

HOLISTIC CONSULTANT SKILLS WORKSHOP

For Consultants, Leaders, Psychologists, Therapists and Managers seeking to actualise themselves more fully in taking up their roles

DATES

August 2010

Phase 1: 12th, 13th & 14th

Phase 2: 19th, 20th & 21st

LOCATION

Central Bardon Conference Centre

Simpsons Road, Bardon

Phone: 07 3217 5333

Accommodation is available
on site.

COST

\$1200 per phase, includes
refreshments

CONTACT

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THE WORKSHOPS offer participants an opportunity to enrich their management and consultant skills by exploring a holistic approach to human and organisational development, well-being and vitality. The workshops draw on a broad spectrum of disciplines that address the mental, emotional, physical, spiritual and energetic dimensions of life in organisations.

Workshops will take place in three-day blocks with a total of three incremental modules over a period of three years. In the space between modules participants may create learning communities to support their respective ongoing practices.

"A HOLISTIC APPROACH draws on ideas and practices from group relations theory and other organizational theories and practices, mind-body disciplines, and different spiritual traditions to offer an integrative framework for understanding and cultivating health and vitality in human systems." Shelley Ostroff

PHASE 1 THE JOURNEY BEGINS

For those members new to the work of Holistic Consulting

The first phase provides an opportunity to explore and experience some of the foundational concepts, practices and tools of this approach.

This includes:

- Purpose, process, structure and shadow in individual and organisational well-being
- Exploring the multi-dimensionality of organisational well-being and vitality
- Identifying system and role resources in service of purpose and task
- Interconnectedness and its implications for organisational thinking and practice
- Identifying and working with symptoms of individual and organisational imbalance
- Exploring the impact of organisational language and stories and their transformation.

PHASE 2 ENERGY, MOVEMENT AND VITALITY IN HOLISTIC SYSTEMS

For those members who have completed Phase 1

Exploring alignment of body, soul and role in everyday working life.

- Deepening understanding of purpose, process, structure and shadow in individual and organisational well-being
- Exploring the sources and resources of vital energy and emergent movement in creative contribution to systemic well-being
- Working with and through individual and collective ego dynamics in organisations
- Listening, trust and emergence in system dynamics
- Attunement to the dimensions of information embedded in language, movement, breath, images, dreams and sensations
- Principles of healing and wellness in organisational life

HOLISTIC CONSULTANT SKILLS WORKSHOP

WE ARE IN A VERY DELICATE BALANCE within ourselves and with other people and our environment. We are all vibrating together, we are one resonant field, one field of mind. If there is an excess of unclarified emotion in the heart of the people, then there is unclear emotion expressed by the nation. There is no way to separate yourself from your nation and planet. This is your home.

Ywahoo

CONTENT

The workshop is based on the premise that when a human system is created in the mind of its members, a dynamic and largely unconscious matrix of relatedness within and between the individuals and within and between the subsystems emerges. Bringing these unconscious aspects to awareness offers fresh opportunities for transformation and greater understanding, flexibility and choice in everyday decisions.

STRUCTURE

The schedule of events will be presented at the beginning of each three day workshop.

These three days are structured around a certain number of events, each of a different nature that are linked to the objectives of the workshop.

The workshops will combine discussions, experiential events (some using expressive modalities such as art and movement) and reflection events.

The experiential events provide opportunities for members to explore feelings, images, sensations, insights and behaviors as they engage in the task of the event.

The reflection events provide members with opportunities to think about the way the workshop is unfolding. Such reflection may provide new understandings of organizational life and contribute to the transformation of the organisations of which members are part.

HOLISTIC CONSULTANT SKILLS WORKSHOP

Shelley Ostroff Ph.D Workshop Leader

Holistic therapist and organizational consultant. Permanent Faculty of Leading Consultation, FIIS, and University of Bath (Paris); Faculty, the Program in Organizational Consultation and Development: A Psychoanalytic - Systemic Approach Tavistock, OFEK (Israel).

Shelley has over twenty five years of experience working as a therapist and consultant with individuals, groups, organisations and communities in many different countries including the United States, Britain, France, Ireland, South Africa, India, Belgium, Norway, Germany, Peru and Australia. Born in South Africa, she has lived in Jerusalem since 1979. She works with people from mainstream corporations, social service and non-profit organisations, as well as those in more marginalized communities.

Shelley's dissertation, *Body, Soul, and Role: Toward a Holistic Understanding of Well-Being in Organisations* is a multi-prism exploration of the mental, emotional, physical, and spiritual processes that influence well-being in organisations. (The dissertation is available on request.)

Rebekah O'Rourke Consultant B.Bus, MAppSc. Graduate IFSI Paris

A leading Australian practitioner/theorist; Rebekah explores the known and hidden elements and dynamics within organisations, within social systems and between people and the roles they take up. This enables people and teams to find new ways of navigating through increased complexity in order to discover solutions and outcomes for their own roles.