



# Our Didactic- Educational Approach and Course Catalogue



In this document, we present an overview of our didactic-educative philosophy and general approach to teaching. Additionally, we outline the current courses we offer, along with a brief description of their content.



# The necessity for continuous self-development in the current world

While personal development has always been a valuable pursuit, it is now more relevant than ever pertaining to job security. Only a generation ago, a university degree often could secure a stable job until retirement, with little need for further off-job self-development. However, this is no longer the case. Globalization, artificial intelligence, and heightened competition have significantly changed the landscape. Job security is no longer a given, and continuous self-development has become a necessity rather than a choice.

The critical question now is: **What skills and courses are worth investing in to ensure resilience and future readiness?** In an increasingly competitive environment, this decision carries greater weight and long-term implications.



# The self-development industry and **its realities**

The self-development industry is vast, covering everything from books and videos to online and in-person courses. While we believe the rise of online programs has had a very positive impact—especially by making learning more accessible to a wider audience—the reality is that many of these trainings fall short and make little impact. They are often reductionist in nature and concentrate on minor details or fixed personality traits, rather than focusing on broader contexts, systems and core principles that truly drive meaningful and lasting change. This eventually constitutes a didactic-educative failure — a pattern we have referred to in our articles as the *educated powerlessness paradox*.

This shortcoming is not necessarily due to incompetence or a lack of effort on the part of course creators. Providing powerful, impactful and potent education — the art and science of teaching — and education is a demanding endeavor that goes beyond subject matter expertise. To develop an impactful course, a creator must possess a sophisticated set of competencies, such as:

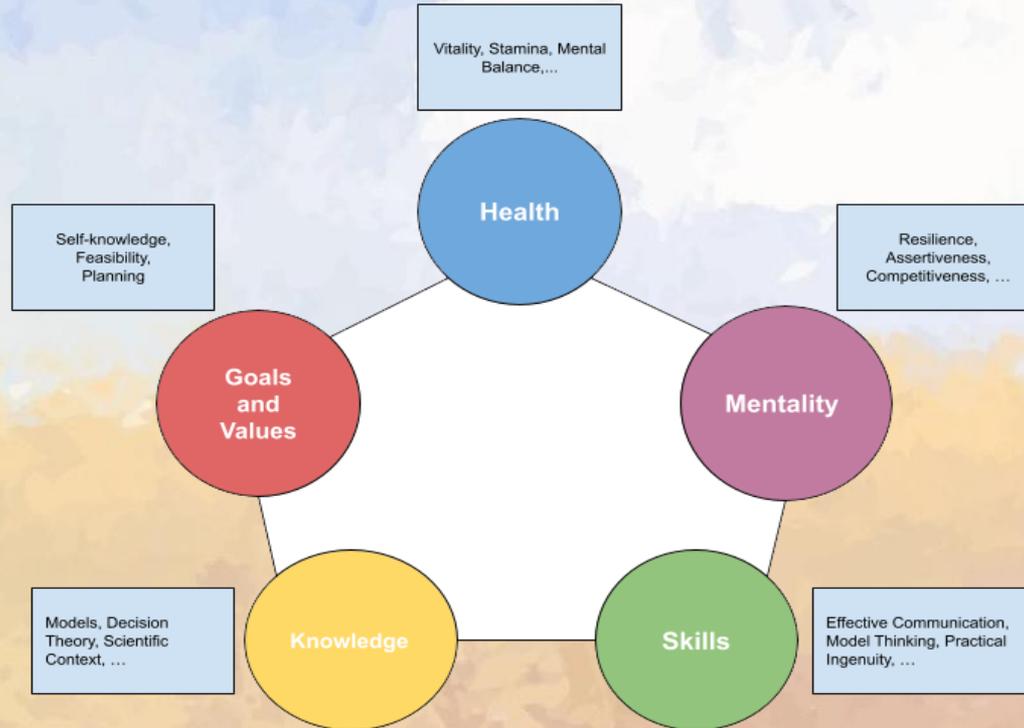
- **A deep understanding of the course content**
- **Thorough mastery of the subject matter**
- **A genuine passion for didactics and teaching**
- **Creative and unconventional thinking combined with a no-nonsense approach**
- **Strong communication and teaching skills**
- **The discipline to continuously refine the material in line with new insights and developments**

When considering this list, it becomes clear that it's rare for a single course developer to embody all—or even most—of these qualities. This is where we come in and make a difference.

