

Day 1 (Half Day)

Objective: Participants to have an outline of what to expect, develop trust in each other and understand the main aim of Nichiren Buddhist practice, including how to view internal conflict from a Buddhist perspective.

Time	Topic and Facilitators
2.00 – 3.00pm	Retreat Welcome – Jorg Thonnissen & Heidi Smith
3.00 – 4.30pm	Group Introductions & Trust building activities
4.30 – 5.00pm	Retreat goals & Participant Packs
7.00 – 9.00	Introduction to the practice of Buddhism - NMHRGK

Day 2 (Full Day)

Objective. Participants to begin Buddhist practice, understand their approach to conflict through conflict resolution style assessment. Understand the usefulness of conflict resolution styles and develop an understanding of the Buddhist conflict resolution style. Participants should learn strategies for controlling their emotions.

Time	Topic and Facilitators
7.00 – 8.00am	Buddhist chanting (Jorg)
	Questions about Buddhism and chanting (Jorg & Heidi)
8.00 – 9.00am	Breakfast
	Buddhism and Conflict – What is the purpose of conflict? (Jorg) Conflict Management Style <ul style="list-style-type: none">• Conflict Management Style Assessment• Review homework• Emotions and conflict management style – what are the emotions that drive ineffective use of each style• What is the Buddhist conflict resolution style?• Review homework
1.30 – 3.30pm	Lunch
	Hypnotherapy – controlling your emotions: creating positive feelings in conflict (Jorg)

Day 3 (Full Day)

Objective: To apply Buddhist philosophy to participant conflict scenarios (to experience conflict lotus coaching). To apply conflict resolution skills to every day conflict scenarios and resolve this with a Buddhist perspective. Finally Jorg's mindfulness activity is designed to encourage participants to actively working towards seeing the opportunities that present through challenges (i.e. distinction/conflict) - but recognising this as merely a natural and motivational function of life while at the same time maintaining a state of awareness (Buddhahood) in which we see the true purpose of conflict – and realise that distinction (conflict) is not just a necessary change agent for life, but also a function of life that creates consciousness.

Time	Topic and Facilitators
7.00 – 8.00am	Buddhist chanting (Jorg)
	Questions about Buddhism and chanting (Jorg & Heidi)
8.00 – 9.00am	Breakfast
	<ul style="list-style-type: none">• Conflict Lotus Coaching (Heidi)• Conflict Mapping (handout)• Conflict Lotus Mapping(handout) Assertion: Resolving Conflict Scenarios Buddhist perspective of assertion
1.30 – 3.30pm	Lunch - silent
	Mindfulness & hypnotherapy – Jorg

Day 4 (Half Day)

Objective: To windup the retreat, discuss the use of Buddhism in practice, discuss the adoption of Buddhism as a religion and provide feedback. Participants to be provided information about Buddhist support groups and receive certificates.

Time	Topic and Facilitators
7.00 – 8.00am	Buddhist chanting (Jorg)
	Questions about Buddhism and chanting (Jorg & Heidi)
7.30 – 9.00am	Breakfast
	Discussion: Applicability of Conflict Lotus Coaching (Heidi) Integrating Buddhism into practice Discussion: Should we change our religion? (Heidi) 2truths and 1lie: Review of Buddhism and Conflict Retreat closure: Feedback