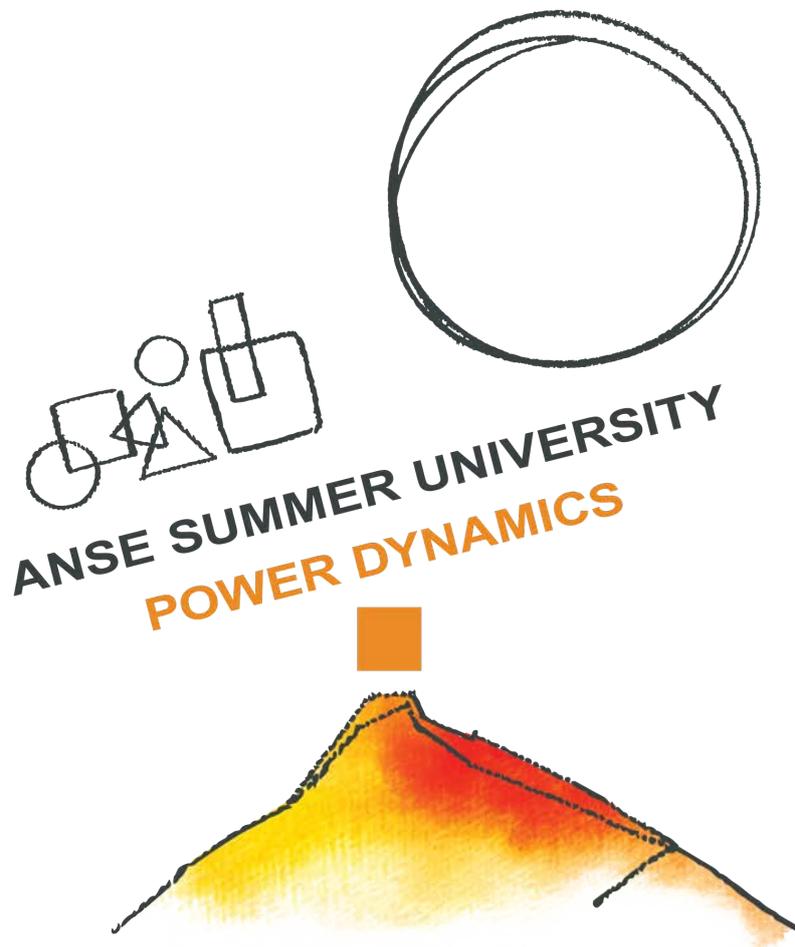


Workshops



RIGA - LATVIA - 2022

WORKSHOP

„MAY THE FORCE BE WITH YOU!” HIDDEN POWER ASPECTS IN SUPERVISION AND COACHING.



Sabine Pankofer

📍 Germany

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PROFILE

Dr. Sabine Pankofer Professor of Psychology at the KSH Munich (University of Applied Sciences), Germany Supervisor/Coach (DGSv) Member of the Supervisory Board DGSv.

Since 1998 Professor of Psychology at the KSH Munich; since 2000 Supervisor/Coach (DGSv); since 2012 Head of the formation in supervision and coaching at the KSH Munich; author of a book about power theories in social work and an article about aspects of power in supervision
2022: completion of the book of power aspects in supervision and coaching (in preparation).

For the last 25 years I am working in the different roles as a trainer and teacher practically on this topic connecting my practical and theoretical knowledge (I wrote books and articles about power and empowerment). As a professor of psychology in social work and a supervisor/coach for 22 years I am working mostly in the psychosocial field.

The goal of the workshop is to make some aspects and dynamics of power visible and discussable and to reflect how it could be used productively - for users and supervisors. Becoming more aware of power aspects and impacts helps being able to use or transform them in a constructive way.

Power feels sometimes like a special smell from somewhere –perceptible but the origin is often hard to detect. In processes of supervision and coaching many phenomenons are closely linked with more or less obviously aspects of power and/or powerlessness.

- Short input: Power in supervision and coaching (on the basis of my publications)
- Live supervision in an internal and external circle
- Reflecting and sharing of perceptions of aspects of power from different perspectives
- Sharing ideas, emotions, thoughts...
- Ideas to support empowerment
- Time for a personal transfer



WORKSHOP

“WORKSHOP FOR COMMUNICATION COSMONAUTS. WELCOME IN THE FUTURE!”

