

## Seminar on Developmental Psychology

# Essentials of (Self-)Regulation

Wednesday to Friday, 9-10-11 December 2009.

A three day top seminar about self-regulation, attunement, and interactive repair to deepen your relational skills, detoxify critical interaction, and feel warm in the cold.

**By Johannes B. Schmidt**

For trainers, internal and external coaches, consultants, therapists, leaders ...

### **What is this Starlight about?**

Taking a course on NLP or on coaching competencies, communication, Gestalt, group dynamics ... is one step – it brings understanding of patterns and competencies to handle difficult situations. It helps you to become a better professional. However there is one central aspect that is often not touched in depth: “how do you handle yourself as a professional in all these emotional situations where there is often also an emotional side ... How do you keep regulating yourself – how do you stay in process while encountering all these human situations where beliefs, values and identity-questions play a role.

The demands on any one who is working with people are enormous. Many different needs, requests, and situations need to be met. We are expected to help converting problems into solutions, negative emotions into positive perspectives, and shit into gold. Whereas dealing with the customer is part of the story, self-regulating our own inner states is sometimes no small challenge either. Full contact with ourselves or with the customer involves no small risk that we get equally changed in the process.

In this three day workshop we will address our own inner situation in relationship. We will try to explore in what way our inner state imprints on the communication situation, affects the customer, and conveys the quality of our felt presence on the job? What kind of interactional refinement is needed to intensify the sense of “feeling felt” in our customer to make for smoother jobs in our work. How can we be more effective in the non-verbal part of our encounters and meet our clients on levels where they have always felt unmet?

The findings of neurobiology, attachment theory, and the mutual regulation concept give voice to and clarify what most professionals may know or do intuitively. However, understanding the underlying

principles allows for non-verbal fine-tuning and more attuned engagement in our professional situations that feed back on our and customer's satisfaction. Our task becomes more rewarding, de-stressed, and self-driven. The findings of self-regulation theory transcends the unhealthy separations in our lives and brings about connection, deeply felt contact, and a unprecedented level of congruency and authenticity. The work unfolds by itself in the relational field between us.

What will it bring to you ?

- More inner peace - More readiness to handle the unexpected
- More awareness of the effect of your profession on your own self
- More connection with self and other
- More felth sense of the impact of our own process on the process of the clients

### **About Johannes B. Schmidt:**

**Facilitator:** Johannes B. Schmidt, M.A. of Psychology, M.A. of Human Development, founder of Aptitude-Academy, international workshop presenter, author of "Inner Navigation – Traumahealing and constellational process work as navigational tools for the evolution of your true self", [www.aptitude-academy.com](http://www.aptitude-academy.com)

The Coaching Square loves to work together with Johannes for his high level of presence and his eagerness to realize positive change. As such he is a role model for our organization and he brings a high added value to our ROOT and GROW programs.



*Participating to this workshop is taking a personal risk of change.*

*Not participating is risking all.*

### **Practical information**

#### **Dates:**

December 9-10-11 2009

We will work every day from 10:00 am till 18:00 pm

#### **Location:**

Castle COLOMA  
Sint-Pieters-Leeuw.  
(on the Brussels ring – exit Cora)

#### **Participation price:**

890 € (excl. 21% BTW)

Handout, drinks and light lunches are included.

Hotel and evening meal are optional.

#### **Language:**

This training will be conducted in **English** without translation into Dutch nor French. Johannes invites you to speak your language during exercises.

**Subscribe by sending an e-mail with your invoice details to: [info@coachingsquare.be](mailto:info@coachingsquare.be)**

#### **Questions ? More information ?**

Contact us by mail or by phone.

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