At GON, our foundation is in education and didactics—our founders began teaching as early as high school. In addition to this early start, we bring over 15 years of experience working in high-pressure environments. This combination has led us to think deeply and critically about a wide range of topics, ultimately resulting in the development of training programs that are both unorthodox and highly effective. Our approach is always systematic and realistic, grounded in real-world experience. At the same time, we bring such distinct perspectives to our work that many of the concepts and frameworks we use have been developed entirely in-house.

# Areas of self-development

The areas in which one can develop oneself are too vast to outline fully, but at the same time, it is useful to have a model that offers a coherent way to understand how one might approach well-rounded personal and professional development.



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The above image represents a model of five categories or pillars that, in our view, strongly support self-development and can contribute meaningfully to success in a broader sense. Specific trainings and competencies can be placed under each of these categories. While this is a model and our own perspective—by no means claiming to cover everything—it offers a valuable structure for organizing one’s development journey and identifying the areas where further training or support may be most needed. To go into it:

- **Health:** This is a facilitating category, as health is a basis for—and driver of—learning, motivation, and self-development in general. Within this category, it is also important to follow trainings (some of which we offer) on how to develop a healthy and sustainable lifestyle, maintain overall well-being, and reach personal goals more effectively.
- **Goals and Values:** Setting feasible goals and understanding one’s values is an art in itself. This category relates to self-knowledge and value clarity, but also to the ability to plan, prioritize, and assess feasibility and timelines.
- **Mentality:** This category relates to psychological readiness and the mindset needed to achieve goals. In many situations, mentality—such as the ability to engage in conflict or to persevere—can make more of a difference than having the perfect plan or method.
- **Knowledge:** This category refers to technical knowledge of a subject matter, as well as the frameworks, attitudes, and techniques needed to successfully perform a given task, activity, or role.
- **Skills:** Skills refer to general abilities that facilitate effectiveness across many different situations. They are personal assets and characteristics that enhance how one structures thought, applies knowledge, interacts with others, and adapts to challenges.

It’s important to note that we don’t offer courses or trainings equally across all categories, nor do we cover every underlying competence. Instead, we focus on areas where we have strong expertise in and strive to provide the highest quality offerings in those topics.

# Our philosophy: Meta-learning, conceptual mastery and self-learning

Our programs emphasize impactful/powerful, future-ready and realistic education and didactics rooted in Model Thinking rather than reductionism. This translates into a focus on:

- **Model Thinking:** Our foundational course, equipping learners with the ability to apply mathematical and sophisticated thought processes across diverse contexts, including social systems. It enables constructing, revising, and using models to understand complex phenomena, fostering evidence-based and scientific reasoning.
- **Meta-Learning:** Teaching learners how to learn effectively by developing awareness of their thinking processes and adapting strategies for lifelong learning.
- **Conceptual Mastery:** Developing a deep understanding of core concepts rather than superficial memorization, micro-learning or exam-oriented learning.
- **Self-Learning:** Encouraging autonomy and motivation to explore and acquire knowledge independently.

This philosophy empowers learners to develop impactful models, gain control over the broader context, and understand complex systems holistically, rather than relying on surface-level tactics, gimmicks, or performative approaches. True understanding and mastery of concepts can only be attained over time. Therefore, our training programs are intentionally designed to empower participants to independently apply, refine, and build upon the methods and philosophies they learn. This ensures they continue to sharpen their skills and drive personal growth long after the training has ended—on their own and at their own pace.

