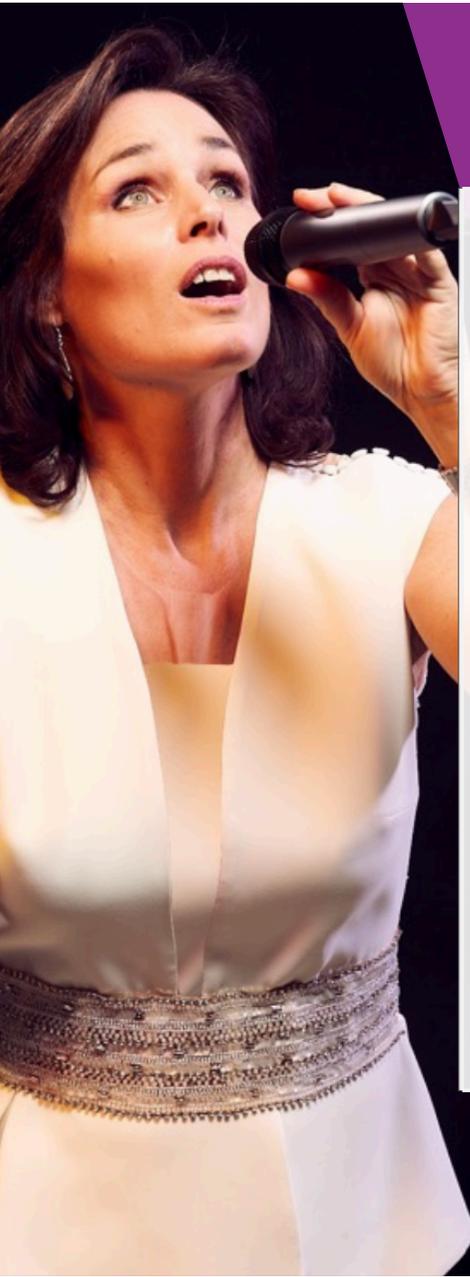




Through the Self

Cultural Bullying and Violence
Prevention Program

WuWei
INSPIRATION



PREVENTION SHOWS AGAINST VIOLENCE AND BULLYING

Public and school performances, for schools and public communities.

How to recognize toxic behaviors & harassment and how to protect yourself from dangerous people?

What is acceptable and what is not?

How do you find the love and confidence in yourself to be able to set boundaries?

Why and how to seek help and talk to someone you trust?

A production of the Association Parle-moi (talk to me) dedicated to victims and perpetrators of violence for prevention among youth.

PARLE-MOI
association



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Through the Self

Shows

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INSPIRATION

OUR VISION

We are all different !

What hurts me may not hurt my neighbour, because our sensitivities and experiences of this world are different.

We project our own worldview, our own beliefs and limitations onto others.

By understanding our uniqueness and interconnectedness, by discovering who we truly are, we allow each of us to develop our own personal power. To gain confidence in who we are and that this uniqueness is our richness.

Our program & message is developing compassion, social skills and self-awareness.

Our message is

- non dogmatic
- non religious
- non-political
- based on self-knowledge, compassion & Love

CREATING A SUPPORTIVE COMMUNITY

We all have one thing in common: *being unique !*

Co-created by an expert in negotiation & conflict resolution, our program includes practical ways of dealing with differences of opinion & belief, without creating conflict.

Understanding this makes it possible to better receive the differences of others. The differences of the other become a source of learning and richness, and not a judgement and a danger.

We develop our thinking by discussing with people who do not have the same opinion as us. It enlarge our knowledge & push our creativity.

By learning to manage our relationships with others in a peaceful and open-minded way, we increase social cohesion.

OUR APPROACH

It is important to talk about violence & harassment openly, so that children and adults who experience it, can recognize it and determine what is acceptable and what is not.

They are heavy subjects for those who are victims, and taboo subjects for those who inflict it on others and who often are in denial or their own destructive functioning and its impact, or do not realize it.

For these reasons, and in order to arouse the interest of everyone, we have chosen to convey our message through musical performances: *a play, interspersed with songs illustrating the themes addressed, adapted to each age.*

We have chosen to address the subject of violence through its counterparts: *empathy & compassion, respect, self-love and self-esteem.*

And teach them how to understand and deal with anger, fear and unhappiness that leads to violence and bad behaviors.

A pleasant and entertaining way to talk about an important subject that is at the heart of our society and that concerns us all.

