

HARMONYsolutions

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Harmony Solutions was founded by Lyn M Macpherson and Dr. Ben-Zion Weiss. They came together with a passion for unity and peace in community, combining years of experience, research and workshop facilitation in the areas of anti-violence, anti-racism, tolerance, acceptance, peace projects and conflict resolution with an aim to create self-managing powerfully united communities. Their work is holistic, innovative and ground breaking, creating within communities a self-generating system of bully prevention and community cohesion that works at a root level.



ADULT EMPOWERMENT PROGRAMS

The Innovative approach used by Harmony Solutions really works in any community

Harmony Solutions programs have been trialed in numerous communities and the results have been astounding, and lasting.

The methods are informed by theories of social ecology, drama education, conflict resolution, effective communication and community building.

Activities in workshops include creative processes like brainstorming, listening activities, role-playing, imagination exercises and other creative techniques. This creates a harmonious learning community in which bullying in particular and other forms of violence in general no longer have a place. It addresses issues of both the potential perpetrators and by-standers that enable bullying to occur. It invites the marginalised voices in the community to be heard safely as process theory shows.

ADULT Empowerment Programs

We offer a broad array of Adult Programs to tailor for every community need.

Since Harmony Solutions began we have had many requests for Adult Programs and Workshops. Our research, processes and philosophy work in every environment, all ages and any community or setting. For this reason we can create programs for any and every specific need. If you or your community would like to address particular concerns we can create and facilitate tailor-made Programs or Workshops.

Below are some of our popular Adult Programs:

Corporate Cohesion

Our Corporate Cohesion Workshops address bullying in the workplace, without using the word "bullying". We bring those in a corporate setting together using powerfully creative techniques. We know that once a community forms a common sense of purpose and belonging, and once they together form a "language and behaviour" that facilitates this belonging and purpose, workplace bullying becomes intolerable. What is amazing about our Corporate Programs is they self-create, and staff feel empowered in creating the environment they thrive in. Business then thrives as a result because team members build one another, and in doing so build the goals and aspirations of the company. When members of any community feel valued and important to others in that community, they are happy. When people are happy they are more productive and they enjoy their work. This is a goal all companies need to strive for because happy, motivated, inspired staff who feel part of the community are the backbone of any successful business.



Perpetrators of Domestic Violence Programs

We offer a number of specialised programs that effectively help perpetrators address why they violate. They are able to understand how to recognise triggers and where these triggers come from, allowing them to regain power over their urges to take violent action.

Victims of Domestic Violence Programs

We also offer specially designed programs for victims of Domestic Violence which help them to recognise ways to protect themselves and others in domestic violence situations. We use imaginative and creative techniques that allow victims of violence to see patterns of their own behaviour that excuse or return to violent partners.

What Participants Say About Our Programs

"I really liked how she (Lyn) equaled us all as being connected by an invisible "energy" or life source. One action affects another in a never ending cycle."

Program Participant

"I LOVED being able to be myself knowing that everyone else there was just like me that gave me confidence in being able to be my self in more situations and taking control of what is done more often. ABOUT US."

Program Participant

Our Adult Programs Change Lives

About Us

Lyn Macpherson holds a Master of Education majoring in Transformative Leadership and Change where she graduated with Distinction and the Dean's Medal for academic excellence, and a Master of Arts in Social Ecology graduating with Distinction on the Dean's List. She is a passionate Social Ecologist, peace advocate and change agent, who has thoroughly researched and applied a large variety of successful methods and systems used to build Cohesive Communities through her Masters Studies. Lyn is also a practicing Clinical Hypnotherapist and NLP Practitioner. With a nursing, psychology and marketing background, Lyn has been able to bring leading international theory into mainstream practice, and her hope is that through Harmony Solutions this aim will be realised on a large scale. Lyn is an experienced public speaker and the author of *Intuitive Mothering* (New Holland) as well as numerous anthologies including *My Life as a Teenager* (Allen & Unwin).

Dr Ben-Zion Weiss, a community educator in social ecology, meditation, yoga, drama, ESOL, cross-cultural conflict and non-violence training. He lectures and tutors at University of Western Sydney, consults for Multicultural Programs in Cooling Conflicts and inter-cultural programs. His PhD research is on anti-racism drama education for youth/youth workers. It develops a theory of an ecology of culture. He presents at conferences, facilitates workshops for youth workers, teachers and community workers; leads Dances of Universal Peace and facilitates dialogues in spiritual ecology. He's a student of creative mysticism, especially Zen, Kabbalah and Sufism. His recent book on creativity is based on his thesis and he has written chapters, poems and papers for other publications.

Lyn and Ben oversee and train a number of highly skilled facilitators to run workshops of the highest standard, delivering outstanding results and transforming communities.

"What an amazing and transformational speaker! I witnessed Lyn McPherson engage with forty-five fourteen to sixteen year olds, in a wonderfully inclusive and creative workshop, which enabled them to understand their inner strength and power. Lyn is able to move thinking from "impossible" to "I'm possible".

Feedback from young people and team leaders was simply outstanding and she was the highlight of the conference!"

Jill Kelly, Camp Director, RYPEN (Rotary Youth Program of Enrichment)