

RETREAT
“Developing your potential at work”
July 2006

We had a relaxed and insightful one-day retreat, particularly inspired by the sunny and green natural setting of a large garden in Villette, just outside Geneva. Very special thanks are extended to our coach facilitator Sophie Bustamente who had made the trip from the UK for the event, and to Christine Housel for much of the organization.

After welcome coffee, tea and eats, participants started off the day with a first session of small group introductory exchanges around the questions of what concerns most resonated with them, notably on the theme of “Developing your potential at work”, as well as inquiries on who are your role models, and how you embody their qualities. This set the stage for further exploration on those questions later in the day, applying the “U-process” social technique for addressing complex challenges (see <http://www.generationconsulting.com/publications/papers/pdfs>)



A one-hour yoga session on the grass followed with a series of gentle breathing, yoga postures and relaxation exercises led by the instructor. Participants then enjoyed an outdoor lunch under the trees.



Sofia then led the group through the different elements of the “U-process”, largely in dual or small group interactions. In the process of “Suspending” or redefining and re-expressing the challenge, participants were asked to use nature or industry or random

objects to represent their challenge. During “Deep Dive: Sensing from the field”, they worked singly on plasticine to use intuition and the senses to gain new insights on their specific challenges. The exercise of “Letting Go to Let Come: Presencing - connecting to source” involved participants representing their situations in human theatre of body postures. In “Enacting: Crystallising Vision and Intention Building a sense of possibility” two larger group went through ‘what if’ questions with individual participants on their issues challenging them to visualize a new and more positive reality. In the final session in plenary, “Embodying: Prototyping- creating living examples”, participants expressed their learning and defined their intentions, generally creating a vision of positive possibility for the future.

The retreat closed with wrap up and a sharing of thanks all around for everyone who had contributed or taken part.