



Sandhamn Psychology Retreat May 25-29, 2015

Psychology, communication & coaching for people who are interested in good working relations

This 5-day residential seminar is designed for people who wish to deepen their understanding of psychology, communication and coaching in a dynamic and inspiring environment. The focus will be on the dynamics of work relations, and how to create sustainable relations with the members of the team you lead, your colleagues and your top management as well as with your clients. You will deepen your understanding of conflicts and your ability to handle difficult people and situations. You clarify your own reactions and patterns, and be able to make conscious choices for how you interact with other people.

During this seminar you will discover:

- § The basic structure of all interpersonal relationships.
- § How to map patterns of behavior and reactions.
- § How to form new contacts and work relations consciously.
- § The power of energetic linkage: the drivers behind motivation and inspiration. How to create trust and loyalty.
- § How to change old patterns of interaction.
- § How to resolve disagreements and conflicts more efficiently.
- § How to redefine and improve your leadership.

The primary method used on this psychology seminar is *Voice Dialogue*, an experiential and process oriented approach to professional and personal communication.

Seminar leaders and support:

- q John Kent. BA, L.T.C.L. (leader)
- q Anne Neppare, MA, DIHM. Lecturer in business negotiations and communication (support)



Programme

<p style="text-align: center;">Monday May 25th Focus: Self awareness</p>
<p>Identifying your driving forces, constraints and assets. <i>Objective:</i> To Identify the primary characteristics of your personality, their origins and how they inform and influence your relationships. To gain an initial awareness of inner sub-personalities (voices), especially those parts of you that may not surface in your work role.</p>
<p style="text-align: center;">Tuesday May 26th: Focus: How you form interpersonal relations</p>
<p>Perceptions. Your strong sides and weak sides <i>Objective:</i> To focus on the qualities in your leadership and other work relationships. Aspects of other people you find it difficult to accept. To explore why you are surrounded by particular people, get involved with and have a preference to work with/for them.</p> <p>Roots of conflict <i>Objective:</i> To explore how and why you experience conflict in your work relationships. To understand why you sometimes feel insecure in certain situations and how you can deal constructively with it.</p>
<p style="text-align: center;">Wednesday May 27th: Focus: your patterns and reactions. Conflicts. Coaching</p>
<p>Recurring patterns in interpersonal relationships <i>Objective:</i> To understand how different sides of you interact with different people. The Bonding Pattern Model. To become aware of how positive bonding patterns are used to avoid conflict and build good relationships.</p> <p>Handling conflict <i>Objective.</i> To recognize the source, form and fuel of conflicts. To identify and track the dynamics of power and vulnerability in relationships.</p> <p>Voice Dialogue facilitation and coaching <i>Objective:</i> To become aware of what motivates you, is your source of strength and protection, and what hinders you. To be able to make conscious choices in your life, both professionally and personally.</p>
<p style="text-align: center;">Thursday May 28th The energetics of interpersonal relationships</p>
<p>The energetics of an interpersonal relationship <i>Objective:</i> To sensitize you to the wide range of energies that you carry. To train you how to consciously use energetic resonance when communicating with another person.</p> <p>Creating sustainable relationships <i>Objective:</i> To introduce the concept of “no fault”, open-minded and constructive partnering relationships.</p> <p>Voice Dialogue facilitation <i>Objective:</i> To become aware of why you form positive and negative bonding patterns with other people and what triggers you. To enable you to have more conscious communication with other people.</p>
<p style="text-align: center;">Friday May 29th Action planning and conclusion. Departure after lunch.</p>
<p>Action Planning & Conclusions <i>Objective:</i> To create an action plan for using the tools and leanings of the retreat in your personal and professional lives. Where to get ongoing support. <i>Lunch together and departure to Stockholm around 3 pm.</i></p>
<p style="text-align: center;">Saturday May 30th: Optional programme</p>
<p>On Saturday we will be arranging a guided canoeing daytour to the outskirts of the archipelago. We will be bringing a packed lunch. When we come back to Sandhamn, we will enjoy the spa and sauna at the hotel, massage for those who wish, and then go for dinner at the local pub. On Sunday, we depart for Stockholm after breakfast.</p>



Praktisk information

Var äger seminariet rum?

Seminariet genomförs i **Sandhamn**, som är av de större bebodda öarna i Stockholms skärgård. Sandhamn är en gammal lotsplats, med en liten skärgårdsby, hotell och gott om vackra strövområden. Längst ut på östra udden finns det vackra sandstränder och en vidunderlig havsutsikt där man kan avnjuta solnedgången omgiven av havsljud.

Man kommer till Sandhamn med en skärgårdsbåt från kajen vid Grand Hotell (ca 2,5 timmar) eller från Stavnäs, Värmdö (ca 30 min).

Vi kommer att bo på Seglarhotellet, ett bekvämt och trevligt hotell med en fantastisk havsutsikt från den gamla anrika matsalen. Det finns också en pool med bastu, som vi har fri tillgång till.



Datum

Start måndag den 25 maj kl 10 (anländ gärna kvällen innan). Officiell kursavslutning fredag 29 maj efter lunch. Seminariet omfattar 5 dagar intensiv utbildning varvat med enskilda övningar och träningspass. Det kommer också att finnas utrymme för reflektion och tillfälle att njuta av den vackra skärgårdsmiljön.

Frivillig guidad kanottur till Stockholms ytterskärgård på lördagen. Gemensam middag på Dykarbaren på kvällen, efter bastubad och massage för de som önskar. Hemfärd på söndag efter frukost.

Antal deltagare

Vi räknar med 8-12 deltagare, samt 2 kursledare. Seminariet genomförs på engelska.

Kursavgift

Kursavgiften är 25.000 exkl. moms. Logi, alla måltider och aktiviteter under veckan, må-fr, ingår, samt utbildning och kursmaterial.