



# Giving Presence



AN EMBODIED WORKSHOP  
WITH

**ANN SHUPTRINE**

November 15, 2019 - London



**Presence** is a gift that can be cultivated. It can strengthen our ability to impact, influence and connect to others beyond words.

In this experiential workshop, we will step into our bodies and awaken our senses. Working with the Relational Change “**Self-Other-Situation**” Framework we will explore embodiment as a key component of presence.

We will investigate movement as a resource whilst harnessing the creative intelligence of the body to extend our range as authentic individuals.

We will practice resonance with others whilst exploring creative responsiveness to different situations.

We will experiment, enquire and use dialogue to heighten our awareness of this process.

By giving presence to ourselves and others, we will experience how this way of relating might transform everything we do.

# FACE ME I FACE YOU

**Giving Presence** is a workshop for those interested in affecting change from the inside-out. As technology advances and business systems transform, there is no better time to develop awareness of and from the human body, our primary mode of sensing and relating in the world.

**Giving participants an introduction to:**

- Movement as a resource for life and work
- Resonance with others
- Moving from fixed to fluid
- Authentic relating
- Mindful awareness of mind-body-emotion-energy
- Tracking thoughts, feelings, and sensation
- Embodied sensing of others and situation
- Ethical presence
- Dialogue with and without words
- Creative expression





### **What are the benefits?**

- Learn how embodiment is crucial to relational work
- Discover how embodiment affects your presence and that of others
- Cultivate embodied resources for self-support and emotional intelligence

### **What to expect?**

Movement - Music- Dialogue - Experimentation - Group Sharing  
- Creativity

### **Who can participate?**

This is an inclusive workshop open to the general public and those with limited mobility. No previous experience is required.

**\* Workshop hours may be counted towards CPD for the European Association of Gestalt Therapy GPO accreditation**

# RELATIONAL CHANGE



## **Event organised by:**

Relational Change helps individuals, couples, families, teams, organisations and communities find improved outcomes through better relationships. Together with our associates and affiliated centres in the UK and Europe, we aim to deliver value to people, groups and communities in the areas of Organisational Development, Community Building, Coaching and Psychotherapy. We are an Organisational Member of INTAGIO and work closely with a number of partners across the world to develop the relational movement.

<http://www.relationalchange.org>

# ANN SHUPTRINE



Ann Shuptrine (MA Sociology and Fine Art, BSc Psychology, Gestalt Practitioner in Organisations - EAGT, Cert Open Floor Movement) is a Coach, Consultant, Facilitator of Open Floor Movement and Artist with 20 years experience working with leading organisations across Advertising, Arts, Culture, and Design.

Passionate about how embodied presence can transform our personal and professional lives, Ann supports individuals and organisations to be empowered and to embrace their authenticity from within. She shares her creative vision to help others discover how the artistry of relating can inspire deeper, more meaningful relationships, enhance creativity, potency and influence.



**Date:** November 15, 2019

**Time:** 10:30-17:00

**Where:** The Arc Centre, 98b St Paul St, London, N1 7DF

**Cost:** £65

**Booking:** [givingpresencetogether@gmail.com](mailto:givingpresencetogether@gmail.com)

\* Places are limited to provide an intimate space for participants.