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Looking at the traditional hard and soft skills dichotomy, we neither think nor present our courses in that way. While this distinction can be useful in some contexts, it is ultimately an oversimplification — and a reductionist lens that stands in contrast to our approach, which is rooted in Model Thinking. The idea that a fixed set of attitudes or behaviors is universally required — regardless of context or technical competence — is not only misleading, but often results in the promotion of forced or inauthentic conduct.

For example, when we look at influential and successful individuals in interviews, it becomes clear that they are far from uniform — some are confident and outgoing, while others are modest and reserved. This diversity stands in stark contrast to the assertive, often formulaic persona promoted in many soft skills courses. While a baseline of interpersonal ability is certainly necessary, the real differentiators are not personality traits, but rather the ability to think and push for actions at a higher level — beyond individualistic or reductionist views — to engage with models and systems, to adapt to and anticipate change, to make sound, contextual decisions, and to learn quickly and effectively.

We commonly provide training either at the client's office or in carefully chosen environments, such as partner farms and other health-supportive locations, which we believe offers a unique, calming environment ideal for focusing on learning and development.

Every training is tailored to the client's specific needs and preferences. While we offer a wide range of courses, it's important to highlight that the more general, overarching concepts - such as model thinking, core philosophical concepts and sound decision-making - serve as guiding principles across all topics and settings.





# Current course offering

In this section we provide the courses we offer as of Q3 2025 as well as in brief their contents. We categorize our trainings into three types:

- **Core trainings:** Focus on essential concepts and foundational skills.
  - **Advanced trainings:** Build on this foundation, exploring complex applications and strategic integration.
  - **Special Topics:** Are designed to spark curiosity and creativity, offering engaging ways to apply key ideas in unconventional or lighter contexts. They may also cover unique subject areas that stand alone and are not directly linked to the core or advanced training tracks
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# Model Thinking

Model thinking is a way of thinking that is rooted in models, frameworks and systems to better understand how the world works. This stands in contrast to the default thinking modes most people rely on - linear thinking ('A causes B') and ad-hoc thinking ('case by case judgements'). While these natural approaches may work for simple situations, they consistently prove inadequate for navigating complexity. Model thinking, by contrast, provides the necessary tools to develop meaningful insights and make reliable predictions.

In fact, we already use models in everyday life—often without realizing it. Think of a city map while on holiday: it simplifies a complex environment, helping you navigate more effectively than if you were simply wandering around. The same logic applies to decision-making, strategy, and problem-solving.

Model thinking is a superior approach for achieving optimal outcomes, as it provides a clear framework and practical tools to take control of situations, rather than relying on case-by-case judgments. Many people recognize the frustrating pattern of repeating mistakes or feeling stuck in certain states. By structuring one's thinking through models, it becomes possible to avoid these pitfalls, test assumptions, and make meaningful improvements. Based on evidence, models can be continuously refined or replaced with more appropriate ones.

Model thinking can be applied across various domains—whether in finance, corporate environments, or managing health risks. This training will cover several important topics and concepts, including:

- **Key Models and Frameworks:** An introduction to a range of key models and frameworks, such as statistical and game-theoretical models, along with guidance on selecting the appropriate model for different settings.
- **Modelling in Different Contexts:** The distinctions between modelling in different technical contexts versus social settings.
- **Improving Your Models:** Techniques for model calibration, back-testing, and refinement, as well as common pitfalls like overfitting and overreliance on models.
- **Real-Life Applications:** We focus extensively on personal cases tied to work and life, making the training directly applicable.

Based on this one should expect to have a strong basic understanding of the general philosophy, various core frameworks and methods and how to confidently and effectively employ it.

# Sound Decision Making

Decision Making is an often-overlooked discipline that involves a structured, systematic approach to selecting the best course of action in a given context based on thorough analysis, reasoning, and evaluation of the available information as well as personal values and objectives. It is a multidisciplinary practice that draws from fields such as psychology, economics, management science, and behavioural studies to enable sound and effective decision-making. Many theoretical frameworks are not solely intended to understand and describe structures and phenomena but ultimately aim to provide guidance towards the right course of action.

