

MINDSKILLS FOR A COMPLEX WORLD

Strengthening Clarity, Calm,
and Connectedness in
International Settings and
Daily Life



Impressions Hanchey Bamboo Resort

6th to 9th of March 2025 in
Hanchey Bamboo Ressorrt
Kampong Cham Province

MINDFULNESS & INTERNATIONAL COOPERATION

Working in international contexts requires a high degree of cultural awareness, flexibility, and openness. We will train ourselves and share in an atmosphere of trust and loving kindness, how mindfulness-based mindskills can offer us valuable support in navigating complex relationships across different cultural and political landscapes.

During this retreat, we will explore how mindfulness can foster mutual respect and openness in international cooperation, particularly in multicultural teams. Specific practices will help participants manage the tension between personal aspirations and those of colleagues and partners, while also cultivating fearless communication and reconciliation.

A THREE-DAY MINDFULNESS RETREAT FOR PROFESSIONALS

In today's fast-paced and contradictory world, we all long for moments of clarity, peace, and connection. The demands of work, relationships, and society often leave us feeling overwhelmed and scattered. In response, "mindskills"—mental practices that cultivate inner calm and resilience—are becoming essential tools for navigating the complexities of modern life.

Join us for a three-day mindfulness retreat in the beautiful countryside, where we will explore practical ways to bring more awareness, focus, and ease into our work and daily lives. This retreat introduces core mindskills and offers participants the opportunity to experience their transformative power through guided practices, meditation, reflection, and exchange among peers.

WHAT ARE MINDSKILLS ?

Mindskills are mental abilities that have positive effects on our well-being and work performance. They clarify our perception, deepen self-awareness, and focus our actions on what truly matters. Through systematic training, these skills allow us to cultivate resilience, inner freedom, and effective decision-making.

DURING THE RETREAT WE WILL EXPLORE :

- **Mindfulness:** Developing non-judgmental awareness of the present moment.
- **Concentration:** Enhancing focus and the ability to direct attention to what matters most.
- **Impulse Distance:** Learning to pause before reacting, reducing emotional escalation.
- **Positive Connectivity:** Staying connected with oneself and others, even in challenging situations.
- **Deep Listening:** Connecting to what is said without judging and inner commenting
- **Deceleration:** Slowing down to gain clarity and understanding before making decisions.
- **Tranquility of the Mind:** Learning to let go of constant thinking and finding calm in stillness.
- **True Breaks:** Taking meaningful pauses to restore energy and perspective.
- **Acceptance of Change:** Cultivating flexibility and openness to life's constant shifts.

These practices not only enrich our personal lives but also help us manage the stresses and demands of professional environments. The retreat will include a balance of formal practices, lectures, and experiential learning.

CONTACT

Please get in touch with Jürgen :

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WHERE

[Hanchey Bamboo Ressort](#) in Kampong Cham -
One of the most magnificent places in Cambodia.

RETREAT STRUCTURE

Each day will feature a combination of the following:

- **Sitting Meditation:** Building mindfulness and concentration through quiet reflection.
- **Walking Meditation:** Developing awareness in motion, connecting with nature.
- **Work Meditation:** Integrating mindfulness into daily tasks and interactions.
- **Mindful Eating:** Bringing presence and gratitude into our relationship with food.
- **Mindful Communication:** Deep listening practices to enhance connection with others.
- **Media Fasting:** A break from digital distractions to foster inner stillness.

COSTS & REGISTRATION

- 3-day retreat including accommodation, transport from/to Phnom Penh, 3 vegetarian/vegan meals, and materials - **per participant :**
- 390 USD in eco-bamboo house
- 450 USD in luxury bungalow house
- + **donation (dana) for seminar leader**



Register here: <https://pretix.eu/nmnl/03.2025/>

LEAVING NO ONE BEHIND : Please ask for deduction, in case of financial concerns. We will try our best to make your participation possible.



Dr. Kai Romhardt

Kai is a Business Coach and Buddhist Dharma Teacher in the tradition of Zen Master Thich Nhat Hanh. He holds a Masters Degree in „Management & Organisation“ from the University of St. Gallen (lic.oec.HSG) and a PhD in „Management & Social Sciences“ from the University of Geneva.

In 2004 he started the Network for Mindful Business (German: Netzwerk Achtsame Wirtschaft e.V. / NAW), which is working towards a more wholesome economy and business world, planting seeds of mindfulness in various fields, starting with our personal practice. NAW is active in more than 15 towns in the German-Speaking World and has started to reach out internationally in 2020.

Kai has authored seven books on the various aspects and impacts of mindfulness on our life, knowledge, thinking, and work. Books available in English are “Managing Knowledge” and “We are the Economy: The Buddhist Way of Work, Consumption, and Money” (Parallax: 2020).



Dr. Jürgen Stäudel

Civil engineer, wastewater and solid waste expert. „As a student of Buddhism, in particular of Zen Master Thich Nhat Hanh for many years, I have learned how to look deeply into the roots of my own suffering and transform it.“

Founder of the No-Mud-No-Lotus Sangha Phnom Penh in the tradition of Plum Village.

Systemic Constellation Therapist in accordance with the German Society for Systemic Constellations (DGfS).