As a result of this ANSE SPACELAB workshop, participants will experience a new way how to find a balance between human presence and digital communication.

This workshop will open new horizons, so welcome to your future self – on individual level, group level and organization level.

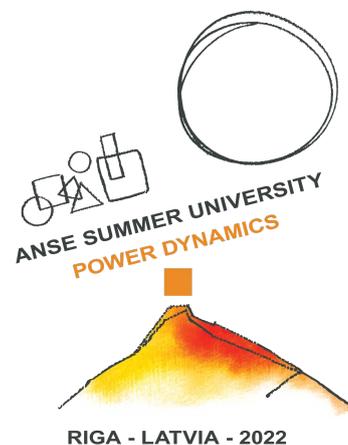


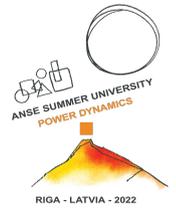
Annette Perino

📍 The Netherlands and Germany
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PROFILE

Annette Perino is lecturer senior consultant at HAN University of Applied Sciences. Annette is teaching supervision and coaching and the masters programme “Human Organisational Behaviour”, and is a student violin- maker. She is fascinated by the art of listening and loves cross-overs. Annette gets her knowledge from different sources of inspiration, linking her academic knowledge of social science (Heidelberg, Amsterdam) with a broad education as a master of science in supervision, coaching, mediation (Nijmegen, Münster). She is used to broaden her horizon and question the things seen as normal. Currently she is working on the crossover of education and technology.





WORKSHOP

“A FRESH WIND IN SUPERVISION AND COACHING WITH THE “ZURICH RESOURCE MODEL ZRM®”



Angela Büche

📍 Austria/Switzerland
✉ info@stimmig-leben.com

PROFILE

Angela Büche MSc. (Austria/ Swiss) is an academic coach, supervisor, mediator, lecturer, and organizational consultant who maintains an office in Salzburg as well as in Vienna.

Angela has worked for 35 years as a professional musician (Cello) before she decided to become a Coach and Supervisor. On top of her one-on-one sessions, she holds courses at various universities, is active in the private sector as well as at the ministry in Vienna.

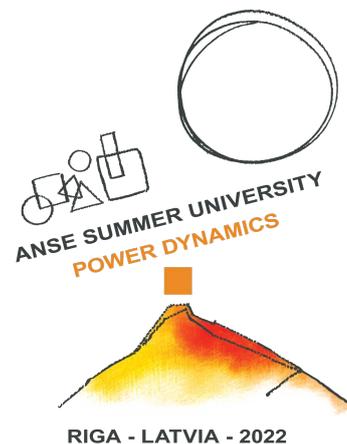
Mindful self-management, motivation, Positive Leadership and team development are amongst her favourite subjects.

She further specializes in developing self-organizing Teams.

Angela further holds a position as the leading spokesperson of the ÖVS in Salzburg (Österreichische Vereinigung für Supervision und Coaching)

This workshop will familiarise you with the scientific concept of the ZRM®. In particular, the workshop will focus on two specific tools from this framework: The first is targeted at finding power and inspiration for solving problems whilst remaining resilient in difficult situations. The second aims to improve your decision- making process. This tool will provide you with the necessary understanding to remain true to your brain and heart, even in challenging scenarios.

These are consistently mindful and powerful interventions that strengthen intrinsic motivation and resilience of the participants.





Sietske Jans-Kuperus

📍 Netherlands

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PROFILE

I'm a qualified supervisor and coach of professional learning processes.

In my practise I

mostly guide professionals in health care, social work and at universities. Currently, nurses, social workers and teachers have an important role - to take care of our social and physical health: It calls for human empowerment. To support them in their professional development for me is the most important thing to do.

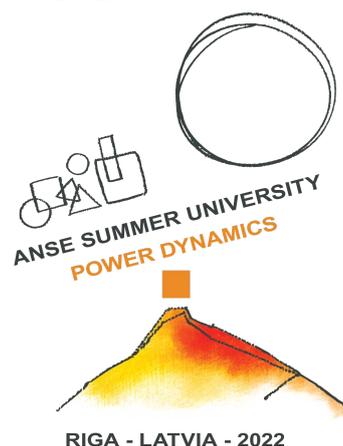
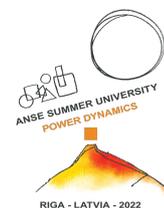
I always work with professionals to help them to develop their professional identity. To take responsibility for what you do as a person in your professional role, is very important to me.

