

HOW TO USE THIS WORKSHOP



**This is not a textbook.
It is a thinking space.**

There are no single correct answers — ONLY:

- **perspectives**
- **tensions**
- **reasoning**
- **reflection**

IDENTITY REFLECTION



Who am I in relation to the world?

Write freely:

- **What values shape me most?**
- **What do I believe about human nature?**
- **What influences my thinking?**
- **What do I assume is “true” about countries or power?**

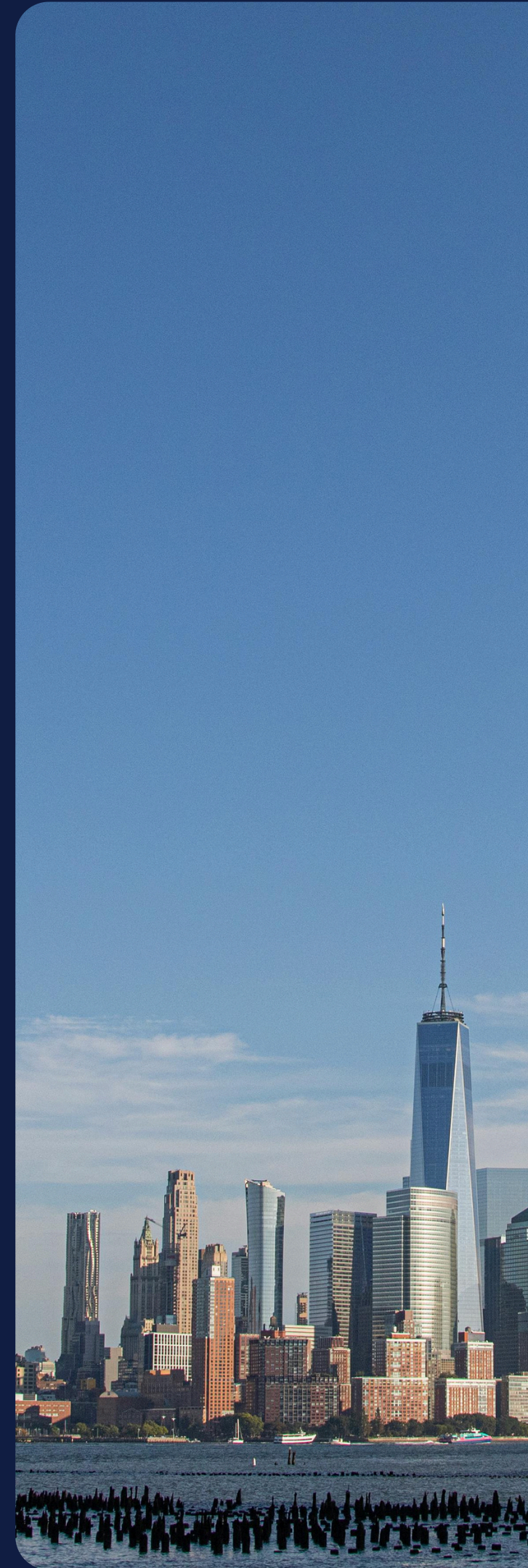
YOUR WORLDVIEW

Tick what feels closest:

- I trust cooperation more than competition
- I believe power is the most important force
- I think ideas shape reality
- I think systems shape people



Where did
you learn
this?



IR THINKING LENSES

THEORY

WHAT IT ASSUMES

WHAT IT MISSES

Realism

Power matters most

Ethics and cooperation

Liberalism

Cooperation is possible

Conflict and inequality

Constructivism

Identity shapes politics

Material power limits

Which lens feels most natural to you — and why?

ETHICAL DILEMMA

Scenario:

A country is suffering human rights violations.
Intervention may save lives but violate sovereignty.

Questions:

- Who has responsibility?
- What is the ethical action?
- Who decides what is “right”?

DIplomacy UNDER PRESSURE

What makes a good diplomat?

Rank:

- Listening
- Power
- Patience
- Strategy
- Emotion control



Which of these do I naturally avoid?

CRISIS REFLECTION

After simulation:

- What role did I take?
- Did I lead or react?
- Where did I struggle emotionally?
- What surprised me about others?





YOUR DIPLOMATIC IDENTITY



I am most like a:

- Strategist
- Mediator
- Idealist
- Realist

Because:

My strengths are:

My blind spots are:

“All great leaders walk alone. Their singularity springs from their ability to discern challenges that are not yet apparent”.



FINAL STATEMENT

“In a global crisis, I would...”

(write 5–10 lines)



To understand the world
is not enough.

You must learn how to
hold complexity without
collapsing into certainty.



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