

Anne Berthelin

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France



Workshop title:

Beyond words, restoring together a movement of life and resilience

Duration of the workshop: 1x 1h 45 min

Goal of the workshop:

In the workshop, I would like to share a restorative process I created to support my clients over the past 3 years. This process allows to restore a movement of life and resilience, using a mix of Narrative Practices, Leadership Embodiment and Gestalt.

Concept:

This process engages us with our whole body to reincorporate, bring to life and maybe amplify our movement of life and resilience expressing our identity, values and hopes.

We shall start with taking care of creating a safe container allowing us to be comfortable enough to work with our body. Afterwards, I shall introduce and explain the process itself with the different steps. After a centering exercise, the participants will go into pairs to experiment the process with a document/map providing the guidelines and questions. We shall debrief on return to learn from what happened and also share questions and answers before closing with a movement.

Learning outcome:

The participants can learn about and try out a restorative process which afterwards they can use for themselves and with their clients.

Profile

Anne Berthelin's mission is to accompany and care for those who accompany and care for others, with love and humanity.

She has chosen to accompany people and organisations in French and English in their evolution through coaching, training, and supervision.

She has been a psychotherapist for 8 years, a coach for more than 18 years and a coaching supervisor for 10 years.

She has been a member of EMCC France since she graduated in coaching in 2006. She is currently an accredited Supervisor ESIA with EMCC and PSF, trained with CSA, where she is a member of the Faculty, and an accredited coach EIA Senior Practitioner.

She is also a Gestalt Therapist and Gestalt Practitioner in Organisation (EAGT).

She has been practising aikido, dance and now mostly yoga for years, and she is also trained in Leadership Embodiment.

She has written a chapter on "the body in supervision" for a collective book in French with supervisors from the CSA Faculty that comes out in 2023.