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Statement submitted by Foundation for Subjective Experience and Research, a non-governmental organization in consultative status with the Economic and Social Council*

The Secretary-General has received the following statement, which is being circulated in accordance with paragraphs 36 and 37 of Economic and Social Council resolution 1996/31.

* The present statement is issued without formal editing.



Statement

Women's economic empowerment in the changing world of work through reconciliation, Ergosoma Health Engineering and ethical values

The Foundation for Subjective Experience and Research would like to provide a statement to introduce Ergosoma Health Engineering as a means of providing resilience and support at the place of work, as well as reconciliation and ethical values as absolute pre-conditions for implementing empowerment of women.

More than ever before, women have to meet increasing demands at work. The work itself requires, in many cases, more focus, more attentiveness. Without the cooperation of colleagues, the job cannot be accomplished successfully.

Healthy, mentally-balanced women are resilient. Resilience leads to attentiveness, responsibility, and respect for others. Resilience supports change, which is important for short-term as well as long-term improvement in a firm. Resilient women can create a harmonious atmosphere by smoothing out differences between colleagues, offering them more support, providing nurturing impulses to them and the issues at stake.

In order to arrive at resilience, the Foundation for Subjective Experience and Research is recommending the application of Ergosoma treatment(s). This treatment balances a person on physical and metaphysical levels, thereby giving him the tools to contribute to improving the place of work and to adapt to change.

Ergosoma Health Engineering fosters the ability for empathy and resilience of women. Resilience enables women like a physical and mental resistance 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 grows and the self-coherence of women grows as well.

In the changing work life resilience as a key to health is of significant interest both for employees, firms and the market. On the way to inclusion women still need stability and a strong standing in the persistence of new values, they have to empower and re-empower themselves to communicate as their own advocates.

The future economy is based on full inclusion of women's work force. For Women and for economic resilience is of a transformational importance, it is the key for change. The self-coherence of women and their truth leads to a transformation of the working culture. Economy itself will be more resilient. Actually world-wide economy excludes basic values that women do take care of in their microcosms: the care of the nature, the care for the sick, the children and the old people, actually the full responsibility for the sustainable development goals in the surrounding of the family. Women's strength is that they are an enormous economic power without having economic power — they serve the common wealth and health. This service is a profound and deep hearted capacity that women supported by strengthening methods like Ergosoma Health Engineering will integrate as empathic skills to change the future working life. This will be skills that empower them even economically as they are of a fundamental need for a future sustainable economy.

Strengthening women's 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.
