



Hybrid Workshop on Somatic Coaching for coaches

Hybrid because we will include the following two elements: Coaching circle technology and practical application of somatic distinctions and exercises.

In each session, we will explore how somatic can be used to better understand the human dynamics in your development or the development of your clients.

You will perfect your capacity to observe, give feedback, and develop new practices, and all that at the somatic level and in real time.

Although the 6 reunions will integrate the following 6 competencies: cognitive, emotional, relational, spiritual, somatic and integral; emphasis will specifically address the link between the somatic domain and each of the other competencies.

We will build on the somatic aspects of the work of:

- 🔗 Don Riso and Ross Hudson - the Enneagram; The Nine Types, the instinctual variants, the triads;
- 🔗 James Flaherty – the Model of Adult Development – the 10 ways;
- 🔗 Richard Heckler and the Strozzi Institute; The rhythm of excitement, the speech acts in movement, the grab, the centering practice, the 3 spaces;
- 🔗 My own research on Neuro-Leadership;
- 🔗 Doc Child; The HeartMath technology
- 🔗 Steve March from NVW;

We will explore with:

- 🔗 Meditation technique (Shambhala, Sivananda, Vispassana, Etc.);
- 🔗 Breathing exercises (Pranayama, Qi gong, etc.);
- 🔗 Music, visualization;
- 🔗 The integral approach;
- 🔗 ... And more.

Prerequisite: Professional accreditation by one of the coaching school recognized by ICF

- 🔗 Number of Participants is limited to 6;
- 🔗 Number of reunion: 6 between February and December 2012;
- 🔗 Location: TBC

Investment:

- 🔗 \$350 to 400/reunion depending on logistics cost (location, food, Etc.);
- 🔗 Participate in at least 4 of the 6 reunion;
- 🔗 Commit to some practices;
- 🔗 Create a virtual connection with the group;
- 🔗 Some reading.

A half-day introduction session will be offered in February.