

# THE WORLD NEEDS YOU

BE A LEADER FOR PEACE



JOIN US TO GEAR UP AND GET READY

# WORLD PEACE LEADERSHIP

WINTER TERM (JANUARY) ● SUMMER TERM (AUGUST)

[www.ibreafoundation.org/wpl](http://www.ibreafoundation.org/wpl)



**To lead the peace process in the world, you first need to fight and overcome many obstacles inside yourself and around you.**



## What is the program about?

■ This program offers a unique way of looking at the world and contributing to the UN goals of development and peace. Everybody wants to make the world a better place, but we are witnessing every day how so many problems persist, and even keep growing. What we suggest is that if we all truly take responsibility for our lives and create our own health, happiness and peace, our societal problems can find more effective and sustainable solutions. This program offers you the opportunity to take the lead in such process of self-healing and start to help others go through their own process too with a view to ultimately heal our world. To be effective leaders, we need to first understand how our feelings, motivations, thoughts and experiences work within ourselves and at the same time challenge our current limitations, and we need to do that constantly. IBREA FOUNDATION's program gives you useful tools to do that.

## Who is it for?

■ If you feel an urge to help others and the world, if you care about the future of humanity and the earth, but you don't know what to do exactly or how to do it, this program will help you find your role in the global picture. It will help you understand how you can find the answers to your questions inside yourself, rather than outside yourself. We are often looking at other people, the Internet, or books, for answers to our questions, but the best and most reliable source of information is your own body and brain. Throughout these 9 days, you'll have the chance to experience deeply your body and brain, the world at large, and connect with your purpose.

# Contents

The **7-day World Peace Leadership program** introduces you to an innovative way of looking at yourself and the world. The program begins with a self-training process as you receive IBREA FOUNDATION's 12-session curriculum. This part of the program will take place in a resort in upstate New York. Away from the city noise and surrounded by the beautiful nature of the Catskills, you will get the chance to focus on yourself deeply and understand your thoughts and feelings. This unique mind-body training experience will give you the opportunity to learn about your body and brain functions, emotional regulation, focus, attention, creativity, and working in a group. It combines theory-based learning with practice-based learning, integrating a dynamic set of activities such as physical movement, journaling, stretching, breathing, visualization, engagement with nature and more. You will find new ways to create peace within yourself and in society. IBREA FOUNDATION has been delivering this program worldwide for many years, in West Africa, Central America, and Asia. Moving beyond age, religion, gender, race, and other identity boundaries, the curriculum centers on our commonalities and our great human nature.

This is followed by a 5-day experience in New York city and at the United Nations (UN), including:

- visits to Permanent Representations to the UN where you'll hear different country's perspective and work at the UN

- active participation at a Conference at the UN Headquarters on Mental Wellbeing for Successful Implementation of the UN SDGs (Sustainable Development Goals), led by IBREA FOUNDATION
- a visit to a public school in Harlem where IBREA FOUNDATION is implementing its program in a classroom setting

You will be introduced to the latest UN agendas and the daily work of the UN, while finding practical ways in which you can contribute to global development and peace.

The biggest take away by the end of the program is a powerful experience on our mind-body and individual-collective connection in a diverse and passionate group of people, and the chance to set your vision with clarity and determination.

In the extended, you can additionally experience IBREA Foundation's work first-hand. You will be directly involved in the preparation of IBREA's conference at the United Nations, and in IBREA's project with students in a high school in Harlem. You will have the chance to interact on a daily basis with a dynamic group of staff members, other participants from around the world, and a variety of individuals collaborating with IBREA from the UN community, private sector, holistic training and more. This will substantially enrich your experience and expand your possibilities for future collaboration with IBREA.



**A program by IBREA FOUNDATION,  
a non-profit organization with  
Special Consultative Status at the  
United Nations ECOSOC (Economic  
and Social Council)**

## COST

### **Full lodging: \$1,695. Includes:**

- World Peace Leadership program fee
- 3 nights at Pod hotel, NYC
- 3 nights and meals (breakfast, lunch and dinner) at Honor's Haven
- Bus NYC - Honor's Haven and back
- UN pass for 2 days
- World Peace Leadership program and UN Conference material
- English-speaking staff member to assist throughout

### **Partial lodging: \$995. Includes:**

- World Peace Leadership program fee
- 3 nights and meals (breakfast, lunch and dinner) at Honor's Haven
- Bus NYC - Honor's Haven and back
- UN pass for 2 days
- World Peace Leadership program and UN Conference material
- English-speaking staff member to assist throughout



**EARLY BIRD AND GROUP  
DISCOUNTS AVAILABLE!**



# IBREA FOUNDATION's 12-session

## "Brain-based Holistic Education for Peace" curriculum

### Area of concentration 1: Sessions 1 through 4

#### Physical level. Increased body awareness.

- Theme 1: Brain and body connection
- Theme 2: Brain and body basics
- Theme 3: The nervous system and brain waves
- Theme 4: Habits and Neuroplasticity

### Area of concentration 2: Sessions 5 through 8

#### Emotional level. Stress management and emotional regulation.

- Theme 5: Emotions and Stress
- Theme 6: Electromagnetic energy and feeling energy
- Theme 7: Endurance and Perseverance
- Theme 8: Problem-solving and collaboration