Knowingly or unknowingly, we make hundreds of decisions each day—ranging from minor choices, such as when to go to bed or what to eat for breakfast, to significant ones, like how to prepare for a job interview or where to buy a house. While all decisions carry some weight, certain ones are irreversible and have long-term consequences. An additional layer of risk arises when we fail to reflect on the decision-making process itself. Without examining how we make decisions, flawed reasoning and incorrect assumptions often persist, leading to repeated errors. This is why developing strong decision-making skills is not just valuable—it is essential, often more so than many other competencies.

The training will cover a wide range of topics, for example:

- **Different Decision Contexts:** Understanding the differences between various decision-making contexts—such as low vs. high risk, or low vs. high impact—and how to respond appropriately.
- **Using Model Thinking:** Exploring how model thinking, as a structured approach to problem-solving, enhances decision-making and facilitates sound judgments.
- **Decision-Making Frameworks:** A comprehensive presentation of established decision-making frameworks, along with an in-depth introduction to our own custom framework.
- **Continuous Improvement:** Learning how to apply an iterative approach to assess decisions and their outcomes, with the aim of driving continuous improvement and personal growth.

The training equips participants with a strong foundational intuition, heightened awareness, and practical skills for navigating decision-making challenges. They learn how to apply decision-making frameworks to make sound, well-informed choices while staying aligned with their values.

# Risk Management

Real world events are inherently unpredictable as outcomes are uncertain. Even in something as straightforward as a football match, the final score can vary widely if the game is replayed multiple times. This unpredictability also presents the possibility of adverse or bad outcomes, which we broadly refer to as risk.

Significant risks can have serious and possibly detrimental consequences. As a result—especially in recent decades—risk management has gained significant attention, to the point where many large companies now have entire departments dedicated to it. While major financial crises have drawn much of the focus towards financial risk, the core principles and methods developed in that field are broadly applicable to all types of risk—whether strategic, operational, personal, or societal.

Risk management also offers a comprehensive approach to model thinking and decision-making. When individuals or organizations are aware of—and ideally are in control over—major risks, they are better equipped to make sound, informed decisions. For this reason, risk management deserves a central place in the mindset of both individuals and companies.

In this course, we will cover a range of essential topics, including:

- **Understanding Risk Management:** The general risk management process: identifying, assessing, treating, and monitoring risks.
- **Evaluating Risks:** How to model risks and evaluate their likelihood and potential impact, with particular attention to ruin risks and their implications.
- **Integrating Risk into Strategy:** Strategies for embedding risk management into overall company strategy and effectively visualizing it for reporting to senior leadership.
- **Managing and Reducing Risks:** Practical approaches to mitigating risks and strengthening organizational resilience.

By the end of this course, participants will have a solid understanding of the fundamentals of risk management, key concepts, and how to apply them effectively to support and protect their organization.

# Hyper-Learning

Hyper-Learning refers to a set of scientifically proven methods and techniques for both fast learning and high retention over time. Despite spending years in school from an early age, it's surprising how little attention is given to the process of learning itself. Most people end up developing their own learning strategies—often filled with inefficiencies and ineffective habits. For example, it is well established that without proper, structured learning techniques, we forget up to 90% of what we've learned within just a week.

In an age of globalization and rapid technological advancement, we are constantly required to adapt to new concepts, tools, and ways of working. In such an environment, one of the most critical skills for long-term success is the ability to learn quickly and effectively. This skill not only drives professional growth but also supports better time management, greater confidence, and even improved mental well-being.

The science of learning—how to retain information efficiently and meaningfully—is a complex field, yet it offers a wealth of practical, evidence-based techniques that are both effective and easy to implement.

