

Becoming a better listener in difficult situations

Concepts from Aikido applied to Focusing

Would you like:

- To feel more confident in your body when you have to listen to difficult stories?
- To be able to respond more gracefully when you receive a critic or a negative feed-back?
- To feel more whole and be able to take better care of yourself?

If yes, then, we have a workshop for you!

Program

The program of the two days workshop is the following:

Day 1:

- Discover about mind-body coordination and a strength you didn't know you possessed when your mind is working in a unified way with your body
- Understand your natural reactions when you feel challenged or under pressure and why those might not work the best way for you
- Sense how a 'physical centered posture', as taught in Aikido, enables you to become a better listener for yourself and others
- Learn how to “center” in 4 steps

Day 2:

- Discover about your boundaries and how this is helping in difficult situations with self and others
- Learn how to say NO respectfully without becoming aggressive
- Get how to re-center under pressure
- Learn how to listen without taking things personally, particularly when under critic

For who is this?

The workshop is for psychologists, counsellors, teachers, educators, doctors or nurses. It is for everybody who needs to be able to become a better listener in difficult situations.

Schedule

Friday, the 16th of June 2017 from 10h00 to 13h00 and 14h30 to 17h30

Saturday, the 17th of June 2017 from 10h00 to 13h00 and 14h30 to 17h30

Place

De Binnentuin, Spoorwegstraat 8, 3370 Boutersem, Belgium.

Language

The workshop is being taught in English. The trainer has a basic knowledge of Flemish/Dutch. Clarifications in Flemish by an assistant or French by the trainer will be available if needed. Exercises can always be done in the language of your choice.

Trainer

Olivier Gourmet is a senior business executive, coach and trainer specialised in management consulting, collective intelligence and leadership development. Olivier is a Certified Focusing Trainer since 2002 and Certifying Focusing Coordinator for Belgium and Luxembourg since 2011. He has also been practising Aikido for more than fifteen years and Argentine Tango for ten years. He blends these practices to develop innovative coaching services and trainings.

Price

Preferred price for a subscription and payment before or on the 30th of April 2017:

240 euro per participant.

Regular price after the 30th of April 2017:

280 euro per participant.

The price includes the workshop fee, coffee-tea pastries breaks and a light lunch each day.

Prerequisite

None. A Level 1 in Focusing is recommended but not needed.

More information

If you need more information about the content of the workshop in Flemish/Dutch, please e-mail Jessica Delooz on jessie.delooz@gmail.com or call at 0476/56.68.24.

If you need more information about the content of the workshop in English, please e-mail info@aikifocuscenter.be.

Registration

By filling the online form on the web site of Aiki Focus Center asbl/vzw at:

<http://registration.aikifocuscenter.be:8077/?form=Reg&ServiceId=LISTENER-AIKI-17&Lang=en>

This workshop is a fund raiser for the non-profit association Aiki Focus Center asbl/vzw. All profits will be used by the association to develop its purpose. (www.aikifocuscenter.be)

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