### Area of concentration 3: Session 9 through 12

#### Cognitive level. Goals and Purpose

- Theme 9: Focus, Attention, Imagination and Creativity
- Theme 10: Gratitude and the Importance of Experience
- Theme 11: Moving beyond identity boundaries
- Theme 12: Life goals and achievement. The PDCA (Plan, Do, Check, Action) Method



### All sessions combine theory-based learning with practice-based learning.

The theory is provided in a lecture format, in a friendly and dynamic way. Further than acquiring new knowledge, the goal of delivering the theory is increasing your awareness of the topics and how you can apply that awareness to actually improve your life. The practice involves a combination of activities including physical movement,

stretching, endurance exercises, breathing, sharing, group dynamics, dancing, writing in journals, and feeling nature. The goal of the practice is to feel and experience your body and brain through movement and self-concentration in order to absorb the concepts touched upon on the theory deeply.

# Testimonials



## Carol, US-Peru

At the IBREA WPL program, I got to experience a community that was both giving and very passionate. I gained a lot from interacting with others and fully embracing their backgrounds. The program and staff create an atmosphere by which we are able to connect with others; everybody was able to let their guard down and be truly themselves. Through this experience, I've learned that it is important to have that vulnerability and be able to share it with an audience. These days, vulnerability is very underrated; not many people allow it, they feel they have to look professional, and always have that guard up in order to appear powerful. But for getting through to a wider community, and go through all kinds of barriers, cultural, language, gender...we need that kind of vulnerability. That's my biggest takeaway from the program, that vulnerability translates universally, and that it is from that place, that we can actually build the power to create change. It is something I will carry always with me.



## Mishell, US-Ecuador

For the full week I was part of the IBREA WPL program, I was able to see myself gradually grow. Every day was insightful. Through the program, I realized that it's time to take action and incorporate everything that I've learned to help not only my community but also people around the world. In the meditations and dynamics we did, I could clear my mind and set goals for my future. There are a lot of tensions in the world, between men and women, between cultures, nationalities, and I realized how, if we want to change things, it's very important for everybody to really know their value. Through the training sessions, like through the session on Hap Shim, I could deeply understand and experience how we are all connected somehow and how each one of us is important. I could see how we can truly change the world if we all stick to the same goals. I had an intellectual understanding of this interconnectedness before, but the WPL helped me really feel it and embody it. Overall, I revived my passion and am more ready than ever before to take action.



## Takuma, Japan

The biggest impact for me during the program was when we were in a class in a public school in Harlem, NY, where IBREA Foundation is teaching their curriculum. A teacher shared her experience, and that was so interesting to me. She said the program improved so much the relationships between the teachers, parents and children. They were able to solve problems that had persisted for so long. To me, as someone who wants to be a teacher, this was really eye opening. I realized how, if people really take responsibility for their own emotions and stress, then interpersonal relationships improve and we are more able to reach our shared goals, whatever they may be. I think this is so important. We did half of the program in Manhattan, where we could experience so many kinds of people, food, atmospheres, and the UN, giving us insight on diversity and on the situation of the world. And the rest of the program we did it in the outskirts of New York in beautiful nature, looking inside ourselves and working as a team. I felt this offered a great balance, and showed us the connection between ourselves and the world.



## Monen, Liberia

I first came to the US for the World Peace Leadership program, from my hometown Monrovia, the capital of Liberia. For me, it was a life-changing experience. I realized the power of the individual to make positive change. I had always thought of myself (and my country) as a recipient of help. Since I did the WPL, I learned to take ownership of my life and start to change my mindset and in turn, my circumstances. In Liberia, if we receive a university degree, many of us feel that it means that we should automatically become CEOs and managers, without prior experiences or wanting to be groomed; many of us want fast and big money because we have a bit of education. Many of us are quick to give up, we don't like stress, we don't like to feel pushed; we are quick to say 'I can't make it'. Many of us are not accepting the reality, not taking the opportunities that are there - because we are not willing to make sacrifices. What I realized through the program is the powerful message that, to be effective leaders, no matter which corner of the world you find yourself in, we need to first understand how our feelings, thoughts and experiences work within ourselves and at the same time challenge our current realities, and we need to do that all the time. Though I still have some stressful moments and at times I still feel like giving up; today, when I find myself in such situation, I am able to say to myself "Monen, you can make it!".

The program combines an understanding of the United Nations (UN) system and IBREA FOUNDATION's own work in contribution to the UN goals of global development and peace through mind-body connection and centered action.



## Registration Process

1. Fill out application online: [www.ibreafoundation.org/wpl](http://www.ibreafoundation.org/wpl)
2. You will receive an email to arrange an interview date
3. Interview through Skype
4. Process payment
5. Confirmation email, detailed agenda and instructions

\*\*\* If you need a visa, please be sure to start the process on time.

## Upon completion

Certificates are awarded to participants upon completion of the program.

## Take away/benefits

- Examine the meaning of leadership from an inside-out perspective
- Develop a framework for taking ownership of your choices
- Understand peace as a daily task
- Discover your inner power to lead change
- Learn about the nature of collaboration and creative networks