

# **Sustainable Health Development for Women**

**Empowerment of women by adapting indigenous knowledge  
expanding empathic perception and resilience**

**New perspectives for a sustainable Public Health Care System with  
the ERGOSOMA HEALTH CARE PROGRAM**

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Ergosoma Health Engineering fosters the human ability for empathy and resilience.

Resilience is the physical and mental resistance, the ability to go through crises without perishing under the pressure.

This is a precondition for the self-protection of mental and physical health.

The capability of women for self-regulation and resource oriented self-efficiency as well as self-coherence grows.

Empathy helps women to learn how to deal with experiences they are confronted with internally and externally. Empathy allows them to perceive and to look at emotions, physical as well as mental symptoms, with a neutral mind set guiding towards a deeper intuitive self- and mutual

understanding. It fosters a loving und truthful acceptance of our self and others.

Resilience as well as empathy will be at the core of a quality management in Public Health Care nourishing humanness and trust.

In Public Health Care, besides fulfilling the basic function of providing health services and medication, the future challenge is to support sustainable healing processes as well as to intensify wholistic prevention.

The connection to the healthy inner core that is inherent to human kind is the precondition for vital salutogenetic processes. Re-establishing this connection is an ongoing balancing and rebalancing of body, mind and soul. Ergosoma supports this process and leads to a health improvement with scientifically measurable objective results.

Scientific requirements in research work and experiments of Dr. rer. medic Markus Köhl at the University Witten-Herdecke, NRW, Germany, demonstrate that Ergosoma training enhances variability in heart rate by balancing physical and mental state of relaxation and cognitive perception, which raises regeneration, balances vegetative and neuro-celebral systems.

An Ergosoma Health Care Program has been implemented through training, workshops, forums and conferences over anti-stress or burn-out-syndroms. Outstanding projects have been amongst others a workshop in the International Life-Saving Conference INTERCON in Germany and the perception-training for healthcare-givers and medicals on baby-emergency-ambulances in collaboration with the Björn Steiger Foundation.

By strengthening their ability and disposition for empathy, women enlarge the capacity of their self-perception. With the help of neutral power they embrace and look at the whole spectrum of emotions and express their emotional intelligence.

Strengthening health by resilience is an ongoing, sovereign and profound inner process increasing the self-responsibility of women.

Empowered resilient women can act positively as multipliers. A fine balance between body, mind and soul forms the basis for enabling women to live a healthy life in dignity.

Ergosoma follows this vision: „Saving human life is a sacred duty, upholding human dignity is a sublime mission to fulfill.“ R.V.Tajon