

# ENRICHMENT DAYS MED RON LUYET

## 3-4 FEBRUARI 2014

2013-10-30

*Som jag tidigare annonserat kommer Ron Luyet till Sverige för att ge en THE Phase II i februari. I samband med det så har jag bett Ron att exklusivt för det svenska THE- och RC-nätverket ge ett två dagars seminarium i Stockholm. Det här är ett alldeles speciellt tillfälle som ingen av er bör missa!*

### PLATS OCH TID

Vi samlas på Piperska Muren i Stockholm. Du hittar det mitt emot Rådhuset – i hjärtat av Kungsholmen. Piperska Muren har varit en festplats i 300 år och har nu återfått sin forna charm och elegans tack vare en varsam renovering av både byggnaden och parken till tidig 1700-talsmiljö.



Läs mer på [www.piperskamuren.se](http://www.piperskamuren.se)

Vi börjar med samling och morgonkaffe måndagen den 3 februari kl. 09:30. Programmet för dag 1 är schema-lagt fram till klockan 19:00. Efter det blir det mat och vin och fria aktiviteter.

Dag 2 börjar vi kl. 09:00 och håller på fram till kl. 14:00. I seminarieavgiften ingår kaffe, luncher och middag. Eventuellt boende ordnar du på egen hand.

### PRIS

Seminarieavgiften inkl. kaffe och måltider är 4500 kr plus moms. Det är som vanligt ett självkostnadspris för det svenska nätverket.

### PROGRAM

Presentation av Ron och en beskrivning av seminarie-innehållet hittar du i bilagor.

### ANMÄLAN

Jag behöver din anmälan senast den 11 december för att bl.a. definitivt boka lokal.

Din anmälan skickar du till mig: [leif.cervin@thesweden.se](mailto:leif.cervin@thesweden.se)  
Närmare information skickar jag till dem som anmält sig.

Vi ses!

Hälsningar,  
Leif Cervin

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# COLLABORATIVE COMMUNICATION WITH OUR SELF AND OTHERS

## PRACTICE IN STRENGTHENING OUR WITNESS SELF

The *Witness Self* refers to the inner part of us that can observe our own feelings, thoughts, physical sensations, and behaviors. What's most notable about the Witness Self is that it enables us to respond to any type of situation in a more mindful way: by acting with awareness and intentionality. This allows us to bring focus, consideration, and even ingenuity to dealing with unpredictable or unexpected circumstances, as well as enriches our everyday interactions. A developed Witness Self can also benefit our interpersonal relationships. Most importantly, it can help us to actively cultivate a Green Zone environment, which welcomes others and makes them feel safe and respected. A Green Zone environment also helps to reduce defensiveness and makes open dialogue possible, even in difficult situations, as well as raises mutual levels of support, curiosity, creativity, and collaboration.

## PRACTICE IN WORKING WITH SUB-PERSONALITIES

As we strengthen our Witness Self we provide a place from which to observe and coordinate our many sub-personalities. Rather than a single core identity our minds seem to be a collection of multi-identities. These sub-selves act, react, adapt, grow, trim, cooperate, compete, and fight to get us through the day. Almost anything we perceive or image can be treated like a sub-part and be given a voice with which to dialogue. Sub-selves are pieces of the whole of our overall identity. Each sub-self can have their own: beliefs, thoughts, feelings, intentions, world views etc.

*Example:* the rebel, the martyr, the critic, the parent, the judge, the warrior, the adventurer. They can also form partnerships with other sub-parts and sometimes be in conflict.

We will explore how your sub-personalities get along with each other to increase our understanding of why and how we feel and do what we do.

## PRACTICING IN EMOTIONAL COURAGE

Emotional courage is capacity to set face to face with each other and talk about real things in ways that do not alienate or invite defensiveness. We will explore the dynamics of emotional courage. We will practice mindsets of openness and collaborations while we have direct conversations and offer real feedback in real time.

# BIO INFORMATION ON RON LUYET

*Ron Luyet is a founder and principle of the Green Zone Consulting Group and a Senior Consultant with the Japanese based global consulting firm Business Consultants Inc.*

He has worked with Fortune 500 companies around the world for over 30 years with an emphasis on emotional intelligence for executives and creating more collaborative work environments in organizations. His clients have include private sector companies like Boeing, Seagram's, Proctor and Gamble and public sector organizations such as the United Nations, NASA, US Dept. of Defense and the National Cancer Institute. He regularly presents an 8 day Executive Leaders Program for Japanese CEOs and Presidents focused on social intelligence or Ningen-Ryoku "Human Power".

He is a master group facilitator whose classic instruction came from such group dynamics pioneers as Carl Rogers and Will Schutz. Ron knew Dr. Schutz for forty years, and worked closely with him in the design of The Human Element® program and delivery of the Advanced Human Element Certification program which he still conducts. Ron co-designed with Jim Tamm the Radical Collaboration® Training Program now offered around the world which is the basis for the Harper Collins bestselling book Radical Collaboration: Five Essential Skills to Overcome Defensiveness and Build Successful Relationships. The Radical Collaboration training materials have been translated into 14 languages.

Ron co-founded The Institute for Personal Change in San Francisco, which provides a structured, intensive therapeutic program for people exploring the impact of childhood on adult behavior. Ron's work is described in his book, co-authored with Marion Pastor, titled "Where Freedom Begins".

Ron's early career was in the field of drug treatment and prevention. He was Chairman of the Palo Alto Community Drug Abuse & Prevention Programs. Ron has long been a student of meditation and comparative religions and is interested in the blending of western psychology with eastern introspective methods. He was introduced to contemplative practice by Allan Watts in the 60s and has studied with many in the transpersonal field including, Ram Dass, Muktanadna, Oscar Ichazo, Ralph Meszner, James Fadiman, Steven Levine, and Choayam Trungpa.