In this course, we will explore topics such as:

- **How We Learn:** How the human mind processes information and what this implies for designing effective learning strategies.
- **Best Learning Methods:** A focus on the most powerful and accessible learning techniques backed by cognitive science.
- **Remembering What You Learn:** Methods for creating effective summaries—for example, using tools like OneNote—and developing long-term retention strategies to minimize knowledge loss, along with disciplined approaches to applying these methods consistently.
- **Staying Ready to Learn:** How to maintain an optimal state of mind for learning, including insights into health, lifestyle, and managing cognitive challenges.

Participants of this course will gain a deeper understanding of how the brain's learning systems function, along with practical tools and strategies to significantly enhance their ability to study, retain, and apply information—paving the way for faster and more sustainable personal development.

# Negotiation

Negotiation is the process of exchanging offers and counteroffers to reach a mutual agreement, often involving compromise to align the interests of all parties. Beyond resolving conflicts, negotiation plays a key role in creating value, building trust, and shaping long-term collaborations.

Negotiation is a vital skill in all aspects of life, but is especially notable in business life, where the harsh reality becomes apparent that one is not often simply compensated or rewarded for performance, but for what was negotiated. Investing in negotiation skills is a wise decision, as being a skilled negotiator is highly rewarding in many ways.

Negotiation holds a special place for us at GON because of our personal passion for the subject. Truly, negotiation should be seen as an interesting, fun, yet challenging problem-solving environment where many ideas and concepts from model thinking and decision-making naturally come into play. Because of this, we have extensively studied negotiation topics and strategies, and have completed many advanced courses ourselves. Building on this foundation, we have also developed our own unique methods and concepts. As a result, we offer a highly distinctive course with content that is exclusive to this program.

In this course among others we will go into:

- **Foundations of Negotiation:** Key terminology, common misconceptions, and an overview of negotiation types, including principled and competitive approaches.
- **Preparation:** How to set clear objectives, define your BATNA, use anchoring and positioning, and research the interests and positions of the other party.
- **Advanced Topics:** Timing, information asymmetry, strategic concessions, and psychological tactics in negotiation.
- **Practical Application:** Engaging in playful negotiation exercises and analyzing specially designed reference cases to prepare for or assess real-life negotiation situations.

This course is content-rich, and we encourage participants to revisit and practice the material regularly. By the end, they will have a solid grasp of how to approach various negotiation settings effectively—and see negotiation not only as a vital skill, but also as an enjoyable and widely applicable practice worth using often.

# Standing your ground

This course is less theoretical in nature and focuses on developing the mindset and methods needed to handle conflicts, with a strong emphasis on practicing real-life scenarios using professional actors.

In most corporate settings, interests are often not fully aligned, as different people and teams have varying intentions, goals, and values. This naturally leads to conflicts. In that sense, conflicts are necessary and not something to be resisted. However, it is important to manage conflicts constructively and courageously, while staying true to one's own interests and values. In this course, we will explore this topic and discuss how one can confidently stand one's ground.

This course doesn't intend to merely train people for situational occurrences as this would reflect a passive mindset where we believe in a confident and pro-active approach. Our goal is to cultivate an active mindset that empowers individuals to assertively represent their own interests and values. Such a mindset cannot be developed overnight; it requires continuous iteration and practice, as we will demonstrate throughout the training.

This course, among others, focuses on the following points:

- **Understanding Assertiveness:** Learning the difference between passive, aggressive, and assertive behaviour, and how to communicate your position clearly and respectfully.
- **Setting and Defending Boundaries:** Practicing how to recognize, communicate, and maintain healthy personal and professional boundaries under pressure.
- **Staying Calm Under Pressure:** Developing techniques to manage emotional responses and stay composed in high-stress or confrontational situations.
- **Handling Pushback and Manipulation:** Building resilience and learning strategies to respond effectively when others try to undermine, guilt, or pressure you into backing down.

Participants will learn to stand their ground with confidence and clarity, even in challenging situations—without compromising their integrity, relationships, or values.

