

Irene Brun

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Workshop title:

A Lookout with Collage – Creating a Vision with Pictures

Duration: 2x 1h 30 min with a break

Goal of the workshop:

Participants get in touch with their unconscious and their resources using creativity and the power of a group to build a strong inner picture and an experience that will work as a guideline for the uncertainty of the future.

Concept:

Using pictures to find hidden resources in our unconscious every participant creates a collage which will show a lookout into their individual wishes and themes and will work as a vision. Doing this in a group provides the individual with a bunch of constructive associations about the collage made, which is a very helpful resource that leads to a strong emotional impact. Based on the method of ZRM (Zurich Resource Model) it will be completed with a personal motto containing highly motivational wording which can be used as an affirmation. Participants also get a collection of ideas how to transfer their personal vision and affirmation to everyday life.

Learning outcome:

- Experience how the power of pictures facilitates access to the unconscious
- Experience your own creativity and learn that it is accessible to everyone
- Learn about some methods of ZRM (Zurich Resource Model) and how to use it in participants' own practice
- Learn about the ways of using Collage as a method in Coaching and Supervision

Profile

Irene Brun is a Coach and Organizational Counsellor living and working in Zurich, Switzerland. Working her whole life with different groups of adults in education and counselling, she has at the same time developed her art by doing collage and assemblage. In the last years she started to combine coaching and supervision with art and offers Workshops for Individuals and Teams by using a creative approach that leads to an artistic output.