

ALEXANDER FORUM – for Reflection & Resilience

Mission Statement

Our Mission

The **Alexander Forum for Reflection & Resilience** combines societal observation, strategic thinking, and practical experience to open new perspectives on change, crises, and cohesion. We are an independent, non-profit *Think & Do Tank* that not only analyzes but also acts – through dialogues, tools, and concrete formats.

We understand **resilience** as a shared task of politics, science, culture, and society.

Societal and personal crises are intertwined: structural instability creates psychological strain – and unresolved trauma weakens the social fabric.

Those under pressure can contribute less – and unresolved tensions weaken the whole.

Fields of Work

Our approach is **interdisciplinary** – from climate and conflicts to technology and security, as well as psychology and medicine.

We work openly, name uncertainties transparently, and publish analyses, interpretations, and reports that provide orientation, make shortcomings visible, and inspire solutions.

In doing so, we link **macro perspectives** (society, politics, technology) with **micro experiences** (individuals, communities, people affected).

→ Resilience & Societal Stress

Between adaptation, exhaustion, and new beginnings.

→ Information & Trust

Communication, fear, polarization, and responsibility in the digital age.

→ Technology & Risk

How progress changes stability and security.

→ Identity & Cohesion

Belonging, trauma, and the question of what holds a community together.

These four areas form the foundation of our analyses and formats.

Working Method

We promote reflection instead of overstimulation and a dialogue that endures contradictions and takes different perspectives seriously.

The Forum invites discourse and seeks ways for constructive thinking to become collective action.

Our work remains practical:

- **Analyses and syntheses** from conflict research, climate science, technology assessment, psychology, and medicine
- **Briefings for organizations** – evidence-based, transparent, action-oriented
- **Workshops and dialogue spaces** that enable exchange and strengthen resilience as a shared attitude
- **Practical tools and checklists** that translate reflection into action

Our Conviction

People with experience of crisis are **experts in survival**.

Their perspectives – whether from trauma, addiction, or psychological stress – must be included in crisis planning.

Not as a footnote, but as a core element.

Prevention is possible.

No one has to fall into despair if structures act in time.

Societies that invest in prevention, education, infrastructure, and social cohesion navigate storms better.

Politics must be evidence-based.

Data, studies, best practices – that is the compass.

But evidence alone is not enough. It must be combined with empathy.

Structure outweighs storm.

Every crisis in history has shown: structures decide. And we build them. Together.

The **Alexander Forum** sees itself as a space where thought turns into action – independent, non-profit, and action-oriented.

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Cooperations, lectures, workshops & customized briefings – feel free to contact us!

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