

This course is for you if wish to :

- feel your body as a home, especially if you must travel for work
- connect on a deeper level with teams, clients and your personal world
- discover and improve your bodily expression



Seminarcycle 5 x 2 days

Moving Processes

Embodiment skills as a resource in Organisational Development

Our body is continuously receiving and processing impressions before our brain has had the time to formulate a reaction. Through somatic empathy, we are in direct contact with our soundings which enables us to make our best possible "next step". Wouldn't this be helpful to incorporate this implicit knowledge into our conscious actions?

From an Aristotle Body-Soul Model to the Four Levels of Consciousness to the Presencing approach from Otto Scharmer, we find a description of the integration of Body-Mind Awareness. Intuition, our "Gut instinct", is a connecting force to our inner world.

In this four part Seminar Cycle, we will be focussing on becoming more in tuned, as well as developing a deeper awareness, with the Body Mind connection so as to use it as a vehicle to support processes.

The main focus of this workshop will be for you to acquire professional skills. Some of the Seminar segments will have elements of an experiential orientation. In addition to Body Awareness exercises, you will have the opportunity to experience and practice various aspects of intension, non-verbal creative methods, a variety of forms of meditation, etc.

Information and booking:

Fridays 18.30-21h and Saturdays 11-17h. Am 31.8./1.9. – 12./13.10. – 9./10.11. – 26./27.1.19 at SOCIUS in Berlin and on the 5.-7.4.19 at Seminarhaus Taubenblau in Stolzenhagen

Fee: 790 Euro for all 5 Termine – or early bird discount until 31.5.18: 650 €

Max. Participants: 15

Place: SOCIUS, Am Tempelhofer Ufer 21, Berlin

Booking: fortbildung@socius.de

and (030) 40 30 10 20



Christa Cocciole (USA/D) navigates creative and moving processes in self-development. She weaves her background as a dancer and choreographer together with her Systemic Therapy education and 20plus years of international experience as a Therapist, Counsellor and Trainer.

Presently, she is employed by the Fliedner Clinic Berlin as well as working in her Private Practice as a Movement Therapist with an expertise in Stress Management and Trauma.

Clients and participants of her sessions and courses have been inspired by her contagious enthusiasm for movement, her warm, open approach and her refreshing clarity and precision when exploring boundaries.