

The Relational Embodied Resonance of the Coach: Tuning into the wisdom of the body

A workshop aimed at developing our skills and curiosity for how we can be more effective in our interventions as coaches by utilising our moment-to-moment body awareness

YOU WILL LEARN:

- Tap into your somatic awareness as a coach
- Harness your pre-verbal implicit and embodied relational knowledge
- Ask powerful questions by pacing yourself and taking into account your body's attunement to your clients

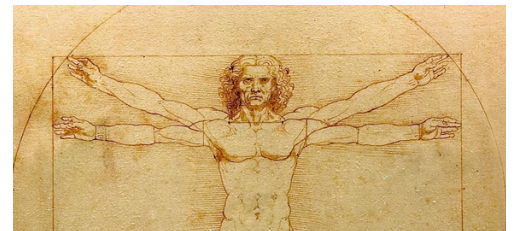
FEE: £100

The workshop blends experiential, self-reflective and theoretical elements by using the following:

- Creative experimentation
- Self-reflective exercises
- Sharing in small groups
- Practice

WHO IS IT FOR?

ROG graduates, qualified coaches and those managers/leaders who regularly use coaching skills in their work



9:30AM – 5:30PM



9 September 2023



Rudolf Steiner House
35 Park Rd, London
NW1 6XT

Group of 7-18 participants
Last day for booking
29th July, 2023

Facilitated by:

Naoum Liotas, *PCC, Gestalt Coach, Psychotherapist, Supervisor and Trainer*

BOOKING NOW

More info and to book please contact:

naoum@relationalchange.org