# Effective communication

Effective communication focuses on how messages can be conveyed pleasantly, efficiently, and clearly to the intended audience. This requires careful evaluation of both the audience and the message, along with the use of technical language tools—such as appropriate vocabulary—and a structured framework for expression.

Many people have never reflected deeply on how they use language; their communication often relies on subconscious habits or intuition. To become a truly effective communicator, one needs not only awareness, but also technical frameworks and a basic understanding of didactics.

Effective and efficient communication is a strong predictor of success in corporate life as research shows that people higher up in hierarchy in corporate ladder for example require fewer words to convey their message and are better at making concise summaries. However, effective communication is vital in many environments—for example, being able to fully understand a doctor and ask the right questions to grasp all considerations is crucial.

In this course, we among others cover:

- **Philosophy of Language:** A solid foundational understanding of how language works, including types of language, mental models, and expressive techniques to convey messages with clarity and impact.
- **Expressive Tools and Model Thinking:** Developing vocabulary, mental models, and techniques to structure and deliver communication effectively—supported by the use of model thinking to enhance precision and engagement.
- **Expanding and Creating Language:** How to efficiently build a richer vocabulary, adopt effective language from other sources, and even develop your own terminology for clearer and more influential communication.
- **Didactics and Strategic Questioning:** Understanding how didactics helps convey key messages, and how to ask effective questions when the other party's message is unclear or incomplete.

This course doesn't focus on debating techniques. Rather, participants should expect to strengthen their ability to communicate thoughtfully and precisely—adapting language to audience, context, and purpose—while building a sustainable foundation for long-term growth in effective communication.

# Health Risk Management

In collaboration with our partner organization, Anna Herbalism, we have pioneered Health Risk Management (HRM)—an applied extension of the concepts and frameworks introduced in our trainings on Model Thinking and Sound Decision Making. HRM brings these principles into a health-centered approach tailored for corporate environments. As a more advanced and application-focused topic, this training is particularly suited for teams and organizations. It offers a principled and strategic way to address contemporary challenges and issues in health and organizational strategy—approaching both areas in an integrated and mutually reinforcing manner.

While many companies have risk management departments and acknowledge—at least implicitly—the importance of employee and organizational well-being, few have a clear, integrated framework for embedding it into their culture, practices, and strategy. In the absence of a concrete strategy and approach, company culture easily drifts toward practices that are misaligned with long-term individual and organizational well-being. HRM was developed to address these issues and fill that gap.

At its core, HRM treats health and sincerity as key strategic and ethical values. Health is understood as a broad concept that applies to individuals as well as the collective, encompassing—but not limited to—physical and mental well-being, growth, and sustainability. While the individual components may appear straightforward, the framework as a whole is complex and thought-provoking, encouraging organizations to fundamentally rethink how they operate and care for their people.

HRM presents a so-called principle-based approach to corporate organization and management, offering many progressive advantages by providing predictability and structure to company culture, as well as managerial and organizational challenges. Companies that adopt an HRM approach gain a clear comparative advantage over their competitors.

In this course, we will explore a range of key topics, including:

- **Contemporary Challenges:** A deep dive into various contemporary challenges in health and organizational life—issues that didn't exist just a few decades ago but are now rapidly growing in relevance, highlighting the increasing necessity of adopting a framework like HRM.
- **HRM Concept Overview:** An in-depth examination of the HRM concept, including its foundational principles and the wide-ranging benefits it offers at the individual, team, and organizational levels.
- **Iterative Adoption:** How organizations can adopt HRM as an evolving philosophy—implementing it iteratively, learning from experience, and refining their approach over time.
- **Strategic Communication:** How companies can use HRM not only as an internal framework, but also as a powerful way to communicate their values and differentiate themselves in the marketplace.

HRM is a comprehensive concept that functions as a framework, a philosophy, and a model—offering a distinct and forward-looking perspective on the future of work. We believe this training has the potential to be truly transformative for both individuals and organizations.