WORKSHOP

„SENSE AND SENSIBILITY BY VALUES AND NEEDS“

Empowerment depends on the motivation people feel to move. And motivation is related to what drives them, their values, and their needs.

After this workshop participants are more conscious of their values which have impact on their actions and by what their motivations (values and needs) are in private life as well as in their professional work. Awareness of what you find important contributes to the development of a qualified professional and to human empowerment. As a result a humanely empowered professional is able to justify his professional choices in guidance in a severely uncertain time or environment. In this workshop, participants investigate their specific needs. With value cards, participants explore the meaning of what drives. And with different methods (drawing a wordcloud, exchanging in small groups, walking outside taking pictures) they explore their sense and sensibility of their values in the past and present. Due to that narrative, they give again meaning to their values in the context of work. In this way, they discover what they find important in work and what drive them to human empowerment.



WORKSHOP

"WORKSHOP DYNAMIC REFLECTION: EMPOWERING PERSONAL LEADERSHIP AND INCLUSION."

Workshop content:

- We will work with actual cases that participants put forward using a model for self-coaching. This model, called Dynamic Reflection, developed by Corma Ruijgrok, is an effective tool to expand our inner and external dialogue and move beyond negative thoughts and emotions. It is quite straightforward to understand and work with, yet profound in its immediate impact. Coaching is fully interactive and puts participants in the driver's seat, where they explore their own case looking at their limiting thoughts and emotions and their expansive thoughts and feelings and the impact these have on our actions, (re)actions of others and our (working) relations.

Participants will

- Gain insight in their own inner dialogue and their own thinking and emotions who are often restricting our options and limiting our options to progress
- Practice self-coaching with some practical cases of dynamic reflection provided by participants. Have a live experience how small changes in our inner dialogue can result in profound positive change and impact in how we act and interact
- React with authentic reactions and experience a more developmental way of coaching (versus problem-oriented)



Corma Ruijgrok

📍 Netherlands

✉ Corma@dynamischreflecteren.nl

PROFILE

Corma is a senior teacher educator at the university of applied sciences Institute Archimedes, Utrecht (since 1993) and a teacher educator since 1993 in communication skills.

Mother of a boy, and partner of a loving man; owner of a beautiful horse and a dog.

Teacher educator. Loves to sing. Body-oriented therapist (1991)

Working at the faculty of education (1993-present) as a professor of teaching communication, group-dynamics, coaching, the pedagogy of teaching. Experience in leading workshops: 30 years.

In 2006 started giving masterclasses of Dynamic Reflection and implementing the concept in the teacher education. "Because I believe that during teachers' education and reflection process more emphasis should be put on feelings, besides thinking. Teachers' negative feelings and thoughts can generate stress and block conscious constructive actions."

WORKSHOP



Marten Bos

📍 Netherlands

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PROFILE

I have been a supervisor since about 30 years, senior supervisor and teaching supervision since 1999/2000. Was working for refugee, migrant and lgbti+ organizations. Wrote books and articles about diversity and gestalt in supervision. Book 'Coaching and Diversity' in 2010. Now retired and training/supervision for gestalt institutes in Netherlands, Bulgaria, Ukraine, Poland and Finland. Guest trainer for Dutch supervision education.

"NO ONE IS A SINGLE STORY" AWARENESS ABOUT WORKING ON/WITH DIVERSITY HAS GROWN.

The term intersectionality has been explored and connected with the profession of supervisors.

More awareness about touching the influence of

- and reflecting on minority and majority, power and privilege and the influence on the relation

and the work of both supervisor / supervisee and eventually the client.

With the methodology of my self-developed diversity cards we start experiencing and reflecting on the multiple story we all are.

Theory about how we can support ourselves and supervisee to see how diversity, inclusion and equity influence our work and the work of the client. Using theory of intersectionality. See our article in the ANSE magazine December 2021. Reflecting on the rituals, theory, methodology of our work. Do they support or undermine inclusion and equity? How to become more aware of our 'normalities'?

