

Angela Büche
info@stimmig-leben.com
Austria / Switzerland



Jan Sjøberg
jan@kreativdialog.no
Norway

Angela Büche and Jan Sjøberg are offering a workshop introducing music as a means to enhance the current concept of supervision.

Workshop title:

„FROM ARTISTIC EXPLORATION TO VERBAL EXPRESSION”

Duration: 1 hr 45 mins

**The goal of the workshop
is to explore the following:**

- What added value does music bring to Supervision?
- How can art enhance Supervision practice?
- What are the qualities that musicians have developed that are helpful for the work as a supervisor?

The Concept:

Mainstream academic approaches to supervision tend to have the emphasis on the spoken or written word.

Yet there is interpretation and meaning beyond words which can be reached by nonverbal approaches.

Music is such a nonverbal, open-ended means of exploration. And its interpretation and meaning cannot be restricted to preconceived definitions.

This enables music to be an effective tool when seeking solutions to complex issues.

Our approach includes:

- 1) Theoretical understanding.
- 2) Scientific research.
- 3) Personal experiences.
- 4) The workshop leaders will share their own practical examples of supervision using music.

Musical examples with Cello and Piano will be given for the participants to work with and reflect upon.

These will create an atmosphere conducive to nonverbal interpretation and meaning which will be explored in the examples presented by the participants.

Learning outcome

You will have experienced the creative possibilities of the role of music in supervision. And you will have learnt about the artistic qualities that are based on scientific research.

Profile

Angela Büche MSc. is an academic coach, supervisor, mediator, lecturer, and organizational consultant. She has offices in Salzburg and Vienna. Before starting her career as a coach, Angela had worked for 35 years as a professional musician (Cello). Now she gives individual coaching sessions and teaches courses at various universities. She also works with government civil servants in Vienna.

She gives workshops with professional Orchestras, Musicians and Conductors.

Mindful self-management, motivation, Positive Leadership and team development are amongst her favourite subjects.

She is a member of the ÖVS (Österreichische Vereinigung für Supervision und Coaching) and Boardmember of the ÖGFMM (Österreichische Gesellschaft für Musik und Medizin).

She is President of the WSE, (Motivations- und Vernetzungsplattform für Kunst- und Kulturschaffende)

Jan Sjøberg is a clinical psychologist, Integrative therapist, and supervisor. He has master degrees in psychology, and Organization & leadership, and has musical education from the Musical Conservatory (Piano). His main work is meta-supervising in the Child Welfare Services (Bufetat), Norway. He also holds a private practice in Oslo, gives lectures and workshops at universities and international conferences. He also teaches 'Integrative therapy education' in Norway. He is member of the editorial board of the ANSE Journal, and was president of the Norwegian association for Integrative therapy (NFIT). He was also a board member of the Supervisors' network NOSCO (2004 – 2014).