



Embodied Presence and Body Intelligence

A Gestalt approach to Coming to Your Senses

A workshop Guided by Nature and Horses



**Co-Sponsored by the
Gestalt Institute of Cleveland and Spirit of Leadership Services LLC**

**September 17 2023
9am – 4:30 pm**

Location: Spirit of Leadership LLC,
Pebble Ledge Ranch, 9796 Cedar Road, Novelty, OH, 44072

Faculty: Jackie Stevenson, MSSA, LISW, BCC, GPCC™

<https://www.gestaltcleveland.org/> www.spirit-of-leadership.com

Join a herd of horses within the wonder of nature deepening your understanding of your embodied presence and tapping into the resource of your body intelligence to be more aware of self and others and to expand your range of compassion, resiliency and inner knowing. This highly experiential workshop integrates a Gestalt approach to embodied awareness as we “come to our senses” to better navigate challenge and change and to collectively create a better world for all.

Embodied Presence is the capacity to literally use your senses, to experience your physical self, not simply your thoughts about yourself. It is intelligence,

along side of cognitive intelligence and emotional intelligence that provides you with a clearer awareness of your inner and outer world.

Embodied Presence is the ability to live and function more fully as an embodied being by physically sensing, registering and managing inner experience and outer experience in relation to the surrounding world so as to have greater awareness, range and choice.

Being an embodied presence as a leader, coach, facilitator, manager or educator or simply your loveable self offers you expanded perspectives and possibilities.

In this workshop, participants will increase their understanding and practice:

- Deepen your understanding of a Gestalt approach to change cycle of experience: sensation and awareness, mobilization and relational contact, and integration and assimilation through the lens of embodied presence and body intelligence.
- Learn embodied practices to access body intelligence and embodied presence for self awareness and to support the awareness of the client
- Apply ICF competencies within in a Gestalt approach and embodied presence to expand professional coaching practice and competency
- Strengthen your awareness and ability to be present, resilient and ability to be an embodied compassionate presence during chaos, stress and uncertainty guided by horses and nature.

No horse riding--this is about respectful trustworthy relationship.

We practice safe physical distancing, masks required, small group gathering, we will be outside in nature

.Continuing Education (CE):

5 GPCC™; CCEs

5 Core Competency ICF CCEs **Fee:** \$ 200

To register registrar@gestaltcleveland.org or call 216-421-0468

For more information contact Jackie jacalynstevenson@gmail.com