# Principle-Based Management

A principle-based approach focuses on building around core principles and values, aiming to objectivize and standardize challenges through shared involvement and responsibility. In many companies, decision-making—especially in organizational and management matters—is often centralized. This can result in an ad-hoc style driven by the personal values and preferences of management, which may be unpredictable, detached, and risk alienating employees. Principle-based management is therefore highly valuable. Instead of treating corporate challenges as isolated, centralized issues, this approach views them more democratically—as shared organizational goals requiring collective and consistent responses.

Principle-Based management is a strategic application of Health Risk Management and will present numerous benefits to companies and in general a comparative advantage relative to competitors. We have developed comprehensive applications of this approach, which this training will examine in detail – including their core components and practical implementation methods for real-world effectiveness. This course is especially valuable and eye-opening for managers and anyone aiming to address organizational challenges in a structured way, fostering future performance and driving innovation.

In this topic we will go into topics such as:

- **Understanding the Role of Principles:** How clearly defined values and guiding principles serve as a stable foundation for consistent and fair decision-making across an organization, outperforming ad-hoc management methods.
- **Identifying Driving Principles:** Exploring which principles meaningfully guide a principle-based management system and how they shape organizational behavior and outcomes.
- **Company-Specific Challenges:** We will extensively discuss unique organizational contexts and challenges of participants and how principle-based management can be tailored to effectively address them.
- **Implementing in Practice:** Practical methods and tools for applying principle-based thinking in real-world contexts—from daily operations to strategic planning.

Participants will learn how to design and implement a values-driven management system grounded in shared principles—enabling more consistent, inclusive, and forward-thinking decision-making throughout the organization.

# Accessible Mathematics

In the courses we have developed, as well as in our general approach, it becomes clear that they are built on a solid mathematical foundation—unsurprising given our background in mathematics. At its core, mathematics is the study of patterns, structures, and relationships. As such, it offers powerful tools and methods that can be applied in practically all contexts. However, the challenge is that many of these methods are not easily accessible due to their abstract nature or complexity.

We designed this course to demystify powerful mathematical methods, concepts, and principles for non-technical audiences. While the course content is tailored to fit the specific needs of each client, we introduce ideas from areas such as statistics, probability theory, and algebra. These tools are universally applicable—whether optimizing investments, working with AI technologies, refining business strategies, or enhancing communication efficiency.

This course covers, among others, the following key topics:

- **Understanding Mathematical Thinking:** Introducing the foundational mindset of mathematics—how patterns, structures, and relationships can help make sense of complex problems in everyday contexts.
- **Essential Concepts Made Simple:** Demystifying core ideas from statistics, probability, and algebra, presented in an intuitive and accessible way for non-technical audiences.
- **Exploring Powerful Tools:** A clear and practical introduction to key mathematical tools such as linear regression, Markov chains, game-theoretic models, and systems theory, with a focus on how they can be applied across diverse fields.
- **Tailored Case Examples:** Discussing client-specific challenges and how mathematical tools can be adapted to support smarter analysis, better planning, and clearer reasoning.

Participants will gain confidence in using mathematical concepts as practical tools—making complexity more manageable and enabling sharper insights in both professional and personal contexts.

# Applied Philosophy

Philosophy takes the time to explore concepts and questions in depth. A fundamental lesson it teaches, however, is that investing this time does not lead to quick, decisive answers about the nature of things—because life and reality are inherently complex. We refer to this as the fractal nature of knowledge: the deeper you go, the more nuance and branching insight you uncover. This awareness allows one to approach any topic with a clearer understanding of the limitations of the frameworks and models being used.

While the topic of philosophy might seem overly theoretical at first glance, it is essential for building clarity of thought, sound judgment, and deeper insight in real-world contexts. We developed this course because we frequently apply philosophical tools and methods in practical settings ourselves.