- what is self-respect and respect for others? - how can I learn to protect and defend myself?
- what is acceptable, what is not acceptable? - how can I recover and rebuild myself if I have been a victim, in order never to be a victim again?
- what can I do if I am a victim of violence?



OUR MESSAGE

A child who is abused may, in order to avoid further suffering, later become either a victim - and submit - or an abuser - and want to submit others. This happens mostly unconsciously.

It is therefore important to do prevention with young people, explaining :



How to learn to determine what is right or wrong for themselves and the importance of not moving away from what is right.



How to stand up for themselves or seek help if necessary - and that daring to seek help is a sign of courage. There is no shame in being a victim



The importance of self-respect, of not letting themselves be hurt. To learn how to give love to oneself.



Their behavior has an impact on others and that the wounds we inflict (on ourselves and on others) have consequences.



We make them feel responsible for their everyday behavior, especially in relation to social networks. We make them conscious that their behavior has an impact on themselves and on others.



Belittling or making fun of someone on social networks is harassment and that it is very destructive, painful and not acceptable behavior. That « liking » an abusive publication is also harassment and that by doing so, they become abusers. And we explain to them the dangers of posting photos or other personal information.



Conflict can be positive and a source of richness. "Disagreeing" is not a reason to create a conflict. We explain to them how to understand differences and manage conflicts.



Creating conflict is a way for the ego to assert itself - and that an ego that needs to assert itself is an ego that lacks self-love and confidence. For older children, we explain how beliefs and conditioning that form thoughts are created.



How to express their emotions, for example anger and sadness, never AGAINST the other, but FOR themselves. To never minimize our emotions. Any buried anger becomes a time bomb.

OUR MESSAGE

As for the adolescent or adult victim, it is essential they understand that there is something broken inside of them that unconsciously pushes them (or has pushed them) to submit, accept and stay in a toxic situation. The victim needs to understand that this broken part of herself can and must be repaired so that she does not repeat the same pattern.

We explain to them the importance of rebuilding themselves :



Understand our emotions and the importance of expressing them, understand where our thoughts come from that break our self-esteem, our confidence and our self-love. - Understand where the fear of leaving a toxic situation comes from, the fact of submitting and that our thoughts are only an interpretation of reality - Learn to disidentify from our mind, our thoughts, our beliefs and conditionings.



Learn how to discover who I am, so that I can act in accordance with what is right for me.

THE FORM - THE SHOWS

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The messages are transmitted through musical performances, both acting & singing.

The explanations are interspersed with musical interludes consisting of songs written on each theme, allowing the audience to feel the emotion linked to the message.

The goal is to empower youth and give hope to the victims and to inspire them to take the means to get out of their victim status.

Three different shows for young people, adapted to each age. The message is non dogmatic, non religious and non political.

Primary School: Age 6-12



Intermediate School: Age 13-16



Adultes &
Secondary School: Age 17-19



Dialogues between a victim and her conscience

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L e a r n i n g t o l o v e o n e s e l f s o a s n o t t o a c c e p t t h e u n a c c e p t a b l e



The shows are dialogues between a victim and her conscience, which makes her realize little by little that what she is living is not acceptable and that there are ways to live differently. It also makes her aware of her own wounds & fragility and of the fact that everything starts from oneself: *Our behavior defines the shape of our relationship with others.*

The heroine of the show, whom the young people can identify with, discovers that she can change her position in the world, starting by talking about what she is experiencing and seeking help - because **her silence protects the abusers.**

The length of the performances varies **between 60 and 90 minutes**, depending on the age of the audience.



OUR METHODOLOGY

The content of the shows is detailed in the book « [Through the SELF](#) » from the methodology "KYF© - Know Yourself First".

KYF© is a methodology developed by Steve Alban Tineo during more than 20 years of work in the field. Accompanied by doctors and experts, they have selected, analyzed and tested a large number of mental preparation methodologies, conflict resolution, philosophies, as well as negotiation and mediation programs, in order to understand them and extract the best from each of them.

"KYF© - Know Yourself First» allows us to learn to decode our own functioning, to understand the functioning of our mind, in order to better understand ourselves and thus better understand others.

- Understand how thoughts, beliefs and conditioning are created, in order to rediscover who we really are.
- Learn to deal with our anger, sadness and fear, so that we can make conscious choices.

It also allows us to put an end to our suffering and to our belief system that limits us, in order to find a way to live in peace.

For a more peaceful & aware society.

