



LAGERTA
— WORLD WOMEN COMMUNITY —

*Retreat dedicated to increasing resilience
and counteracting mediator burnout*

«The Recovery»

Project experts



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Detailed description

- The retreat program is thought out and designed to allow participants to work through the tension and stress that has built up as a result of constant contact with clients' intense emotions, losses and traumas.
- The program uses the most effective modern recovery and healing techniques through a combination of practices of working with the body and psyche, which help to establish contact with one's emotions, learn to rest and relax in a timely and quality manner.

Features of the project

- Partnership project of LAGERTA INTERNATIONAL COMMUNITY OF WOMEN and LEAGUE OF MEDIATORS OF UKRAINE.
- The «Recovery» retreat is one of a number of LAGERTA's projects aimed at helping and healing our country and supporting professionals who help others.
- The 7-day retreat is dedicated to increasing resilience and combating burnout of mediators.



Main areas of retreat practice

- body-oriented therapy;
- mindfulness practices;
- anti-stress sessions;
- system-dynamic practices;
- art therapy work;
- evening psychological support groups.

