

A background image showing a group of diverse people, including a woman with curly hair, a man with glasses, and a woman with dark hair, all smiling and looking towards the camera.

"Building Bridges - Strengthening Diversity" Course for Intercultural Mediation, Anti-Discrimination and Conflict Competence

Do you want to know how to deal better with conflicts?

How to stay calm even when things get difficult? How to intervene as a facilitator? How to frame your experiences with discrimination and draw new strength from them? Then this training course is perfect for you.

Here, you will gain a deeper understanding of yourself — with your history, your strengths, and your sense of belonging. Together with other people with a migration background, you will reflect on the effects of discrimination, what options you have, and how you can empower yourself. You will learn how conflicts arise—and how to address them fairly and clearly.

With many practical exercises, you will further develop your **conflict management skills**, your **attitude**, and your **communication skills**.

The course is interactive, lively and personal.

At the end you will receive a **certificate of participation**.

Target group: Persons with a migration background who

- want to strengthen their conflict management skills
- want to deal with options for action in the case of discrimination and
- want to practice taking a mediating role in conflicts

REGISTRATION



The course is offered in **German**. We can arrange interpretation if there are at least three participants who speak a different language.

Please indicate your need for childcare when registering. Let us know if you have any other special needs. Snacks will be provided.

Register by September 29th by email to alina.lueckl@suedwind.at



"Building Bridges - Strengthening Diversity" Course for Intercultural Mediation, Anti-Discrimination and Conflict Competence

Modul 1 „Recognizing discrimination and understanding your own experiences“

Tuesday, 11.11.2025 17:00-20:00h/ Antidiskriminierungsstelle Steiermark, Mag. Daniela Grabovac

What is discrimination? What experiences have you had—and how do they still affect you today? What options do you have to protect and empower yourself?

Location: Spacelend, Neubaugasse 24, 1. Stock, 8020 Graz

Modul 2 „What conflicts do to you – and you to them“

Friday, 28.11.2025 17:00-20:00 h/ Friedensbüro Graz, Anna Kollreider MA and Mag. Katharina Kolaritsch

What exactly is a conflict—and how does it feel for you? What types of conflict do exist? How can you recognize conflicts early and deal with them better?

Location: Lichtenfelsgasse 21, 8010 Graz

Modul 3 „Communicate clearly – listen better“ and Modul 4 „Reconcile and close“

Saturday, 29.11.2025 10:00-16:00h/ Friedensbüro Graz, Anna Kollreider MA and Mag. Katharina Kolaritsch

How do you express what's important to you without hurting someone? What's the difference between observation and evaluation? How does active listening work - and why is it so powerful?

How can reparation succeed? What helps with reconciliation - with others and with yourself?

Location: Lichtenfelsgasse 21, 8010 Graz

Modul 5 „Identity, Belonging and Empowerment“

Tuesday, 9.12.2025 17:00-20:00h / Antidiskriminierungsstelle Steiermark, Mag. Daniela Grabovac

Who are you – and what makes you strong? How do you deal with your various senses of belonging? Which role models inspire you? How can you use and share your resources?

Location: Spacelend, Neubaugasse 24, 1. Stock, 8020 Graz

The modules build on each other, and participation in the entire course is recommended. If that's not possible for you, please contact us; we'll try to find a solution.