

Resilience: Guided by the Heart of the Horse, and Nature, Heartmath and a Gestalt Approach

Co-Sponsored by the Gestalt Institute of Cleveland



Saturday, June 5, 2021 9am - 5pm

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/>

Join a kind-hearted herd of horses as we integrate the science and practice of Heartmath and the theory and practice of Gestalt with horses and nature to be more resilient and to support the resiliency of ourselves, others and the systems in which we all operate.

Gestalt provides practices to be more aware and present with ourselves and others. Heartmath enhances our ability to be more compassionate and aligned between our heart intelligence and mind intelligence.

Horses and Nature provide a field of clarity, coherency, and confidence as a valuable resource for cognitive, heart intelligence, embody intelligence and intuitive knowing and learning.

During this time of chaos, unexpected change, stress, and uncertainty let us come together and collectively create a robust field of coherence, compassion, courage, and confidence as we create a better world for all.

This highly experiential workshop is valuable to therapists, coaches, and seekers of personal or professional development.





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

- Deepen our understanding of Gestalt Principles of sensation and awareness, mobilization and relational contact, and integration and assimilation to promote resilience.
- Learn Heartmath principles and practices of heart coherence in service of individual and collective resilience.
- Apply ICF competencies in facilitating a Gestalt and Heartmath coherence approach to coaching.
- Expand coach approaches, informed by Gestalt and Heartmath to better manage stress, fear and confusion through awareness, coherence, and resilience.
- 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

Inviting you as my guest at no fee

Fee: \$395 (earlybird fee: \$325)

Register with me if you want to attend as my guest at jacalynstevenson@gmail.com