WORKSHOP



Hans-Ueli

📍 Switzerland

✉ office@cciel.ch

PROFILE

Since 2010 self-employed Coach, Supervisor, Organizational Development Professional, Lecturer, Author.
Member bso; Member of the Acquisition and Quality Commission of the bso (2012-2016);
Member of the bso board (since 2021);
National Editor Switzerland for the ANSE Journal (since 2020).
2000-2009 People and Organizational Development Manager at Pfizer Pharmaceuticals Switzerland.
1997-1999 Lecturer for Organization and Management and Project Supervisor for Applied Project-based Learning at Zurich Hotel Management School Belvoirpark.
1976-1996 Career in the Hospitality Industry.

POWER DYNAMICS AND EMPOWERMENT IN SELF-ORGANIZED TEAMS

Participants will learn about and apply models and tools to be able to coach teams in their evolution towards managing dynamics, enhancing empowerment, and sustaining constructive collaboration in a self-organized work context.

Input on the classical "Rank-dynamic positions model" (Schindler 1957) (presentation)

- Input: Case study on dynamics in a self-organized team (reflect and share own experiences in breakouts)
- Input: Theoretical potential of roles, dynamics, conflict, and resources in self-organized teams (presentation)
- How to empower members and balance dynamics in self-organized teams (reflect, share, collect ideas in breakouts)
- Sharing of breakout outcomes (plenary)
- Input: (Additional) Structures and tools to balance dynamics in self-organized teams (presentation)

Meta-reflection: What were your experiences in today's (self-organized) breakouts relevant to the topic of this workshop? (reflection in plenary)

- Q&A, key learnings, wrap-up, closing

WORKSHOP

LIFE STAGING® - A COLLABORATIVE AND CO-CREATIVE MODEL ENRICHING AND UNITING US AS HUMAN BEINGS



Elisabeth Wollsen

📍 Sweden

✉ elisabet@lifestaging.se

PROFILE

I have more than forty years of experience as a clinician, supervisor and educator working with therapy and professional development in my own company. Influenced by systemic and narrative ideas and expressive art formats I have developed a philosophy and a supervision/group work model i call Life Staging®. In the mid nineties I did narrative research around "change" in psychosocial work. Beside my ordinary work I also cooperated with a massai women's project in Tanzania in 2011. I'm currently writing on professional books and present Life Staging® and other creative formats and ideas on workshops nationally and internationally. My ordinary work consists of supervision/counseling and coaching of professionals in the fields of psychosocial work and health care together with education and organizational work in the same area. I also give consultations and therapy to individuals, couples and families/networks. I'm a silenced Psychologist and a silenced Psychotherapist in Family Therapy, Couples and Individual therapy. I have a diploma in Advanced Family Therapy (IFT London), am an authorized Supervisor, Faculty member of AGPA (American Group Therapy Association) and a Board member of the Swedish Supervisor Organization.

Life Staging® is not only a format, but also a philosophy that offers an alternative way of thinking about self, others, information and the overall professional performance. It's about narratives from the mind and body - a way of rich story development.

Life Staging® has developed through my professional experience and my narrative research and practice. Inspiration also comes from philosophy, psychodrama, family constellations (Hellinger), systemic ideas and artwork.

Life Staging® challenge the already taken-for granted ideas and truths and trust on "knowledge-in-the-making" and, at the same time, provides a co-creative and teambuilding activity.

WORKSHOP

„CREATIVE METHODS: LIVE CHAIRS"

Being creative to me is doing something I know, but in a new way. In this workshop we will explore how we can use chairs in addition to the dialogue, to create new conversations, new perspectives and a new understanding. It will give us an opportunity to explore the power and group dynamics, and how to make changes by empowering the different participants.

You will be learning by doing, and the topic we will be exploring is:

How do you see the ANSE community today and how should the ANSE Community go on considering everything?

Who are we now, and who do we want to be?

LIVE Chairs is a great method to create a common understanding, reveal our blind spots, be more honest and find the courage to make the change we want. Former participants say LIVE Chairs is a strong, but simple tool, which they find suitably uncomfortable. They are impressed by how fast we get to the core and how honest and sincere we become. They find it to be a helpful method to create hope and motivation for making the future they want.



