
CONTACT Awareness

WORKSHOP CONTENT

Figure-Ground Awareness

You will learn about the process that we (unconsciously) go through many times each day, deciding what's important, what we will pay attention to - and what we will ignore! This will enable you to increase the information you have available to you to inform your choices.

Cycle of Experience

You will learn about the fundamental human process that happens all the time for each one of us and forms the foundation of our experience - the choices we make, the actions we take, the quality of 'contact' we have with our environment (particularly people) and our fulfilment, satisfaction and enjoyment. In this part we will also work with the 5 basic strategies, which you can use to heighten your awareness of yourself and others in any kind of group situation.

Interruptions to Contact

You will learn about the ways in which the cycle can be interrupted leading to no or weak 'contact', how to recognise what's happening and what to do about it to get 'unstuck'.

WORKSHOP OVERVIEW

Objective: To increase emotional intelligence – self awareness, self-management and relationship skills

Introductions/Overview/Personal expectations

PART 1 – FIGURE/GROUND AWARENESS

Figure/Ground and The Cycle of Experience

Awareness Exercises

PART 2 – THE CYCLE OF EXPERIENCE

The Cycle of Experience – Characteristics of Stages

Interactive Group Cycles

Group exercise – Experiencing the Interactive Cycle of Experience

Open Group Process

Heightening Awareness of Yourself and the Group – 5 Basic Strategies

PART 3 – INTERRUPTIONS TO CONTACT

The Interruptions to Contact

Exercise – Identifying Personal Interruptions to Contact and Options for Action

Contracting for Support

Throughout the day participants will be using the experience of the workshop together with practical exercises to enhance their learning and develop their ability to use what they have learned back in the workplace.



CONTACT Awareness

The creators of this workshop are David Willcock and Ron Down who have been working together on leadership coaching, team facilitation and change support since 1997 and between them share 55 years of relevant experience.

The elements of the training are:

A Resource Guide – this provides a copy of all the slides used on the workshop and exercises for you to complete during and after the workshop. Additional resources are also provided such as a comprehensive reading list.

A Short Workshop – The workshop is two days. It combines training with experiential exercises that you will work on in small groups or pairs.

The benefits of the workshop are:

- ☞ Improved relationships in work and personal life
- ☞ Increased personal responsibility
- ☞ Individual awareness and skill building
- ☞ Increased emotional capital in the organisation, leading to improved business results

The workshop draws on Gestalt psychology principles and practice and applies them appropriately in an organisation context. Gestalt is in fact the practical application of emotional intelligence. The workshop will help you to view your relationships with a new perspective and develop your ability to manage them for mutual gain. Although the focus is on developing skills at work, this is a life skill that will also benefit you in your personal life.

For more information you can either email us at:

CONTACTAwareness@liberatingpotential.co.uk

or call on 01462 452749



DAVID WILLCOCK

David has a love of learning and is always involved in some personal development himself. He combines his broad ability in leadership and management development with specialist skills in supporting personal change. He is a Chartered Fellow of the Chartered Institute of Personnel and Development, has a MSc. in Personnel Management, a Diploma in Gestalt Organisational Consulting and a Post-Graduate Diploma in Gestalt Psychotherapy



RON DOWN

Ron has a passion for quality and is always seeking to improve on the work he is involved in. He combines his practical approach, learning design and coaching skills to produce and deliver development programmes of real value to people and their businesses. He is an NLP Master Practitioner, a Certified NLP Coach, a member of the International Coaching Federation and the British Quality Foundation