



That one step
will shift the future.

In Partnership with Events at Expo 2025

INTERNATIONAL SYMPOSIUM

Days on Safety, Health & Well-being for All

Expo & Intex - Osaka, Kansai, Japan

16 to 19 July 2025

**Global Crises, Youth and Education: Innovative
Approaches to Risk, Resilience and Resonance**



Resonance as a Source of Resilience for Adolescents and Adults

Hartmut Rosa, professor for theoretical sociology
Friedrich Schiller University, Jena
Max Weber Center, Erfurt

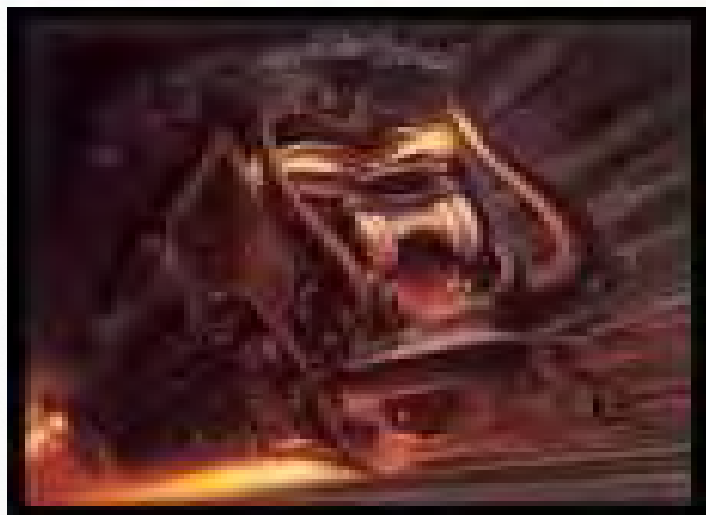


OSAKA, KANSAI, JAPAN
EXPO
2025

That one step
will shift the future.

In Partnership with Events at Expo 2025

Days on Safety, Health and Well-being for All



Outline

- I The Situation: Dynamic Stabilization
- II The Problem: A Mode of Aggression
- III The Risk: Alienation and Burnout
- IV The Solution: Resonance
- V The Precondition: Vulnerability



OSAKA KANSAI JAPAN
EXPO
2025

That one step
will shift the future.

In Partnership with Events at Expo 2025

Days on Safety, Health and Well-being for All



I. The Situation: Dynamic Stabilization



Definition:

A society can be called *modern* when its *mode of stabilization is dynamic*, i.e: when it systematically requires (material) growth, (technological) acceleration and (cultural) innovation to reproduce its structure and to maintain the institutional status quo.



OSAKA, KANSAI, JAPAN
EXPO
2025

That one step
will shift the future.

In Partnership with Events at Expo 2025

Days on Safety, Health and Well-being for All



II. The Problem: Being Socialized into a Mode of Aggression

- Education ,produces‘ subjects which accelerate, innovate, achieve growth
- Mode of interaction = competition
- Logic of parametric optimization: Measurable, comparable and improvable skills, states, achievements
- Dominant mode of approaching the world (of people, things and interactions) = Mode of aggression
- Aggression towards nature: ,Heating up the atmosphere‘
- Aggression towards socio-political opponents: „Burn them“
- Auto-Aggression: „Burn-out“



OSAKA KANSAI JAPAN
EXPO
2025

That one step
will shift the future.

In Partnership with Events at Expo 2025

Days on Safety, Health and Well-being for All



III The Risk: Alienation

Alienation:

- A distortion in the mode of relating to the world
- A failure to appropriate the world
(cf. Jonathan Haidt, The Anxious Generation).
- A relationship without (true) relation:
Feeling un-connected to one's past or future and disconnected from people, places, things, body
 - The world is experienced as cold, bleak, grey, indifferent, deaf; and the self is experienced in the same way.
- Paradigmatic symptom: Depression or burnout
- Lack of meaning (affection), Lack of power (self efficacy; SE)



OSAKA KANSAI JAPAN
EXPO
2025

That one step
will shift the future.

In Partnership with Events at Expo 2025

Days on Safety, Health and Well-being for All



IV The Solution: Resonance

Definition:

Resonance is a mode of being in/relating to the world marked by

a) af←fection: Feeling truly moved, touched by something; feeling ,called upon‘

b) e→motion (self-efficacy): Being capable of reaching out, answering

c) Transformation: „After that, I was a different person“

d) essential un-predictability (,Unverfügbarkeit‘)

1) You cannot ensure it will happen

2) You cannot predict its outcome

→ Basic requirement: Trust



OSAKA EXPO
2025

That one step
will shift the future.

In Partnership with Events at Expo 2025

Days on Safety, Health and Well-being for All



V The Precondition: Vulnerability

Preconditions for a Self in Resonance:

- Physical / neurological: The case of autism
- Temporal: Scarcity of Time = Resonance Killer
- Spatial: The bunker vs. the forest; classroom
- Social: Fear, Competition and Stress: Resonance Killers
- Psychological: Allowing for Vulnerability
 - a) Guitar Model of the Self: open enough to get affected,
closed enough to sound in its own voice
 - b) Capacity to be touched and transformed in a non-controllable way
 - c) Trust in Self-Efficacy
 - d) Beyond the mode of aggression/optimization



OSAKA KANSAI JAPAN
EXPO
2025

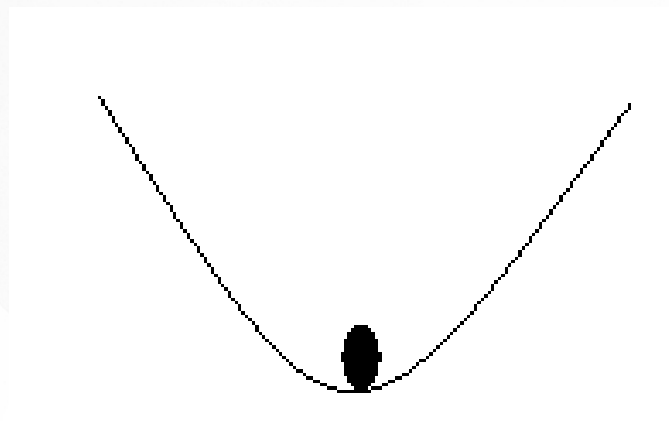
That one step
will shift the future.

In Partnership with Events at Expo 2025

Days on Safety, Health and Well-being for All



Thank you for your resonance!





That one step
will shift the future.

In Partnership with Events at Expo 2025

INTERNATIONAL SYMPOSIUM

Days on Safety, Health & Well-being for All

Expo & Intex - Osaka, Kansai, Japan

16 to 19 July 2025

