Workshop on Master Suppression Techniques
(Härskartekniker in Swedish)

WHEN: THURSDAY, 12TH MARCH 2020 AT 13:00-16:00
WHERE: GEOCENTRUM II, BALTICA

Do you sometimes feel made fun of, invisible or insignificant in a meeting? There is something at play which diminishes you and makes you feel ashamed, sad or angry – very often also speechless?

Master Suppression Techniques/Härskartekniker are extensively used in interactions of all kinds ie. discussions, debates and conversations. They are shown in expressions, formulations, humor, body language and much more. Almost anyone can turn to using these techniques unconsciously or consciously when s/he feels threatened in a meeting.

Come learn more about how to handle these situations in an aware and good way – in order to get your voice back and your message through.

The purpose of this workshop is to create awareness around Master Suppression Techniques as a structural feature of highly competitive environments for instance academia. To explore and get individual and collective tools in order to strengthen the ability to handle these situations in a more aware and satisfying way.

WORKSHOP FACILITATOR:
Katarina Billing, certified psychologist & journalist, who has worked with leadership, communication, norms and power in academia for more than 15 years.

PROGRAM:
13.00 Presentation Master Suppression Techniques
13.45 Dialogue in smaller groups around counter techniques to meet this behavior
   (building on own experiences or of others)
14.45 Break with fika
15.00 Follow up on the dialogues to share useful methods/tools from participants
15.30 Presentation of Defense strategies & Confirming Techniques as tools
16.00 Finish

If you have any questions please send an email to: jolk@mail.nateko.lu.se
Number of places limited, first come first served.
Sign up here: http://tiny.cc/6ic9gz

Deadline to subscribe: 31st January 2020

This workshop was supported by Baltic Gender – www.baltic-gender.eu