This course covers, among others, the following key topics:

- **Epistemology & Risk:** Epistemological considerations are central to risk management, especially in the context of Health Risk Management (HRM).
- **Language & Communication:** Philosophy of language plays a key role in understanding how communication works and how it can be made more effective.
- **Ethics & Decision Making:** Ethics is a foundation for fair negotiation, relationship-building, and sound decision-making.

This course is especially relevant for those who want to deepen their understanding of complex topics and sharpen their thinking at a fundamental level.

# Introduction to herbalism

(This training is offered in conjunction with Anna Herbalism)

Herbalism represents humanity's oldest healthcare tradition, harnessing the power of plants and natural extracts to treat ailments and enhance wellbeing. This profound practice carries millennia of accumulated wisdom, embodying not just a connection with nature but also the cultural traditions that shaped it. Furthermore, herbalism is supported by a substantial body of empirical evidence and scientific research, validating many of its traditional uses and benefits. Beyond mere remedies, herbalism reflects fundamental beliefs about community health, social relationships, and humanity's place in the natural world—making it a truly holistic philosophy of life.

Where modern medicine often focuses on treating ailments acutely, herbalism tends to be more preventive in nature, aiming to maintain balance and health before issues arise. It seeks to ensure well-being while a person is still healthy, helping to prevent potential ailments from developing. For this reason, having at least an introduction to herbalism can be highly beneficial. In this course, we will explore the philosophy behind herbalism, the role and benefits of herbs and plants, and how to build a lifestyle and diet tailored to personal needs. Integrating herbalism can considerably enhance the adoption of an effective Health Risk Management (HRM) approach by promoting well-being through natural, preventive methods.

This course covers, among others, the following key topics:

- **Understanding Herbal Philosophy:** Exploring the foundational principles of herbalism and its historical roots — how plant-based practices connect with broader ideas of health, balance, and preventive care.
- **The Role of Herbs in Daily Life:** An introduction to key herbs and plants, their benefits, and how they can be integrated into everyday routines to support physical and mental well-being.
- **Building a Personalized Approach:** Guidance on how to develop a lifestyle and dietary plan that aligns with individual needs, using herbs as natural tools for balance, resilience, and self-care.
- **Linking Herbalism to HRM:** Examining how herbalism can enhance Health Risk Management (HRM) strategies by encouraging sustainable, preventive habits that reduce long-term health risks.

Participants will gain a practical understanding of how herbalism can be used to support personal well-being and complement broader health strategies.

# Meditative drawing

(This training is offered in conjunction with Anna Herbalism)

This course is unique in that it combines Model Thinking, artistic expression, and well-being in a playful and accessible way — making it appealing to a broad and diverse audience. It places particular emphasis on Zentangles, a creative practice built around the use of repeated structures and patterns. In specific it is interesting for a multitude of reasons:

- **Drawing for well-being:** Drawing is an excellent way to practice for mindfulness and serves as a stress-relief tool that supports overall well-being.
- **Skill Development:** The techniques presented strongly train wrist control and hand-eye coordination, making them well-suited for both learning to draw and rapidly improving existing drawing skills.
- **Mathematical and Model Thinking:** Working with patterns, studying how they are structured, and learning how to draw them is a mathematical exercise that hones spatial reasoning, pattern recognition, and structured thinking. As a result it can be particularly interesting for children.

- **Framework for approaching Art and Structured Creativity:** The presented approach offers, in line with general course structures from GON, a systematic and structured artistic framework for creating nice art works and expressing creativity.

This course is largely a hands-on workshop. You'll be introduced to basic Zentangle patterns, which we will draw together during the session. We'll also teach you methods for expanding and building on these patterns.

Beyond technique, we'll explore the deeper philosophy of meditative drawing — how it can help relieve stress, enhance well-being, and support the development of drawing skills, creativity, and even mathematical thinking. Importantly, you'll also learn practical methods to continue this practice on your own, including how to combine existing patterns and invent new structures independently.

This training can therefore also be very interesting as a team activity with a more emphasis on playful learning.



**Thanks!**