Highlighting local artists

We propose, with your support, to develop this program in country - [with local artists, and a local production](#).

We will provide you with the show and the musical arrangements, eventually with the book in english that can be translated in arabic.

We can adapt the texts and song lyrics to your culture and requirements.

We can also collaborate on other aspects, such as staging. But [the aim is also to give work to young local artists and actors/singers in the local cultural sector](#).

As the content of the shows is very rich in terms of message, it is possible to make an inexpensive version that could be performed in all private and public schools, as well as in any community. The shows can be followed by open discussions with the audience, answering questions, led by people trained in victim support. We can train responders if necessary.

The advantage of performing it in schools is that we can reach all children - even victims who have not yet found the strength to speak out, and also children with bully behavior.

The advantage of performing it in public performances organised by local authorities is that children attend with their parents - which also allows parents to understand the reasons why their child is a victim - and allows them to better understand their child and help them rebuild their self-esteem. Through children, we can also get the message across to adults. Often these parents also need to hear the message for themselves...

And it is possible to provide representations for women who experience violence.



THE AUTHORS OF THE SHOWS

Sonia GRIMM

(co-author of texts, author and composer of songs)

For more than 15 years, Sonia Grimm has created musicals and shows for young audiences and families, and organized tours in which hundreds of children participated.

She has written, composed and performed over 100 songs for young people, and written over 30 shows with messages and values that have touched the hearts and values of thousands of families. She has founded and managed several musical, dancing & singing schools and has created the staging and choreography of the shows.

After 10 years in the industry, Sonia Grimm parted ways with her producer and continued to develop her career with her own production company. In 2018, she published "Insoumise - Autopsie d'un amour destructeur" which quickly became a Bestseller - denouncing more than 10 years of psychological violence. She then founded the Association "Parle-moi" and thus became the spokesperson for victims of violence and harassment in French-speaking Switzerland.

In 2018, she was elected "favorite personality of the French-speaking Swiss".

A convinced humanist, Sonia Grimm has always defended the cause of victims without demonizing men, seeking to understand what pushes victims like her, to submit to the point of suffering violence.

In 2019, she met Steve Alban Tineo who introduced her to the KYF© "Know Yourself First" methodology. An inner quest then begins, which leads her to question all her beliefs and to rebuild herself differently. She thus discovers a path towards a space of inner peace that they choose to transmit to as many people as possible by writing together «Through the Self» (Ed. WuWei Inspiration) in 2022 and by creating awareness shows about school bullying and violence declined for all ages, this in order to inspire victims to regain the necessary love and self-esteem and to make everyone aware of their own toxic behaviors.

Since 2019, Sonia Grimm has been practicing her relational and mediation skills by collaborating in Assertive Group (www.assertive.ch) convinced that there is a positive and ethical resolution possible in every situation.

She is also a Mindfulness Coach, as well as a Reiki and Applied Neuroscience Practitioner.



THE AUTHORS OF THE SHOWS

Steve Alban TINEO

co-author of the texts, founder of the methodology



As Director of Assertive Group SA, Steve Alban Tineo travels the world to solve complex situations before they turn into disputes and/or conflicts, and to negotiate international conflicts, as well as to negotiate international contracts.

For more than 20 years in the field, he has acted as an advisor, manager and trusted negotiator for many celebrities and some of the most prominent leaders in the fields of sports and media, banking and finance, and diplomacy.

Steve Alban has frequently operated "undercover" as a member of various crisis and conflict management and negotiation teams on numerous international emergency missions. He is one of Europe's most skilled and experienced negotiators, conducting hundreds of missions/negotiations each year with governments, corporations, organizations, lobby groups and individuals in many parts of the world.

As a coach and speaker, he has been running the "KYF - Know yourself first, how to negotiate with yourself" coaching program for over 10 years, dramatically improving the strength and mental acuity, as well as the reactive effectiveness of many personalities, C-Levels, executives, VIPs and sports & media personalities as well as victims suffering from emotional wounds.

He holds several certifications and Masters programs in negotiation, mediation, conflict and crisis management, as well as in leadership, influence & persuasion and in finance. He is a member of the Harvard PON (Program on Negotiation), is certified with the CSFB Global Financial Analyst Award, holds the Swiss Stock Exchange License and has been awarded the Swiss Federal Banking Certificate with honors.



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Video extract from the show for 6-12 years old : <https://cutt.ly/BZov5Gy>

File in French, songs & scenarios : <https://cutt.ly/7Zov9m9>

A program powered for

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