

Managing transition(s)

**Discover strategies for reinventing
your career and your life !**

**Espace Coghen, 219 avenue Coghen, 1180 Brussels
Friday 8 pm - Saturday 9 April 2011**



Context

This workshop is designed for professionals at all levels facing the challenge of career transitions. Based on engrossing stories and in-depth research, we show you how an active career reinvention leverages three ways of “working identity”:

- experimenting with new professional activities, focusing on how to unlock your potential,
- interacting in new social networks,
- and making sense of what is happening in the light of emerging possibilities.



Your Benefits

Through a combination of academic insight, proven tools from the field of positive psychology, findings of the Human Potential Movement (Houston), analyses of true life stories, and an array of exercises including co-coaching, you will

- gain wisdom about the nature of transition processes
- discover your signature strengths alongside insights on how to use them in relationships, at work and at play
- develop a plan to actively shape your personal reinvention.



Target group

For best results, we suggest to limit the number of workshop participants to 8 to 12 people. We target professionals at all levels and from all environments – whether from corporate businesses, SMEs, international and national public institutions, regional and local authorities, or NGOs.



The programme

Your preparation

Following registration, you will receive recommendations for reading and the invitation to take the VIA online test identifying your “signature strengths”. This test is based on recent findings of positive psychology (Seligman, Cziksentmihaily, Linley, Kauffman) and represents the basis for a part of our workshop discussions and exercises. Please note that the individual test results will be treated confidentially.

Day 1	Day 2
<p>14h30 Registration and welcome 15h00 Start of the workshop</p> <p>Being in transition: understanding the process of change Making sense of life’s changes: the underlying and universal pattern of transition</p> <p>Embarking on the path of transitions. Positive psychology - a tool to navigate change</p> <ul style="list-style-type: none"> • Discover your signature strengths <p>Start your journey</p> <ul style="list-style-type: none"> • Define your road map <p>18h15 Conclusions and end of day 1</p> <p><i>Breaks are planned during the workshop. Water, coffee and tea will be offered.</i></p>	<p>9h00 Welcome & recap from previous day</p> <p>Crafting experiments & making sense Myths as a pathway to personal transformation</p> <ul style="list-style-type: none"> • Discover the archetypes • Meet your own hero <p>Becoming your “NEW” self Build power and service: your political type</p> <ul style="list-style-type: none"> • Discover your own resources and sources • Create a dynamic approach <p>Learn from other cultures on transition</p> <ul style="list-style-type: none"> • Examine other cultural values and orientations • Enlarge your standing point for a stronger personal position <p>Enable your meaning: the spiritual perspective</p> <p>16h30 Conclusions and end of workshop</p>



Financial commitment

140 euros excl. VAT. Course and test materials, including a reader distributed at the end of the workshop, are free of charge.

Contact Sophie for information and registration: corneloup-sophie@orange.fr



Anne Damoiseaux is the Founder and Director of Ansoor SPRL based in Brussels - Belgium. She moved from a career of marketing and sales executive to human resources consultant and coach in Leadership, Communication, Change management and Interpersonal Relationships for global teams. Her aim is to help people achieve optimal results in business life benefiting from the quality of their differences, while managing the integration and interdependency of personal and corporate values and ethics, for a good working atmosphere and motivational serenity. Anne is accredited on MBTI, DISC and graduated from the Mental Research Institute (Gregory Bateson) of Palo Alto – European branch. She is a Certified Coach from the Coaches’ Training Institute UK and Team Coaching International, from the Cultural Overview Framework and the Intercultural Readiness Check. She lived several years in Asia and speaks four European languages.



Claudia Ritter is founder and managing director of Cleverland, a Brussels-based consultancy offering customized coaching and training programmes for effective leadership and management, negotiation and communication in international business environments and organisations. Claudia has a professional record in lobbying, project and network management as well as PR and communications in the EU institutions and European associations. She holds an M.A. in Economics and Literature/Linguistics from the Ruprecht-Karls-Universität Heidelberg and a Certificate in International Relations from Boston University. She is in process of certifying as a coach with Coaches’ Training International (CTI) and graduating as a Master of Science in Leadership at Boston University. She comes from a multicultural background and is fluent in six European languages.