Gunn Brigitte Danielsen

📍 Norway

✉ nosco.no@gmail.com

PROFILE

Gunn Brigitte Danielsen (MSc)

University degrees in:

- o Change management (master level)
- o Supervision and co-creation (master level)
- o Drama pedagogy (post bachelor level)
- o Teacher, Pedagogy (bachelor level)

Lecturer and trainer at University of Stavanger

- o Master of Change management - Leadership as a practise
- o Bachelor Social Work - Mentalization and supervision in Social work

Supervisor in my own company since 2006. Working with both private and public businesses, and with NGO.

Vice president – Norwegian Organisation of Supervision and Co-Operation. Responsible for the lifelong learning program and Digital Supervision.

Podcast host: "You and I, and the two of us" Produced by University of Stavanger. A podcast on supervision, reflection and professional work with human relations.



Jan Sjøberg

📍 Norway

✉ jan.sjoberg@online.no

PROFILE

Main work:

-The child welfare services in Norway (Bufetat) as psychologist and supervisor (since 2013) and as meta-supervisor (since 2017)

Besides the main work:

-Private practice as psychologist specialist, integrative therapist and integrative supervisor

-President of Norwegian association for Integrative therapy (NFIT)

-ANSE Journal Editorial Board member

-Guest lecturer and workshopholder.

Past work experiences:

-Psychologist, individual and group psychotherapy in clinic - psychiatric hospital 2011 - 2012

-Teacher therapist for Integrative therapy education at university and NFIT 2015 - 2020

-Part time conflict management and mediation work at the Oslo Conflict Mediation Board 1999-2005

-Teacher at music school and folk high school 1992 - 2003 and principal at high school 2008 - 2010

-Boardmember of Supervisors' network NOSCO (2004 - 2014)

Education:

-Clinical Psychologist in 2010 and Psychologist Specialist in 2018

-Integrative therapy and Integrative Supervision, led by Dr Hilarion G. Petzold, who made the Triplex Reflection Model

-Master degree in Psychology

-Master degree in Organisation and leadership.

-Music education from Musical conservatory (piano)

WORKSHOP

HOW TO DISCOVER AND REFLECT UPON POWER DYNAMICS AND POWER STRUCTURES TO FACILITATE EMPOWERMENT FOR THE CLIENT – BY THE HELP OF THE FOUR-LEVEL TRIPLEX REFLECTION MODEL FROM INTEGRATIVE SUPERVISION (PETZOLD).

Learning outcome:

-Understanding of the Triplex reflection model

-Understanding how power dynamics aspects and empowerment processes are integrated in the model to achieve self-determination.

-Understanding how to use and apply the model into professional supervisory work

-Integrate complex learning on different levels: e.g., a) the levels of reflection in the Triplex reflection model

The goal of the workshop is to make some aspects and dynamics of power visible and discussable and to reflect how it could be used productively - for users and supervisors. Becoming more aware of power aspects and impacts helps being able to use or transform them in a constructive way.

Power feels sometimes like a special smell from somewhere – perceptible but the origin is often hard to detect. In processes of supervision and coaching many phenomena are closely linked with more or less obviously aspects of power and/or powerlessness.

WORKSHOP



Dr. Barbara Ebetsberger de Dominicis

📍 Italy

✉ info@ebetsberger.it

PROFILE

After studying Psychology at the University of Salzburg I worked as a clinical and health psychologist at the Christian Doppler Klinik (Salzburg) for several years.

Moving to South Tyrol I opened my practice as a clinical psychologist and psychotherapist.

After finishing further education and trainings I started to work as a supervisor and coach in South Tyrol, Italy, in Austria and Germany.

Working Priorities:

- Supervision in the field of health, schools, Kindergartens
- Coaching: Management – and lead-coaching in the field of finance, politics, public offices, small businesses, medium companies, business transfers, handover of firms, succession processes, mentoring and support of family-owned companies.
- Clinical Psychotherapist Practice

„METANOIA RETHINKING YOURSELF AND THE WORLD“

Experiencing and recognizing different power-dynamics on ourselves personally

-Differentiating between personal power-dynamics and those that affect the systems

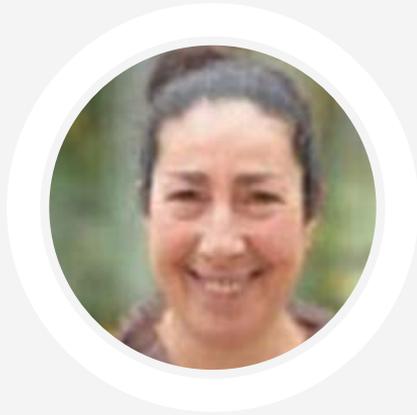
-Generating resources to increase self-certainty and self-empowerment

-Recognizing old beliefs that prevent us from thinking new

-Experiencing a method to accompanying the coaches to stimulate new thinking.

