and ecological transformation?

During this training we will explore the psychodynamics of capitalism and our own embodied barriers towards a transformation – in practice and theory. We will reflect on the influence that an economy based on growth and expansion has on our personal, social and professional lives.

The program consists of theoretical input and experiential methods such as theatre, play and walks. We offer space to actively reflect our own mental models and experiment with their convertibility by looking at and for alternative paths of thinking and psychological resources to subvert the logic of scaling.

### Is this the right training for me?

This training is suitable for you, if you would like to ...

- Increase your (self-)awareness of internalized influences of a growth-focused environment on our lives
- learn and reflect upon experiential and experimental methods to address mental infrastructures with your own target groups
- deepen your understanding of the logics and cultures of capitalism, transformation and post-growth society
- engage in fruitful peer-exchange with colleagues from the fields of both formal and non-formal education
- become part of a growing network of multipliers in the field in Germany and Poland

### Practical details:

- **Costs:** The participation fee has a solidary structure: 60-100 EUR for participants living in Germany, 100-200 PLN for participants living in Poland (incl. accommodation, meals and program).
- **Language:** The main seminar language is English. If needed, translation from/to German and Polish can be provided.
- **Registration:** The registration form is available on [www.kreisau.de](http://www.kreisau.de). Registrations are open till August 15 and valid after confirmation by e-mail.

### Further information:

This training is part of a modular training cycle “Courage to Change, Courage to Act” which offers a total of 10 thematic seminars. To support the implementation of potential actions inspired by the seminar, participants are invited to attend at least two training modules in the project timeframe (2018-2020).

Please find the full details about “Courage to Change, Courage to Act” online: [www.kreisau.de](http://www.kreisau.de)

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