

Helping People Change Workshop Series

Personal Leadership: Discovering Energy, Balance and Courage

With Angie Dairou M.A.

When: May 22, 23, 2015 9 am – 5 pm (Friday and Saturday)

Cost: \$300.00 per person (SIP Member and Early Bird Rates Available)
(Payment accepted via PayPal, Credit Card or Cheque)

Location: Phoenix Center, 13686-94A Avenue, Surrey, BC V3V 1N1

About The Program

Too often leaders are exhausted and out of balance.

This workshop will focus on Leading Self and will include:

- Finding energy: How you can lead with vitality without stress and exhaustion
- Creating Balance: how to balance being congruent and peaceful with getting things done. Managing your energy so that external factors don't manage you.
- Your personal team: The importance of creating support systems for both technical and Human support and accountability
- Dealing with Stuckness and Distraction: Why being stuck is normal and why getting unstuck usually requires us to do less and be more
- Somatic Strategies: Using Somato-Respiratory Integration along with Satir questions to uncover the anchors of old coping and unleash energy

This workshop will incorporate lectures, film, discussion, experiential exercises, small group work and somato-respiratory integration activities as part of the program. This module focuses on Personal Leadership (rather than interpersonal leadership). Please wear comfortable clothing and bring a yoga mat or beach towel for the SRI exercises.

Outline of the Program

Day 1: Unleashing Energy and Finding Balance

1. GSD, Getting "stuff" done: the connection between Doing and Being using the Satir Model
2. What is working now? The essential practice of "yearning fulfilling" activities
3. Finding internal resources: using somato-respiratory integration to uncover your natural rhythms
4. Transforming feelings about feelings: How gaining a deeper acceptance of your emotional state unleashes energy and acceptance with yourself and clients
5. De-enmeshing Technical challenges from Human Coping Challenges.

Day 2: Generating Courage: Staying strong through Chaos

1. The purpose of tension: How emotional, physical and cognitive tension supply the information needed to go from balance to vitality
2. Replacing trying hard with Focus: how tuning in can get more done in less time
3. Identifying and Overcoming Distractions
4. Transforming over-responsibility and over commitment so that you can be happy and sane.
5. Giving the work back: how to monitor expectations to empower others and relieve your workload.

Workshop Leader

Angie Dairou M.A. is past president of The Satir Institute of the Pacific. She resides in Toronto, Ontario where she works in private practice focusing on helping overachievers to find balance and joy. She also works with highly sensitive people, helping them to learn strategies to manage their sensory and emotional radar and become more confident and productive.

Her consulting practice, Destination Human provides training for some of the biggest companies in the world. Angie has designed and facilitated leadership training programs for The Canadian Government, Astrazeneca, R.E.I., Caterpillar, Microsoft, Nokia Siemens Networks, Ericsson, Maersk, Coca-Cola and many more. Angie has delivered both public and corporate training in China for the past 9 years.

Angie has a Masters Degree in Organizational Systems Renewal, specializing in organizational change using systems theory. She is a clinical member of the Satir Institute of the Pacific and a clinical member of the Ontario Association of Counsellors, Consultants, Psychometrists and Psychotherapists.

For more information go to www.destinationhuman.com

Registration – Personal Leadership: Discovering Energy, Balance and Courage May 22, 23, 2015

Name _____

Address _____

city _____ province _____ postal code _____

Tel. _____
(Res) _____ Tel.(Cell/Bus) _____

Email _____ Occupation _____

Fees

	<u>before May 1</u>	<u>after May 1</u>
SIP members	\$250.00	\$275.00
Non-members	\$275.00	\$300.00

**Full Payment due with
registration**

Cancellation Policy: No refunds after May 1, 2015. Refunds minus a \$50 administration fee before May 1, 2015.

Payment Method: PayPal, Credit Card or Cheques. If you wish to use PayPal or Credit card please contact the administrator at 604-634-0572 or admin@satirpacific.org

Send to:

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