WORKSHOP

“FOR A MINDFUL SUPERVISION”.



Samia Klouche

📍 FRANCE

✉ ks.coachingmissions@orange.fr

PROFILE

Samia has close to 20 years of experience as a senior leader, executive Coach and supervisor. She uses mindfulness tools for individual and team coaching. She specialized in leadership development for up and coming organizational leaders; women in leadership; and coaching for performance.

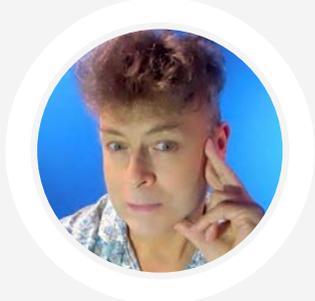
Coming from a multicultural family (Algerian, American, Spanish and French), Samia graduated in psychology. For more than a decade she was psychotherapist, communication manager then journalist. She has an international experience of many years (Europe, Middle East, Maghreb and China) in individual, team and organizational coaching with multinational companies.

She works in French, English, Arabic and Spanish.

Samia is a supervisor since 2011. She is also a Professional Certified Coach (MCC) as accredited by the ICF (International Coach Federation) and is a graduate of the Executive Coaching program at International Mozaik and Metasysteme coaching Paris. She is in charge of the International committee of ICF since 2009.

In supervision and coaching world, when we work with our clients, whose world is constantly changing and challenging, how are we, as specialists, to experience the current moment? Are we fully engaged in whatever we are doing at this moment, in writing or reading a document or an email, or is our mind wondering what we ate for lunch yesterday?

In this workshop we will learn how to build the first steps to becoming a mindful supervisor through practicing mindful exercises, in order to become aware of the present moment in and around us.



Jeanne-Elvire Adotevi (France) and Andrew Shaffer (Japan)

📍 France and Japan

✉️ coaching.jelag@gmail.com

PROFILE

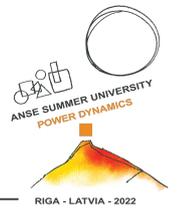
Jeanne-Elvire ADOTEVI:

- Expertise of systems approaches and Collective Intelligence, diversity and Inclusion.
- Work with a variety of audiences (corporate, professional, individual, organisations and NGOs).
- Masters wide range of tools from: NLP, Constellation's work, Active listening, Co-active leadership, Adult development Theory, Dynamic of change in complexity, Transformational work, Somatic approaches, Narrative coaching, Conflict resolution, Interpersonal skills to: decision making in uncertainty context, etc

Andrew Shaffer, MCC

- As an ICF Master Certified Coach (MCC), I help leaders globally - from extremely diverse cultural and professional backgrounds - empower themselves to become even more successful in their work and lives.
- As a consultant, I help organizations coordinate global change initiatives and assess key talent for senior leadership roles, plus help struggling teams navigate power dynamics to get back on track to higher performance.
- As a trainer and facilitator, I design and deliver fully customized seminars and workshops that center on powerful and reflective learning experiences, enabling participants to unlock their inner wisdom and empower themselves to create positive impact in the organizations and teams.

WORKSHOP



"CO-CREATING A NEW BALANCE OF POWER DYNAMICS: EMBRACING SELF-CARE IN TIMES OF CHAOS & UNCERTAINTY".

As Supervisors and Coaches, participants of the workshop will:

- Gain insight from the presenters' first-hand accounts of administering self-care during personal and professional hardship.
- Become inspired by listening to and sharing personal experiences in whole group and Break-out discussions.
- Clarify how to leverage the power of storytelling for self-empowerment when facing unhealthy power dynamics.
- Learn best practices for balancing our sense of being and doing through presentation and focused discussion.
- Gain perspective, motivation, and clarity from the well-established models, The Cynefin, The Stacey Matrix and Systems Thinking, for reflection and action planning.

