



Movement at Work

Small-Group (8 approx) | 1-day CPD workshop | Friday 15 June 2012, 10am-5pm | Facilitator: Sue Glasser

You are invited...

There is growing interest to explore physicality in the "disembodying" environment of organisational culture, especially to increase our sense of relationship via bodily awareness, a primary sense of being in the world.

We are moving 100% of the time...

Body Language - i.e. the dynamics of our movements and sensations of our bodies - continually informs us about our experience, yet this resource is vastly underused in our thought-dominated culture. Hidden in the choreography of our work systems, a performance essential - good connection between people - is often lost.

In this workshop we will...

- create and reflect on physical experiences
- apply our learning to participants' own interests
- use somatic skills to address our clients' needs and cultures, as individual, team or organisation

Learning Potential...

- ▶ movement as the voice of silenced speaking, bringing forth the unknown and the hidden
- ▶ what is "presence" in leadership? ... and retaining physicality in the "virtual" world (phone & email)
- ▶ attuning to, and supporting recovery from, our clients' (and our own) relational distress
- ▶ group choreography, the background and foreground of interaction (teams and systems)
- ▶ appreciating and enlivening our physicality

Methods...

- ▶ linking thought, feeling, somatic awareness
- ▶ leading and following the relational dance
- ▶ perceiving, mirroring, containing and evoking energy
- ▶ sensing and flexibility in creating connection (proximity/distance, micro/macro movement)
- ▶ somatic/emotional forming, unforming and reforming of structures

... and moving just for the fun of it!

All are welcome regardless of ability, experience, health or culture... please wear comfortable clothing.

BOOKING FORM ON APPLICATION : 020 8348 6326 | 07958 114482 | sueglasser@aol.com

Organisation - £150 | Self-funding - £90 | Concession - £ 75

Venue: London Contemporary Dance School, The Place, 16 Flaxman Terrace, Euston, London WC1H 9AT

Facilitator

Sue Glasser is an accredited Group Facilitator and Organisational Development Consultant with the UK Humanistic Association of Psychology Practitioners, and holds an OCN Workplace Mediation Certificate. She is mentored by Robert Lee PhD, faculty of Gestalt Institute of Cleveland USA, who is a key Relational Gestalt Theorist as applied to relationship functionality and Neurobiology.

Subsequent to a dance career Sue continues as a choreographer & movement specialist. Combined with Applied Psychotherapy (& instigating the first UK qualification) her executive coaching and training **Movement at Work**, links physical, emotional and relational intelligence (Body Language). Periodic work in South Africa, where Sue grew up, keeps her engaged with the Rainbow Nation.

Work & CPD for coaches, psychologists & organisations include: Ashridge Business School Coaching Alumni, Academy of Executive Coaching, University of Cape Town Psychology Department, SA College of Applied Psychology, The Coaching Circle SA, PKF Finance & Accountancy, Vodacare SA, COLT Technology, ICRAF World Agroforestry Centre (Kenya), Save the Children, RNIB, CAFOD, Sussex University, LSE Corporate Social Responsibility Conference, PCSR Psychotherapy & Politics Conference, Dance UK

[15.5.12]

UK

+44 (0)20 8348 6326

sueglasser@aol.com

www.sueglasser.com



SA
+27 (0) 72 312 9011