



From old habits to integration

How can different worlds meet and old patterns dissolve?

This workshop is for you, facilitator and/or leader who work to invite the potential in groups. Just as we, you are curious about how you can take the next step to create conditions for innovation and creative solutions between people where each person heightens each others energy.

You want to feel that the energy in the group remains throughout the process so that your ideas are accomplished.

You have noticed that we sometimes talk and talk in meetings, ending up with answers we already know?

Some questions you might wonder about: What is there, beyond words, that can vitalize the meeting and create learning on deeper levels, and how do I reach there?

How can I integrate what gives me energy in everyday life into my work?

Which of my personal practices can I integrate in order to increase learning in groups?

You are welcome to Öland, a magical island on the southeast coast of Sweden. Our intention is that curious people will join our explorative "expedition" and we will do our best to choose the means for communication and material to facilitate your needs.

We will introduce some of our practices, methods and tools, and we invite you to integrate yours.

Every morning you will experience Chrystal Singing Bowls which gets you into deeper brainwaves, as preparation for moving into the day. This is a way to create efficiency on a new level and reach latent consciousness.

We will also use different creative materials in order to let go of old patterns, giving us freedom to see and act beyond our usual selves.

In order to create space for cocreation and exploring together, the experience is framed with methods and tools from [The Genuine Contact™ Program](#)



Where, when and who is inviting?

The training will happen at Idélagret in Karlevi, Öland Sweden.
Sunday September 29 at 16.00 - Tuesday October 1st at 16.00.



We had the inspiration to invite you:

Thomas Herrmann, Open Space Consulting, Development consultant for 20 years and Genuine Contact Trainer. www.openspaceconsulting.com

Cesilia Ekroth, Idélagret, artist and soundhealer who has explored development for 20 years as facilitator/coach in organisations, businesses and Universities.

www.idelagret.se and www.bakomytan.se

Your investment to join is 7500 SEK (employed) or 5000 (if you pay privately) excl VAT. Meals are included. If the cost is an obstacle for your participation, get in touch with us and we will try to find a solution together with you.

There is a variety of accomodation available nearby, from B&B to hotels.

Registration: Cesilia Ekroth, telephone +46 730 50 1900 or email cesilia@idelagret.se.

